

The Loudon Ledger

PUBLISHED BY THE LOUDON COMMUNICATIONS COUNCIL



Town Meeting is Here!

March 2008
Volume 10, Issue 3

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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.

by Debbie Kardaseski

This month, we'll take a look at changes that were made in the Budget between the first and second budget hearing. Further changes may be made by the time it gets to the meeting and changes may be made from the floor at town meeting.

There were no changes made to the Revenue side of the Budget.

- The Historical Society budget was increased by \$500 to \$2,500.
- The Police Department Salary Line increased \$11,157 due to the 2.5% salary increase guaranteed by Chief Fiske's contract. Only 2% was factored in originally.
- The Health Dept. wages went up \$13 for the same reason as above as have the Compliance/Code Enforcement Wages, which are up \$133. Compliance/Code Assistant wages are up \$4,658 but that is due to an increase in hours worked by the assistant — from 8 hours/week to 16 hours/week.
- Wages in the Ambulance budget line increased by \$4,618; OT

wages were increased by \$206. These were due to changes in personnel.

- The final change was an increase in the Library Collection Maintenance Capital Reserve Fund to \$7,000 from \$5,000.

Additional/Revised Warrant Articles

Articles 3 and 4 remain unchanged.

Article 5: To see if the Town will vote to raise and appropriate the sum of \$185,940 (decreased \$83,040) for the purpose of reclaiming and paving Upper City Road and to repave Goshen Drive and Sheep Rock Roads. *This article would affect the tax rate by 34 (down from 50 cents) cents per \$1,000 value. The Selectmen recommend this article.* [Changes: Storrs Drive was removed from the list. It will be oiled and shimmed, which will be done as part of the regular budget. Hollow Root was also removed as it will be graded, ditch lines will be done, and new culverts placed, as part of the regular budget.]

Article 6 (re: Household Hazardous Waste Day) has been renumbered and is now Article 7.

The new **Article 6** reads as follows: To see if the Town will vote to create an expendable trust fund under the provisions of RSA 31:19-a, to be known as the Highway Road Grader Expendable Trust Fund, for the purpose of purchasing a road grader for the Highway Department and to raise and appropriate the sum of \$60,000 for this fund, and to authorize the Selectmen to act as agent(s) to carry said purpose into affect. *This article would affect the tax rate by 11 cents per \$1,000 value. The Selectmen recommend this article.*

SESSION 2 OF TOWN MEETING WILL BE HELD SATURDAY, MARCH 15 AT 9 A.M. AT THE LOUDON ELEMENTARY SCHOOL GYM. PLEASE NOTE THE CHANGE OF LOCATION!

Meet the Candidates Night to Be Held March 5

The Selectmen are holding the annual "Meet the Candidates" night on Wednesday, March 5 at 7:00 p.m. at the Community Building. This is your chance to chat with candidates for public office here in town and for school board candidates.

Candidates

Selectman (3-year term): Roger Maxfield, Deborah Kardaseski.

Tax Collector (3-year term): Helen McNeil.

Treasurer (3-year term): Melanie Kiley.

Library Trustee (3-year term): Susan Kowalski.

Planning Board (Two 3-year terms): Gary Tasker, Stanley Prescott, II.

Zoning Board of Adjustment (3-year term): David Powelson, Howard Pearl.

Trustee of Trust Funds (3-year term): write in.

Merrimack Valley School Board (3-year term): Lorrie Carey, Boscawen; Troy Cowan, Loudon; Audrey Carter, Penacook.

Merrimack Valley School Board At-Large (3-year term): Craig Saltmarsh, Boscawen.

Polls Open

The polls will be open for voting on town positions on Tuesday, March 11, from 8 a.m. until 7 p.m. Voting will take place at the Town Hall on Clough Hill Road. Voting for school board positions will be held on Wednesday, March 12 from 6–7:30 p.m. at Merrimack Valley High School. School meeting will begin at 7:00 p.m. School and Town reports are available at the Town Office plus at various places around town. ■

2008 D.A.R.E. Pizza Night

Tuesday, March 18

Dinner 5-6:30 p.m.

Raffle Immediately After
\$3.00 dinner ticket



Dinner includes:
Pizza, Salad,
Dessert,
Beverage

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 7:30 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.: 1–7 p.m. • Tues.: 10 a.m.–9 p.m. • Wed.: 1–9 p.m.
Thurs.: 10 a.m.–9 p.m. • Sat.: 9 a.m.–1 p.m.

John O. Cate Memorial Van

798-5203 (Mondays only) to schedule a ride.

For more information or on other days, call Barbara Cameron: 783-4534

Blessed Hope Food Pantry of Loudon

30 Chichester Road

Open most Wednesdays from 2–3 p.m. or for emergencies.
For more information, call Rev. Henry or Betty Frost: 783-4540

Loudon Representatives

Merrimack County — District 6

Maureen Baxley: NEED ADDRESS

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

Priscilla P. Lockwood: 435 Northwest Rd., PO Box 1, Canterbury, NH 03224

Joy K. Tilton: 4 Hill St., Northfield, NH 03276-1611

Frank A. Tupper: PO Box 92, Canterbury, NH 03224-0092

Deborah H. Wheeler

Senators — District 07

Harold W. Janeway

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 Raymond Cummings, chairperson of the Council, 798-3128. ■

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” 2008 Schedule

January 2008 Ad & Copy Deadline: Fri. 12/14 **Council Meeting:** Mon. 12/17

February 2008 Ad & Copy Deadline: Fri. 1/18 **Council Meeting:** Mon. 1/21

March 2008 Ad & Copy Deadline: Fri. 2/15 **Council Meeting:** Mon. 2/18

April 2008 Ad & Copy Deadline: Fri. 3/14 **Council Meeting:** Mon. 3/17

May 2008 Ad & Copy Deadline: Fri. 4/18 **Council Meeting:** Mon. 4/21

June 2008 Ad & Copy Deadline: Fri. 5/16 **Council Meeting:** Mon. 5/19

July 2008 Ad & Copy Deadline: Fri. 6/13 **Council Meeting:** Mon. 6/16

August 2008 Ad & Copy Deadline: Fri. 7/18 **Council Meeting:** Mon. 7/21

September 2008 Ad & Copy Deadline: Fri. 8/15 **Council Meeting:** Mon. 8/18

October 2008 Ad & Copy Deadline: Fri. 9/12 **Council Meeting:** Mon. 9/15

November 2008 Ad & Copy Deadline: Fri. 10/17 **Council Meeting:** Mon. 10/20

December 2008 Ad & Copy Deadline: Fri. 11/14 **Council Meeting:** Mon. 11/17

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

DISPLAY ADVERTISING RATES:

Business Card	4½"W x 2"H	\$35.00/issue
1/8 Page	4½"W x 3"H — or — 2¾"W x 6"H	\$50.00/issue
1/4 Page	9¾"W x 3"H — or — 4½"W x 6"H	\$65.00/issue
1/2 Page	9¾"W x 6"H — or — 4½"W x 11¾"H	\$115.00/issue
Full Page	9¾"W x 11¾"H	\$230.00/issue

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

CLIP AND SAVE FOR FUTURE REFERENCE!

The Loudon Ledger

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, Emily Bracey, Sherry Blanchard, and Amanda Masse.*

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

All editorial submissions are approved by the Council before publication.

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

Where to Worship in Loudon

Family Bible Church

“Where everybody is somebody, and Jesus is Lord!”

Pastor Steve Ludwick

676 Loudon Ridge Rd., PO Box 7858, Loudon, NH, 03307 • 267-7577
www.myfamilybiblechurch.org • Email: fbc@emlot.com

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

Pastor Jeff Owen

334 North Village Road, Loudon, NH 03307 • 783-4045 • Office Hours: Tues.–Thurs. 9 a.m.–2 p.m.
www.fcbe-loudon.org

Winter Worship Hours:

Sunday Worship Service: Sunday 8:00 a.m. and 11:00 a.m.

Sunday School Classes: 9:30–10:30 a.m. • *Bible Study:* Thursday 9:30 a.m.

Youth Group: Leader Tom Stevens. Sept.–June 6:00 p.m., Grades 6–12

FWFriends: Weds. evenings 6:00–8. Ages 3 through Grade 5 (Sept.–April)

Faith Community Bible Church has Men, Women, and Small Group Ministries.

Please call for more details.

■■■

Landmark Baptist Church

Fundamental, Independent, Biblical, Caring

Pastor Paul J. Clow

103 Chichester Road, Loudon, NH 03307 • 798-3818 • www.landmarkbaptistchurch.info

Sunday School: 9:30 a.m. (Nursery Provided) (**New Beginnings Class:**

for those interested in the Christian Faith and in Landmark Baptist Church. This is a time for questions and answers about what it means to be a Christian and what we believe here at Landmark!)

Sunday Morning Worship: 10:30 a.m. (Nursery and Children’s Church Provided)

Sunday Evening: 6 p.m.

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., Wed., Fri., 9–4, Tue., Thu.
phyllish@LNBnazarene.org • www.LNBnazarene.org

Sundays: *Sunday School & Adult Bible Studies:* 9:15 a.m.

Worship: 10:30 a.m. (Childcare provided for Infants.) *Jr. Kids Church* (2-year-olds–Kindergarteners.)

Children’s Church (Grades 1–4)

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

Tuesdays: *Early Youth Group* (Grades 5–6). 6:30–8:00 p.m.

Brian & Jill Bollinger: 267-1744

Wednesdays: *Youth Group w/Youth Pastor:* 6:30 p.m. [Brian Bollinger]

Children’s Bible Quizzing: 6:30–7:30 p.m. (Grades 1–6) *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 NEW 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@debbiekgraphics.com

Holy Week Services at New Beginnings Church of the Nazarene

Thursday, March 20th. *Maundy Thursday Service with Communion.* 7–8 p.m.

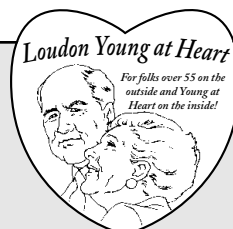
Sunday, March 23rd. *Easter Sunday Breakfast.* 9–10:15 a.m.

\$2 Donation per person is requested

Call the church to reserve your spot(s)

Easter Worship Service with special music. 10:30 a.m.

Pastor John White will bring the Easter message. ■



Loudon Young at Heart

By Joanne Arsneault

Well, our regular meeting on February 12 turned out to be special after all. Forty-three of us car-pooled to the “Food for Thought Cafe” in Belmont for lunch. We had four entrees to choose from and the desserts were extra special. Judy Merrow took pictures of us eating, drinking, and talking. Come to think of it, we do a lot of that: eating, drinking, and talking! And we have a good time doing it.

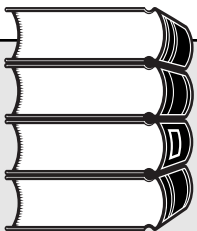
Because of Town Meeting (elections), we’ll have Dunkin’ Donuts, coffee, and lunch from the Community Action Program on March 11. On April 8, we will meet at the American Legion Hall in the Village, rather than the Community Center, for Bingo and pizza. See what I mean about that eating, drinking, and talking thing?

So, senior citizens, age 55 or older, if you like age-appropriate programs, trips, games, laughter, and good company, feel free to join us at the Community Center, (Charlie’s Barn) on the second Tuesday of each month at 10:00 a.m. ■



Wow! What an icicle! Twins Romulus and Remus Harris check out this evidence of just what a long, snowy winter it’s been this year.

Photo by Angel Pai Harris.



Maxfield Public Library News

By Cheryl Ingerson

STORY TIME

On March 4th through the 6th, the story time children will listen to *Duck on a Bike* by David Shannon and *The Big Trip* by Valeri Gorbachev and hear about different modes of transportation. They will zoom home with their very own helicopter.

On the 11th, 12th, and 13th, the children will learn about the New Hampshire spring tradition of making maple syrup when they hear *Sugaring* by Jessie Haas and Tamson Weston's *Hey, Pancakes!* Craft time will involve using watercolors to create a winter scene of maple trees.

March 18th through the 20th, the children will be entertained by Ho Baek Lee's *While You Were Out* and *It's Not Easy Being a Bunny* by Marilyn Sadler. The story time hour will end with our traditional egg hunt through the library after the children make shoelace bunnies to help them hop through the rows of books.

Story timers can think about warmer days while listening to *When Spring Comes* by Natalie Kinsey-Warnock and *Skunk's Spring Surprise* by Leslie Newman on the 25th, 26th, and 27th. Don't worry! The skunk they bring home will be de-scented!

NEW BOOKS

Fiction

Berenson, Alex	<i>The Ghost War</i>
Buxbaum, Julie	<i>The Opposite of Love</i>
Ferris, Monica	<i>Knitting Bones</i>
Grimes, Martha	<i>Dakota</i>

Grisham, John
Hannah, Kristin
Higgins, Jack
Marinick, Richard
Miller, Alyce
Newton, Charlie
Nowak, Pamela
Parker, Robert B.

The Appeal
Firefly Lane
The Killing Ground
In for a Pound
Water: Nine Stories
Calumet City
Chances
Stranger in Paradise

Nonfiction

Balf, Todd

Bowen, Mark
Buckingham, Jane

Cox, Lynne
Cummings, Claire Hope

Gray, John
Harrington, Anne
Holm, Bill
Klaus, Peggy

Meichelbock, Melia
Sakson, Sharon
Traer, Scott

Major: A Black Athlete, a White Era, and the Fight to Be the World's Fastest Human Being
Censoring Science
What's Next: The Experts' Guide; Predictions from 50 of America's Most Compelling People
Grayson
Uncertain Peril: Genetic Engineering and the Future of Seeds
Why Mars and Venus Collide
The Cure Within: A History of Mind-Body Medicine
The Windows of Brimnes: An American in Iceland
The Hard Truth about Soft Skills: Workplace Lessons
Smart People Wish They'd Learned Sooner
In the Company of Soldiers
Paws and Effect: The Healing Power of Dogs
Street Dogs

BOOK GROUP

Join us in the discussion on March 27th, at 7:30 p.m. Please call 798-5153 for information about this month's nonfiction selection.

LIBRARY HOURS

The library is open Mondays 1–7 p.m., Tuesdays and Thursdays 10 a.m.–9 p.m., Wednesdays 1–9 p.m., and Saturdays 9 a.m.–1 p.m. ■

Alicia's School of Dance Filled With Winners!



Congratulations to Alicia's School of Dance Competition Team!! The girls each participated as soloists at the Headliners Dance Competition in Lowell, MA on February 2nd and 3rd. Marissa Guy of Loudon won a silver trophy for her solo lyrical, *Anyways*. Amanda Bullock of Loudon won a silver trophy for her solo jazz, *Fergalicious*. Haley Parent of Loudon won a high bronze trophy for her solo lyrical, *Angel*. Meghan Booker of Loudon won a silver trophy for her solo lyrical, *Land-slide*. Emily Masse of Loudon won a silver trophy for her solo jazz, *Carnival*. Alyssa Woods of Belmont won a high silver trophy for her solo jazz, *What I Like About You*. Alycia Daniels of Loudon won a silver trophy for her solo open, *All That Jazz*. Meghan Booker won a high silver trophy for her solo tap, *Candyman*. Congratulations to all the girls on a fantastic job and for all your hard work. ■

What do you call a fake stone in Ireland?

ARHCM

EROVCL

YCKLU

LGOD

AUNECHSLPRE

HISIR

AWRBION

EREDLAM



February Word Scramble Answers

Candy Hugs Chocolate Cupid February Love
Winter Hearts

CAULIFLOWERS

Recreation Committee Winter Carnival a Big Success!

The Loudon Recreation Committee continues to thank those who have volunteered to help with the ice rink maintenance. We continue to have extremely tricky weather conditions for maintaining the rink, thank you for your patience and understanding.

On Saturday, February 23 the Loudon Recreation Committee held a Winter Carnival event. Thank you to all those who made this event possible! Lots of people enjoyed the beautiful weather along with numerous activities, including snow shoeing, snowman building contest, tug-o-war, skating, and an obstacle course. Free hot cocoa and cookies were served and a hot dog lunch was available to purchase. It was a wonderful way to spend a sunny afternoon and a nice way to meet friends and neighbors. Shown here are just a few of many photos taken to remember the day. A special "thank you" to our snowman judges, Jim and Celeste Waring. Thank you also to Alicia Grimaldi, Amanda Masse, and Tina White for sharing their pictures with us.

The Loudon Recreation Committee is offering Aerobics Classes during the month of March. Morning classes are held Tuesday and Thursday at 6-6:45 a.m. Evening classes are held Monday and Wednesday from 6:15-7 p.m. There will be a limit of 25 people per class. The classes will be held at Loudon Elementary School gymnasium. The fee is \$25 for 8 classes. Drops in are welcome and fee is \$5 per class. Registrants will need to bring their own mat, water bottle and hand weights (3 to 8 lb). If you can, we would ask you to complete the registration form and waiver of liability prior to class, which you can obtain on the website www.loudonnh.org or for more information contact Alicia Grimaldi.

The Loudon Recreation Committee is pleased to announce that Jeff Hardy of Body Works Martial Arts Center will be offering a 6-week beginners Martial Arts Program for kids. Currently classes are full, but future programs may be offered if there is interest, contact Alicia Grimaldi.

Calling all middle and high school students!!! The Loudon Recreation Committee has volunteer work for you!! If you are in need of community service hours, we are looking for volunteers for various activities. You should contact Alicia Grimaldi at 435-5193 or email affirmhealth@yahoo.com.

If you have any ideas for events or activities you would like to see you can print and return the events and activities survey which is available on the website www.loudonnh.org. We also welcome attendees to our monthly meeting. **The Recreation Committee meets once a month on the fourth Wednesday of the month at 6:30 p.m. at the Maxfield Public Library**, please join us if you are interested in helping out, we hope to see you there!!! ■



Black



LOUDON GIRL SCOUT NEWS

Loudon Girl Scouts keeping VERY busy this winter!!!

Thank you to all those who have donated items for the Annual Sock and Toiletries Drive during the month of January and February! We collected a huge amount of items that are being delivered to the Friends Program which provides emergency housing to families as well as other services to those in need. Your generous donations will make a long winter much brighter for many, thank you!!! Thank you to Darlene Conte who organized this fundraising effort, she did an amazing job collecting, sorting and delivering the donations — thank you.

World Thinking Day is held every year on February 22nd. This day not only gives Girl Guides and Girl Scouts a chance to celebrate international friendships, but is also a reminder that Girl Scouts of the USA is part of a global community, one of 144 countries in the World Association of Girl Guides and Girl Scouts (WAGGGS). On Saturday, February 9th The Loudon Girl Scout Service Unit hosted our first World Thinking Day event. One hundred fourteen girls and thirty four adults gathered at The NH SnoShakers Clubhouse for the event. Troops from Pittsfield, Gilford, Epsom and Webster joined all eight troops from Loudon in an exhibit of international Girl Scouting. Troops had the option of participating as a country of WAGGGS or coming as travelers. There were eight different countries represented including: France, Russia, Scotland, Germany, Kenya, India, Australia and Italy. Each troop representing a country worked very hard and presented information about that country as well as Girl Guiding or Girl Scouting within that country. The girls made SWAPS, flags, maps, dressed in clothing of that country, presented a skit song or game from that country, made a food and craft representing the country. One of the highlights of the event was having a Scottish Bagpiper play for everyone. What an amazing experience for all in attendance! Everyone had fun singing, learning about the different countries and most importantly made new friends!! Thank you to all the adults who helped out at the event, we couldn't have done it without you!! A huge thank you to Marlene Martell who ran the food court area of the event, the World Thinking Day Subcommittee and especially to The NH SnoShakers Club for donating the space to have our event, we are very grateful and appreciate your generosity and support.

On Saturday, February 16th Loudon became a much sweeter place!! Sweeter because 568 cases (that is 6,816 boxes) of Girl Scout cookies were unloaded at the Fire Station in the village. Luckily we were able to keep Chief Burr away from the cases of Samoas and every one made it safely to the different troops. After the delivery truck was unloaded and stacked by cookie type, each troop's cookies were sorted, counted then loaded into vehicles to be brought by each troop to sort into the girls orders. Rest assured, if you ordered cookies they are on their way. If you weren't asked by

Cookies, cookies, and more cookies! 568 cases of cookies — that's 6,816 boxes — arrived on February 16. Many thanks to the Loudon Fire Department for letting us use their space to sort out our orders!



a Girl Scout and have a craving for some yummy cookies, look for booth sales around Loudon in March. You can also find some at town meeting where a Troop may be selling some to raise funds for the camporee. Or, you can contact Michele Holbrook, Loudon Girl Scout Cookie Delivery Manager at 798-3669 or simplybyhand@yahoo.com and we will fix you up with some cookies!! We would like to say thank you to The Loudon Fire Department for allowing us to use the facility to unload the cookies, it is a very convenient location. We also want to thank the department personnel, Craig Benner, Jeff Benner, Jim Leonard, and Chief Burr who were there to help us unload the cookies. Thank you also to the Girl Scout leaders, co-leaders, cookie delivery managers and all registered adult volunteers who helped. Thanks finally to Michele Holbrook who did an amazing job orchestrating this cookie sale — THANK YOU!!!

Save the date!!! On Friday, April 4 The Loudon Girl Scouts will hold a Spaghetti Supper at Loudon Elementary School from 5:30–7:30 p.m. More details will follow next month but save that date because it is a meal you don't want to miss and supports the girl's camporee for this year. We are looking for food and product donations to offset the costs of the supper, if you can help please contact Christine Campbell at 783-9838 or camps06@aol.com by March 12th. Thank you.

The Loudon Girl Scouts will be waiting for the snow to melt and mud to clear and while we are waiting, we will be gearing up for our second camporee which will be on May 16–18 (hopefully without the rain this year). Cascade Campground has again agreed to donate the location for our event right here in Loudon. We are very thankful for their willingness to allow us back! The girls have voted and decided on the theme for this year, "Loudon Girl Scouts Home on the Prairie." We will have crafts, games and activities about frontier/prairie life. The camporee subcommittee will be hard at work planning for the event and the troops will be gearing up for this fun weekend together.

The Loudon Girl Scout Service Unit continues to welcome any girl or adult volunteer interested in joining our fun. If you are interested, please go to the website www.loudonnh.org and print the forms under Girl

Scouts. If you were involved in Girl Scouting years ago and would like to come back and have fun, please let us know! We always welcome more volunteers. In addition we are looking for materials such as troop flags, and ceremony items that former leaders and volunteers may have stored away. If you have these items and would like to move them out of your space, please contact Michele Paquette, Service Unit Manager at 783-4275.

Thank you for continuing to read about the great things that Loudon Girl Scouts are accomplishing, great job girls and keep it up!! *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 Loudon Girl Scout troops, keep checking back for continued updates as our troops (and troop leaders) are so busy they don't get a chance to update each month:

Daisy Troop #955

Tricia Ingraham

The Daisy's have been busy this month. We attended our very first World Thinking Day on February 9, where the girls had the opportunity to visit several booths and learn about the culture and the Girls Scouts in different countries. We also had our Investiture Ceremony on February 14th. The girls earned their promise center for knowing the Girl Scout Promise, the orange petal — *Responsible for what I say and do*, the purple petal — *Respect myself and others*, and the magenta petal — *Respect authority*. To add to the collection they also got their World Thinking Day Patch.

We would also like to give a special Thank You to the Loudon Police Department for letting us visit and helping us earn our magenta petal.

Brownie Troop #685

Christine Campbell & Karen Minery

WOW!!!!!! Brownie troop #685 sold roughly 1,250 boxes of cookies! That is approximately 125 boxes per girl. Thank you to all who supported Loudon Girl Scouts by purchasing a box of cookies. The money raised is used to promote the experiences in girl scouting. We have been extremely busy preparing for the World Thinking Day Event that took place on February 9. The girls chose to represent the country, Russia. Due to snow cancellations and the requirements for World Thinking Day we asked for our third year Brownies to work independently on some of the requirements. One of these requirements is a display of information on girl scouting in Russia. Elizabeth and Sidney did an outstanding job of sharing the Girl Scout promise and law, population and climate statistics, as well as beautiful pictures of Russian culture on a wonderful display board. Another requirement is preparing a map of our chosen country and Kate went above and beyond the call with a wonderful display of maps of Russia. Kudos to our girls who showed such maturity in completing this task outside our regular



Loudon Girl Scouts held their first "World Thinking Day" event, which was attended by 114 girls and 34 adults!

LOUDON HISTORY AND MYSTERY

By Amanda Masse

In last month's history section Buswell's Mine was mentioned. I had several calls inquiring where this mine was located. The mine was on Kenny Road past Hibbard's Farm between the Epps Mills site and where the road meets up near Earl (Buster) Cate's. The road is a trail now near where the mine was. Epps Mills was a water powered mill run by a family of German ancestry. Buswell's Mine contained galena ore and was in operation in the mid 19th century. The ore was brought to Webster's Mills in Pittsfield where it was taken by railroad car to Boston for crushing and treatment with liquid mercury to extract the gold and silver. Thank you to those who called with questions about this mine, it was fun to learn more about and I hope you enjoyed this follow up information.

Does anyone have more information they want to share about this month's history photo? Please share! We're sure you know the photo is of the Town Office when it was Charles R. Brown's home and we thought you might like to see what the building used to look like! I am always looking for more individuals interested in helping out with this section, and of course am always looking for your great photos. If you are interested in helping or have photos to share please contact me, Amanda by email at jaelmasse@comcast.net or call 783-0227.

Please consider stopping by and joining the Historical Society, the next meeting is on Wednesday, March 5. Please email Cyndi Babonis at cbabonis@gmail.com for meeting details. Let's all help keep Loudon's history alive! This group is working in sub-groups on cemetery documentation; oral histories and public relations efforts join them to find out more! ■



LOUDON HISTORICAL SOCIETY

General Meeting

Attendees: Michele York, Bob Ordway, David Steele, Cynthia Babonis, Dick Malfait, Melanie Kiley, Linda Hunton. Reviewed and approved minutes from December 07 meeting.

Bob reported on the Cemetery Committee: Members are Ron Lane, Muriel Burr, Fay Atkinson and Bob Ordway. There are 27 known cemeteries in Loudon. They plan to photograph each stone. There will be a lot of data entry work as there is very little documentation, even of recent burials.

Michele reported on the Oral History Committee: Members are Michele York and Cyndi Babonis. They are

planning to begin scheduling appointments with people this month.

Ron suggested we submit a notice in the Ledger requesting that residents bring in historic photos of Loudon and it's residents for scanning. He also reminded the group that the budget hearings are coming up but there is no date yet.

Cynthia suggested that the HS consider it's role the nomination of buildings for the State or National Historic registry.

Meeting adjourned.
Respectfully submitted,
Cynthia Babonis
LHS, Secretary

Historical Society Looking For Help!

Do you like to write or research history?

The Loudon Historical Society is looking for someone to write the history of Loudon. If you know an historian or someone with the experience to assist us with this, please contact Cynthia Babonis at cbabonis@gmail.com.

Do you have old photos of Loudon residents, buildings or activities that you would like to share with the Historical Society? If so you can contact Cynthia Babonis at cbabonis@gmail.com or call the town office and ask for Bob Ordway. We will set up an appointment to scan your photos.

Girl Scouts — continued from page 7

meetings. Also, a thank you to Lee and Trisha who baked Russian Tea Cakes for our food sample. The troop spent much time learning about Russia and preparing for World Thinking Day. The troop colored Russian flags which were then laminated for use as their swap pins. The troop discovered that the Rooster is the main bird of Russia, like the eagle is for the United States. The made a craft using a chicken egg as the Rooster's body and shared this with everyone at thinking day. They learned about Russian indoor party games and played many of them during our troop meetings. A few were selected to be shared at thinking day as our skit. We played a game called "With the Help of One Hand," where the girls must pick up small toys one at a time using only one hand and pass them off to the next girl in line like a relay. "Cross the Marsh," another relay game we played using two pieces of paper as "hummocks" (rock in Russian); the girls have to keep their feet on the paper and switch the paper to cross the room. The girls also learned that many of the games played in Russia are much like

the games here. Russia has its own form of Simon Says, Mother May I and Red Light Green Light. We also read a Russian Folktale titled "Marsha and the Bear," which reminded the girls of our own stories of *Little Red Riding Hood*, *Hansel and Gretel* and *Goldilocks and the Three Bears*.

On Friday, February 1, we braved the miserable weather and made our way SAFELY to the Verizon Wireless Arena for Disney's *Finding Nemo* on ice. The girls had a wonderful time and received a special patch for attending the event. We enjoyed a wonderful Valentine's party and thank Suzanne Eastman for donating our craft that evening. The girls exchanged Valentines and we reviewed what it means to be a Girl Scout and how the Girl Scout law impacts our everyday lives aside from our troop meetings. The rest of the month we will be earning the People Are Talking and Puppets, Dolls and Plays try-its.

Brownie Troop #300

Amanda Masse, Michele Paquette & Jessalynn Geerdes-Lakowicz

The girls of Troop #300 were very busy learning and presenting their country Italy at the World Thinking Day event. All the girls did a wonderful job and we are very proud of their accomplishments. The girls worked very hard towards their cookie sales goals and the troop sold a total of 1,584 boxes of cookies this year. Thank you to Jim, Katelyn and Brittany Leonard for helping sort or troop's cookies, we couldn't have done it without you! The girls have earned the People Everywhere try-it by

participating in World Thinking day and completing a few other requirements. We also played a few of the games that troop #685 shared from their country of Russia in our troop meeting following World Thinking Day. We will be making some decisions about try-its they would like to earn as well as fun field trips, events and activities they would like to do. Thank you to our troop volunteers and thank you for reading our update!! Arrivederci or Ciao (good bye in Italian). ■



Daisy Troop #955
having fun!

Alexis and Eric Swenson

Alexis Kourkoulis and Eric Swenson were married September 8, 2007 at the Brookstone Center in Derry. The Rev. David Keller of Concord performed the double-ring ceremony. The bride was given in marriage by her father.

Rachel Kourkoulis of Swampscott, MA, and Lisa Paone of Rochester, sisters of the bride, were maids of honor. Jessica Swanson of Derry, Meghan Jensen of Reading, MA and Karin Swenson of Portland, OR, sister of the groom, were bridesmaids.

Kevin Swenson of Loudon, brother of the groom, was best man. Mark Yeaton of Manchester, Kelley O'Brien of Vero Beach, FL, Brian Lynch of Pittsfield, and Justin Dussault of Newark, DE, were groomsmen.

The bride, daughter of Harry and Susan Koukoulis of Lynn, MA, earned a bachelor degree in business communication in 2003 from Assumption College in Worcester, MA. She is a business development coordinator at Ropes and Gray Law Firm in Boston.

The groom, son of Arthur and Sheila Swenson of Loudon, earned a bachelor degree in business management from Assumption College in 2003 and is employed by Federal Express in Medford, MA.

The couple took a wedding trip to Aruba and live in Lynn, MA. ■



Local Ski Jumper To Represent The East In The 2008 Ski Jumping And Nordic-Combined Junior Olympics



Fifteen year old, Zach Daniels from Loudon will be representing the East in this year's Ski Jumping and Nordic-combined Junior Olympics in Ishpeming, Michigan. Daniels is one of five athletes that will be representing the East and the only athlete from New Hampshire. Daniels began ski jumping at eight years old at the Andover Outing Club in Andover, NH. Throughout this past year he has trained and competed in Chicago, Park City, Steamboat Springs, Lake Placid and here at home in New Hampshire.

"I have learned over the past few year that if you want to achieve your goals, you not only need to work hard, but you must have discipline and be committed to your goals," said Zach Daniels. "This year, I trained harder and more often than ever before and it has paid off, because I have earned a position on the 2008 Eastern Junior Olympic Nordic-Combined Team."

The Junior Olympic Competition will be held February 26–March 2 in Ishpeming, Michigan, which is in the upper peninsula of Michigan. Ishpeming is the birthplace of US ski jumping and has the oldest ski jump in America. The athletes will compete individually and as a team on the K65 meter jump. They will also compete in a 5k cross-country individual ski race and team relay race. These athletes have been training for many years and must qualify at ski jumping and nordic-combined meets throughout New England to make the team.

"Making it to the Junior Olympics in Ski Jumping and Nordic-combined is not easy" states Coach Tim Norris, from the Andover Outing Club. "Only those who can stay within a certain standard of the best Nordic-combined are named to the eastern team." Norris added, "it is great to see local kids achieving this level of commitment and accomplishment, and we wish them well." ■

Derek Swenson Receives High School Athletic Award



Derek was chosen by the NHADA (NH Athletic Directors Assoc.), NHIAA (NH Interscholastic Athletic Assoc.) because of his ability to maintain high grades (B+ or higher), lettered in two varsity sports (Lacrosse and Football), demonstrated good citizenship, and has served as a role model for his peers.

The Tenth Annual NH Male High School Athletic Academic Awards Ceremony was held at the Capital Center for the Arts in Concord on February 11, 2008.

Derek was the only Loudon resident who received this award (as well as six other MVHS Athletes).

The Ceremony had a keynote speaker, Joseph Sullivan, a Teacher, Coach, Sports Writer (*Manchester Union Leader*), and Motivational Speaker.

Governor John Lynch was also present to speak and hand out awards to the athletes from around the state. There are approximately 8,800 athletes in the state and there are just 500 who received this award this year.

Derek is the son of Dave and Karen Swenson. ■

Loudon Girl Scouts Spaghetti Supper

Come to support the Loudon Girl Scout Service Unit in an effort to raise funds for our Camporee and have a great meal.

**Friday, April 4th from
5:30–7:30 p.m.**

at the Loudon Elementary School cafeteria

Meal includes: spaghetti, sauce, meatballs, garlic bread, salad, drink and dessert.

Price:

4 and under free, \$2.50 per child 5–12, \$5 for adults

We hope to see you all there!

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Calling Young Artists: Enter the 2008 Junior Duck Stamp Contest



Young New Hampshire artists, kindergarten through grade 12, are invited to submit original artwork depicting North American waterfowl to the New Hampshire Junior Duck Stamp Art Contest. The New Hampshire Fish and Game Department runs the statewide competition, which is part of the Federal Junior Duck Stamp Conservation and Design Contest of the U.S. Fish and Wildlife Service. The contest gives students a chance to show off their artistic talents and learn about conservation. The art competition is open to public, private or home-schooled New Hampshire students.

Entries must be postmarked by March 15, 2008. For competition guidelines, send your request to: Victor Young, N.H. Fish and Game Department, 11 Hazen Drive, Concord, NH 03301. Competition guidelines, including dimension requirements and an entry form also can be downloaded from www.wildlife.state.nh.us/Education/ed_Junior_Duck_Contest.htm.

The New Hampshire Junior Duck Stamp Art Contest will award first, second, third and honorable mention ribbons in four

groups: grades K-3; 4-6; 7-9; and 10-12. The State Best-of-Show will be selected from among the first-place winning designs. Winning artwork in all categories will be displayed at NH Fish and Game headquarters in Concord. The Best-of-Show New Hampshire winner advances to the national Junior Duck Stamp Design Contest, in which the three top winners receive a cash award and a trip to the adult Federal Duck Stamp Contest.

The Federal Junior Duck Stamp Conservation and Design Program is an integrated art and science activity developed to teach environmental science and habitat conservation. "In the process of creating Junior Duck Stamp designs, students gain a better understanding of the importance of conserving habitat as they explore the esthetic qualities of wildlife," said Victor Young, who coordinates New Hampshire Fish and Game's statewide contest. Teachers who want to integrate these lessons into their coursework can find a curriculum guide for teaching conservation through the arts at <http://duckstamps.fws.gov>. ■

2008 DARE PIZZA NIGHT



WHEN: TUESDAY, MARCH 18, 2008

WHERE: LOUDON ELEMENTARY SCHOOL

TIME: Dinner served 5 - 6:30 p.m.

(includes Pizza, salad, dessert & beverage)



**RAFFLE IMMEDIATELY
FOLLOWING DINNER**

COST: \$3.00 Dinner Ticket

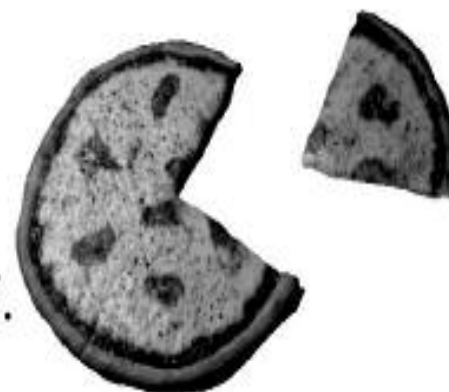


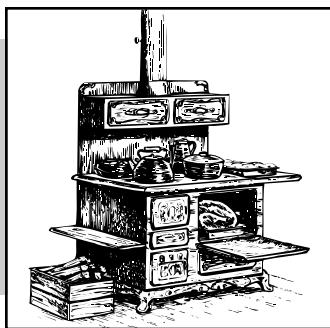
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Raffle tickets 3/\$1.00 or 20/\$5.00



**COME JOIN THE FUN
& SUPPORT THE LOUDON POLICE D.A.R.E.
PROGRAM!**





What's Cookin'!

This month: Go Green for St. Patrick's Day!

By Jennifer Pfeifer

Happy Spring! Well I don't know about you, but I am ready to trade the snow and ice for Leprechauns and Easter bunnies. "Eating Green" doesn't mean to me what it use to 25 years ago. When I was a kid if you were eating green it likely meant that your tongue would also remain green long after your Popsicle or lollypop was gone. Sure we ate salad and veggies, but oh how things have changed. Now "Eating Green" means so much more, and for many of us we are still trying to learn and incorporate a green attitude into our lives. So here is some simple information to get you started, and a few recipes that are green and "Green." (You can find the following information and much more at foodnetwork.com).

EATING GREEN

When deciding what to feed your family, you're bound to face a bewildering array of food labels claiming that items are organic, natural or free range. Here's what these labels mean:

Growing Conditions

Organic. If a product bears a "USDA organic" label, you are guaranteed that it's at least 95 free of pesticides, synthetic fertilizers and sewage sludge and that it hasn't been genetically modified or irradiated. No hormones or antibiotics are allowed; animals must be fed organically-grown feed and have access to the outdoors. While some experts have suggested that organic foods are healthier than conventionally-grown, the USDA doesn't support these claims.

Sustainable. Sustainable agriculture refers to crops that are raised in ways that don't harm the environment, are humane to animals, and that supports farm workers and farming communities. Not all sustainable foods are organic — most come from small family farms which may not have the time or resources to get organic certification (it is expensive and time-consuming). A related label is "Fair Trade," which certifies that farmers in developing countries have received a fair price for products like coffee that are grown in a sustainable way.

Natural. Natural refers to meat and poultry that contains no artificial flavors, colors or preservatives. There is no certification and because a food is called "natural," it doesn't mean that farm animals were raised organically.

Locally Grown. Locally grown refers to crops produced no more than 250 miles from where they're purchased. The emphasis is on seasonal, fresh produce, meats and dairy products but these crops may have been raised with pesticides.

If the label does not specify that the food any special growing conditions, you should assume it's conventional. Crops and cattle are raised using synthetic chemicals, like fertilizers and pesticides to curb insect growth and increase the amount of food produced. Farmers can give their animals antibiotics, growth hormones and other medications. This is the way most crops and livestock have been raised in the U.S. for the past 50 years.

Hormones and Antibiotics

Antibiotic-Free. The term "antibiotic-free" is unregulated but producers can label foods "no antibiotics administered" or "raised without antibiotics," which means animals were raised entirely without the substances. Concerns have been raised that antibiotic use in cattle causes antibiotic resistant bacteria to develop, threatening human health.

Hormone-Free. For pork and chicken, the label "hormone free" is meaningless; these substances are banned when raising pigs and chickens. Beef may carry a "no

hormones administered" label but no outside authority currently certifies this claim. Controversy has arisen over the artificial hormone rBGH which increases milk production. The U.S. is one of the few countries to approve its use; others have banned it because of concerns over human and animal health.

Animal Welfare

Free Range. Chickens that aren't confined to cages and are granted access to the outdoors are called "free range." But the USDA only requires limited outdoor time; conditions can be crowded and dirty and there's no outside monitoring.

Grass-Fed. Cattle raised largely on grass and hay are referred to as "grass-fed." No government regulations or inspections apply to the term and these cattle may not be organic. Since cows' stomachs more easily digest grass than grain, it is a more natural, humane and antibiotic-free way to raise cattle.

Avocado Salad with Tomatoes, Lime, and Toasted Cumin Vinaigrette — Recipe courtesy Bobby Flay

- 4 large ripe tomatoes, cut into 1-inch chunks, or 20 cherry tomatoes, halved
- 2 ripe large Hass avocados, halved, pitted, peeled, and cut into 1-inch chunks
- 1 large red onion, thinly sliced
- Toasted Cumin Vinaigrette, recipe follows
- 2 cups arugula leaves
- 1 teaspoon ground cumin
- 1/4 cup freshly chopped cilantro leaves

Gently mix the tomatoes, avocados, onions, arugula, and half of the vinaigrette in a large bowl. Check for seasoning and add more vinaigrette, if needed. Sprinkle the cumin and cilantro over the top and serve immediately.

Vinaigrette:

- 1/4 cup fresh lime juice
- 2 tablespoons rice wine vinegar
- 1 tablespoon honey
- 1 tablespoon cumin seeds, lightly toasted
- 1/4 cup chopped fresh cilantro leaves
- 1/4 cup olive oil
- 1/4 cup canola oil
- Salt and freshly ground pepper

Whisk together the lime juice, vinegar, honey, cumin, and cilantro in a medium bowl. Gradually whisk in the oils until emulsified. Season with salt and pepper, to taste. Do not use a blender to make this vinaigrette.

Salsa Verde — Recipe courtesy Bobby Flay

- 2 tablespoons olive oil
- 1 medium red onion, coarsely chopped
- 1 jalapeno, coarsely diced
- 8 tomatillos, husked and coarsely chopped
- 3 tablespoons fresh lime juice
- 2 tablespoons honey
- 1/4 cup chopped cilantro leaves
- Salt and freshly ground pepper

Heat oil in a large skillet over medium heat. Add the onions and jalapeno and cook until soft. Add the tomatillos and cook until soft, about 10 to 15 minutes. Transfer the mixture to a blender, add the lime juice, honey, and cilantro, and blend until smooth. Season with salt and pepper.

Honeydew Smoothie — Recipe courtesy Sandra Lee

- 2 cups honeydew melon, cubed
- 1 cup vanilla low-fat yogurt
- 2 tablespoons apple juice, from frozen concentrate
- Ice
- Honeydew melon slices, for garnish

In a blender, combine melon, yogurt, and apple juice concentrate. Blend until smooth. With blender running, add ice until frothy. Pour into 2 (16-ounce) glasses and garnish with sliced melon.

Next Month: April Showers. Make your next lunch or brunch party delicious. To submit recipes or suggestions contact me by email at jtpfeifer@comcast.net, call at 783-8986, or send mail to 168 North Village Road, Loudon, NH 03307. ■

The Loudon Old Home Day Committee is looking for bid proposals for the layout and printing of the 2008 Loudon Old Home Day Book. The bid should include the cost of printing 750 copies of an 8½ x 5½ book with approximately 64 pages, and a color cover. Any interested parties can submit their proposals to the Loudon Old Home Day Association, P O Box 7050, Loudon, NH 03307 by March 31, 2008.

**The Next Meeting is
March 19 at 6:30 at Kim Bean's**

Q&A: Household Hazardous Waste Day

What is a HHWD?

A HHWD is a specific, planned day when residents may drop off certain hazardous materials from their homes for collection. These events are run under rules and guidelines of the NH Department of Environmental Services, and are usually performed by an independent hazardous waste company. Having an independent company handle most aspects of the waste collection is the most efficient way to conduct a HHWD because of their experience in identifying, sorting, storing, and transporting the materials.

Why have a HHWD?

This is the most important question! Because of increasing concerns about toxic materials ending-up in our ground water and air, attempts have been made to reduce or eliminate these hazardous materials from the regular trash stream. While most toxic particles are filtered from the air of our incinerated trash, not all of the most hazardous ones are. The same is true for trash in landfills; not all toxic matter is guaranteed to stay out of ground water. Many of these materials are corrosive, flammable and/or toxic, and should not be dumped in septic systems or sewers. By eliminating the higher risk materials, we reduce our health risks.

LOUDON WILDLIFE

By Kris Tripp

I have lived in New England all my life and have seen hundreds of deer – but the thrill of spotting one never seems to get old. If I see one in the yard or see one on a drive somewhere, it is always a magical moment where I pause and soak up the silence until the deer decides to move on. To me, they are wonderful creatures of beauty and grace.

The white tailed deer is the official state animal of New Hampshire! In the winter months, the deer will turn a grayish brown color. I saw one the other day that I mistakenly thought was a dark dog until I got closer. Deer are so common that many people don't realize the species has some interesting attributes. For instance, a **white-tailed deer can run up to 36 miles per hour**, jump up to eight feet high, and leap up to 28 feet forward. As a gardener, I will make sure my fence is nice and tall this next year!

Deer are herbivores — an herbivore eats plants. They like to eat grasses, flowers, new leaves, buds and shoots of trees, fruit (like apples), nuts and acorns, and farm crops like corn. In the winter, deer will feed on woody vegetation, including the twigs and buds of birch, maple, and many conifers. I can personally attest to the fact that they eat trees. My brand new apple tree that I planted last year has been chewed down to a sparse twig.

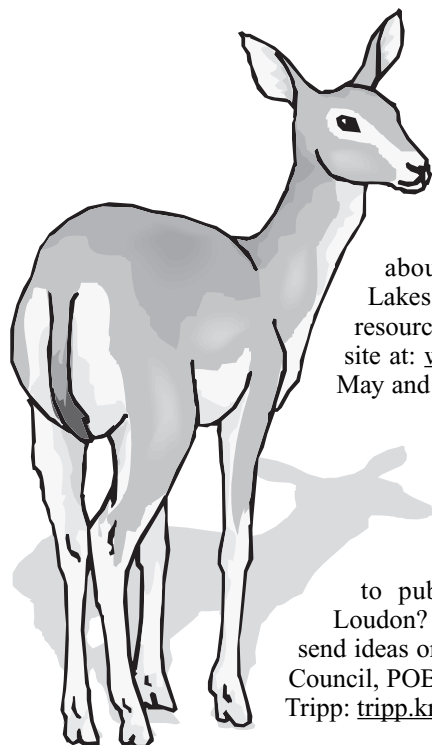
The New Hampshire Fish and Game department does not recommend that you feed deer during the winter. This will actually make deer more vulnerable to starvation, predators and disease.

Deer are primarily nocturnal but may be active at any time of the day. They often move to feeding areas along established trails. They usually bed down near dawn, seeking concealing cover. Deer are also good swimmers. The winter coat of the northern deer has hollow hair shafts, which fill with air, making the coat so buoyant that it would be difficult for the animal to sink should it become exhausted while swimming.

For more information about the white tailed deer, visit these fantastic websites: www.wildlife.state.nh.us/, www.nhptv.org/kn/wildnh/wildnh5r.htm, www.nhptv.org/natureworks/white-taileddeer.htm

If you are interested in learning more about New Hampshire wildlife, the Squam Lakes Natural Science Center is a fantastic NH resource. For more information, visit their website at: www.nhnature.org. The center re-opens in May and is one of the best exhibits in New Hampshire for children (and adults too!). Facts for this article were obtained from the New Hampshire Fish and Game department and New Hampshire Public Television website listed above.

Do you have a picture you would like us to publish of an animal you have seen in Loudon? We would love to hear from you! Please send ideas or pictures to the Loudon Communications Council, POB 7871, Loudon, NH 03307 or e-mail Kris Tripp: tripp.kris@comcast.net. ■



Who can drop off HHW?

Only residents may drop off HHW at a collection event. Businesses should already have proper disposal plans in place for their hazardous wastes and are not allowed in a HHWD.

How much does it cost?

There is no cost to the Loudon resident. The approximate total cost to the Town is \$5,000.00 for a half-day (4 hour) event. The expense is mostly due to the need of having certified waste handlers present, who will be responsible for identifying, handling, storing and transporting these materials. It is possible to offset some of the cost with grant monies. However, the applications need to be in nearly a year in advance to be considered. If future HHWD's are approved, grants could reduce the Town's cost by 10% to 20%, especially if we are able to combine our event with another town. Most people involved with previous HHWD events suggest keeping the first one as simple as possible to more easily evaluate its effectiveness.

When would it be held?

HHWD's are typically held in either the spring or fall, to coincide with seasonal household "clean-outs". Loudon would probably schedule their first HHWD in September of 2008. Notices would be posted well in advance of the event in the *Ledger*, *Concord Monitor*, the Town website, etc. A list of acceptable materials and other related information would be included.

How do I participate?

Our HHWD would probably be held on a Saturday morning at the Transfer Station. Residents would simply need to bring only the allowable hazardous items (basically household cleaners, anti-freeze, paint thinner, old gasoline, oil-based paint, etc.), and follow instructions from the waste handlers. Proof of residency may be required.

MORE HHWD INFORMATION

Household Hazardous Waste Days (HHWD) give residents a chance to dispose of many common materials that can be dangerous to our environment. Following guidelines of what is and what is not acceptable will save the Town time and money. Following is a list of hazardous items/materials that would be accepted at a HHWD:

- used anti-freeze
- stains
- paint thinners
- herbicides
- drain cleaners
- old gasoline
- varnishes
- paint strippers
- household cleaners
- degreasers
- oil-based paints
- wood preservatives
- pesticides
- floor and window cleaners
- oven cleaners

Many items that are considered hazardous waste are already accepted at the Transfer Station during regular days of operation. Following is a list of some of these items:

- used motor oil
- latex paints
- rechargeable batteries
- CFLs (compact florescent lights)
- other mercury-containing devices
- empty aerosol cans
- household batteries
- florescent light bulbs
- thermostats, thermometers
- light ballasts

Complete lists of acceptable items would be posted on the Town web site and in the *Loudon Ledger* before a HHWD would actually occur. Please call the Transfer Station with any questions about materials you may consider to be hazardous. ■

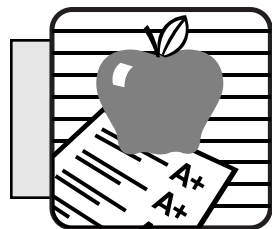


Mudgett Hill Mumbling Maplers

Join us March 30 at approx. 1 p.m. for The Mudgett Hill Mumbling Maplers Annual Make-A-Wish raffle.

225 Mudgett Hill Road
Loudon, NH 03307
783-4447

Help make a wish come true!



Merrimack Valley School District News

Loudon Elementary School

Annual Reports Available

Annual town reports are available at the Loudon Elementary school as well as the Maxfield public Library, the Loudon town offices and the Beanstalk store.

Kindergarten Registration

Kindergarten registration for this fall will take place on April 8th and 9th. Loudon children who will be five years old by September 30, 2008 are eligible for kindergarten. Children who did not receive their kindergarten instruction at LES and will be six years old by September 30, 2008 are eligible for first grade. Please contact Mrs. Muzzey (783-4400) as soon as possible to begin the registration process. If you have any questions, please contact LES Principal, Tom Laliberte.

Last Day of School

Due to all the school closings, the last day of school is currently June 23rd.

Teachers Workshop Canceled

The teachers workshop scheduled for March 28th has been canceled and school will be open that day.

Important Dates

- March 5** — Last ski
- March 6** — NO PTA meeting this month
- March 6** — 1st & 2nd grade breakfast with parents 8:30 a.m.
- March 7** — 3rd–5th grade breakfast with parents 8:30 a.m.
- March 11** — Book fair parent buy night 3:30– 8:00 p.m.
- March 12** — Chess club meets after school
- March 12** — Annual district meeting at MVHS 6:00 p.m.
- March 15** — Loudon Town Meeting in gym 8:00 p.m.
- March 18** — D.A.R.E. pizza party in gym 5:00 p.m.
- March 22** — PTA Easter Egg Hunt

MV Middle School

Important Dates

- March 3** — 6th grade class field trip to the Capital Center for Arts
- March 7** — 3rd quarter progress report
- March 10** — School board meeting
- March 19** — PTO meeting 6:30 p.m.
- March 21** — Career Day

To have your Loudon school event listed in future editions of the *Loudon Ledger*, please contact the Loudon Communications Council at the following e-mail address: Debbie@debbiekgraphics.com or call Kris Tripp at: 783-0448. We look forward to hearing about your event or activity!

MV High School

Reminder from Student Administration: Classes begin at 7:45 in the morning and students arriving after that time will be marked as tardy. On the 4th tardy to school, students are issued a detention. Please help us to ensure all students arrive on time for classes. Also, we would like to extend a warm wel-

come to Ms. Katie Klawiter, our new administrative assistant in the main office. Ms. Klawiter is calling juniors and seniors who are marked absent, so parents will be hearing from her whenever their student is absent.

March Madness at Merrimack Valley: Wednesday, March 12th at 7:00 p.m., MVHS Gym

2nd Annual Pride Cup Basketball Game: The MVHS Class of 2009 will be hosting the 2nd Annual Pride Cup Basketball Game pitting the MVHS faculty against the students. The teachers will be defending their title as they were victorious in last year's contest. During the game, there will be great music, a half time show, raffles, food, and more. Tickets will be sold prior to the game, and at the door the night of the game. Encourage your friends and family to witness this epic battle for the Pride Cup!!!

News from the MVHS Wellness Center:
NHTI Dental Clinic: The Wellness Center will be offering Dental Cleanings for middle and high school students between January-June of 2008. The NHTI Dental program will be providing this service at MVHS on Mondays and Fridays. If you are interested in having a dental cleaning for your son/daughter, please contact Lenny Smith (Wellness Center Director), to request a permission/health history form as soon as possible. This service is free of charge for MVSD students. Please take advantage of this great opportunity.

Counseling Services in the Wellness Center: We are fortunate this year to have Jen MacLeamy from Riverbend Community Mental Health join us and offer on-site, outpatient services to students in need. Jen is a doctoral level intern finishing up her program through Stanford University. Also, we are fortunate to have Heather Kingston (Student Assistant Program) working with students regarding substance abuse issues. Heather splits time between MVMS and MVHS during the week.

News from the Library Media Center: The complete text of the library media center news can be read on-line. For information on cyber ethics and the school's internet filtering system please visit <http://fc.mvhsd.k12.nh.us/~mvhsnews>

Math Team: In their latest home meet on 1/9/08, our team exceeded the point total of the previous meet when we moved into second place in the Lake's Region Math League. Perfect scores were recorded by Patrick Bousquet, Brett Branscombe (highest team scorer as well as the second highest overall scorer in the league), Ian Coll, and Frank Hemsing. *Submitted by Mr. Hallahan, Math Team Advisor*

Recognition for Outstanding Art students: The state-wide level of the Scholastics Art and Writing competition winners were announced recently at an awards ceremony at Pinkerton Academy. Merrimack Valley High School art students captured 32 Gold Key, Silver Key and Honorable Mention awards! ALL GOLD KEY PORTFOLIOS and ARTWORK will now advance to the Scholastics NATIONAL LEVEL of competition in New York City. Congratulations to: Stephen Oakley, Lori Vanson, Charlotte Evanofski, Abbey Dow, Ryan Jelley, SunMi Scheinler, Meaghan Jackson, Lexi Potter, James Carey, Claire Dusell, Brandon Gallagher Allison Hayes, Molly Kirsch, Brooke Zwick. *Submitted by Robin Denham, Art Dept.*

Senior Project News: Senior Project Presentation time is almost here. All presentations will take place on March 25th from 8:00–11:00 a.m., with a Senior Project Showcase that evening from 6:00–9:00 p.m. It is mandatory that all seniors be present at both events

on March 25th. If they need to request the time off from work now would be the time to do it. This year, the presentations will be judged by teachers and volunteers from the community. Parents are welcome to attend their student's presentation and the community is invited to the evening Showcase.

From the Guidance Department: Seniors — Please make sure you are checking deadlines and getting college and scholarship applications in on time! Also, make sure to have official transcripts requested from Guidance so you can send them out as well. It is recommended that you do this for colleges you are applying to at least 2 weeks in advance. If you have not taken your SAT yet, plan to sign up for the March test.

Reminders to Seniors and their Parents:

- Please be sure to check your son/daughter's current grades and contact his/her teachers and guidance counselor with any concerns. This is especially important if there are concerns in classes that are required for graduation this June!
- Please continue to put your best effort into your classes! Acceptance into college can be rescinded if a student's performance falls markedly throughout the remainder of the senior year. Any seniors who have not yet applied to college and need help with the process please see your guidance counselor ASAP! Deadlines are fast approaching for many schools.
- File your FAFSA — forms will no longer be available in guidance offices around the country. The Department of Education, who distributes the FAFSA, has made a change in their distribution method. Students will be able to obtain up to three paper copies of the FAFSA forms by calling 1-800-433-3243 or by visiting www.edpubs.org.

The DOE still STRONGLY encourages parents and students to file their FAFSA on line at www.fafsa.ed.gov rather than filing paper copies.

March 17th. College Overview For Juniors and their Parents. At 6:30 we will hold a workshop for juniors and their parents on the college application process and what to be thinking about over the next two years. Topics to be covered include the college application process, choosing an appropriate college, deadlines, SAT/ACT, letters of recommendation, and answers to questions students and parents may have about the process. Please plan to attend this informative event.

April 9th. Award Letter workshop. As student get their letters of acceptance from colleges, they will also receive "award letters" from college financial aid offices. This workshop will be for any students or parents who would like assistance in clarifying these award letters, what they mean, how much aid is being offered, etc. (Please note this event was previously scheduled for April 10th but has been changed to the 9th!)

Student Scheduling for 2008–2009: Students will soon be receiving scheduling materials in homerooms. Student requests are extremely important, because they drive the scheduling of classes and teacher assignments. Please talk with your student about their course selections to make sure they are carefully thought out. Schedule changes will only be made for very good reasons.

Up Coming Events:

March 6th — District Meeting (MVHS Auditorium 7 p.m.). Voting on school board members begins at 6:30 with polls closing at 7:30.

Cub Scouts Hold Pinewood Derby and Celebrate Blue and Gold Banquet

The Cub Scouts of Pack 247 held their Pinewood Derby on January 26. The boys patiently waited through a delay and several false starts caused by technical difficulties. Once the racing got underway, each 7" pine car got to race six times. The boys enjoyed designing and making their cars as much as racing them. The scouts with the fastest cars were (1st, 2nd and 3rd by Scouting level):

Webelos 2: Danny Dockham, Chance Grimaldi, Aaron Cooper

Webelos 1: Kyle Kowalski, Hunter Blake, Corey Ackerson

Bears: Devin Valenti, Nathan Coloumbe, Carter Segien;

Wolves: Dylan Babonis, Joseph Stokes, Darren Gagne

Tigers: Jordan Bragg, Ayden Radcliffe, Jacob Cheney

On February 16, the Pack celebrated their Blue and Gold Banquet with a Chinese New Year theme complete with chop sticks, hanging lanterns, and a Chinese dragon constructed by the boys in the Webelos 2 den. A pot luck dinner was followed by a demonstration by Body Works Karate School. During a recognition ceremony, the boys in the Webelos 1, Tiger, and Bear Dens received their rank badges and the following scouts received their Conservation Badge: Aaron Cooper, Jonathan Cooper, Danny Dockham, Chance Grimaldi, and Scott Martel. The celebration ended with the Fella Cake auction. The Scouts (with a male family member) baked cakes that were auctioned off to benefit Friends of Scouting. Thanks to Kate Dockham and her Webelos 2 scouts for planning this awesome event. ■



Above: Pinewood derby cars ready to race. Below: Cub Scouts place bids on cakes in the "Fella" Cake Auction. The boys kept to the Chinese New Year theme and made several impressive dragon and rat (2008 is the year of the rat) cakes and cakes bearing Chinese characters.



Alec shows off his "Sponge Bob" car.

School News — continued from page 12

Student Leadership

The following students from Merrimack Valley High School have been selected for the 2008 CASL Capital Area Student Leadership program:

- Jessica Hagerty, Loudon
- Allison Hayes, Loudon
- Chelsie McKerley, Boscawen

The CASL program will encourage high school sophomores from schools throughout the region to become active and effective participants and future leaders in their communities through exposure to the historical, cultural, environmental and civic aspects of Greater Concord. We're very happy to have these fine students participate this year. For more information on the program, please contact: Rebecca Kinhan, Communications Manager, Greater Concord Chamber of Commerce, 40 Commercial Street, Concord, NH 03301. Tel 603.224.2508/Fax 603.224.8128. www.concordnhchamber.com

Athletic/Academic Awards

The following Merrimack Valley High School students were recently recognized with the NH Athletic Director's Association Athletic Academic Award. All

nominees must be young men in their senior year who fulfill the following criteria: Hold at least a B+ grade point average, and have lettered in two varsity sports during high school with continued participation, and serve as a positive role model to peers by participating in community service activities and by demonstrating the qualities of good citizenship.

Andover: Ian Coll, Tyler Fenton

Penacook: Matt Gove

Loudon: Derek Swenson

Boscawen: Ryan Jelley

Salisbury: Ryan Pilsbury

The following Merrimack Valley High School students were recently recognized with the NH Commission on the Status of Women Athletic Academic Award — All nominees must be young women in their senior year who fulfill the following criteria: Hold a B+ grade point average, and have lettered in two varsity sports during high school years with continued participation, and Serve as a positive role model to peers by participating in community service activities and by demonstrating the qualities of good citizenship

Loudon: Ashley Dlubac, Rachel Dickerson

Webster: Charlotte Evanofski

Penacook: Doreen Barksdale

MVHS Student of the Month

The following students were nominated by the faculty and staff for recognition as student of the month for January.

Webster: Ellie Deshaies, Kendra Carlson, Bea Foss

Boscawen: Ann Huckins, Kaitlin Warren, Molly Stone, Laura Egounis, Doug Millett

Loudon: Lauren Holden, Amanda Wilson, Casie Phillips, William Pederson, Scott Vanson, Keith McCormack, James Hayes, Andrew Rice, Jessika Spottiswood, Kim Dolloff

Penacook: Chelsea Adams, Rebecca Polson, Steph Walsh, Kristin Xavier, Brittany Craigie, Miranda White, Robert Hague, Anthony Day, Nate Pike, Haley Wilson

Salisbury: Mike Campbell, Ben Raymond, Robert Perry

Andover: Cayla Wujek, Ryan Davis

Winners:

Boy of the Month: Keith McCormack

Girl of the Month: Ann Huckins ■

T+ YOUR HEALTH

By Tricia Ingraham, MPH

What is ANGER and how to manage it

We all get angry sometimes, but how you deal with it is important. Do you unleash your emotions and then end up feeling remorseful? This type of behavior can cause problems in your relationships and overall quality of life. If you learn to better understand your emotions, you can begin the path to controlling them. I came across some helpful information that explains the nature of anger, why some are more “hot headed” than others, and the steps you can take to controlling outbursts.

The Nature of Anger

Anger is “an emotional state that varies in intensity from mild irritation to intense fury and rage,” according to Charles Spielberger, PhD, a psychologist who specializes in the study of anger. Like other emotions, it is accompanied by physiological and biological changes; when you get angry, your heart rate and blood pressure go up, as do the levels of your energy hormones, adrenaline, and noradrenaline.

Anger can be caused by both external and internal events. You could be angry at a specific person (Such as a coworker or supervisor) or event (a traffic jam, a canceled flight), or your anger could be caused by worrying or brooding about your personal problems. Memories of traumatic or enraging events can also trigger angry feelings.

Expressing Anger

The instinctive, natural way to express anger is to respond aggressively. Anger is a natural, adaptive response to threats; it inspires powerful, often aggressive, feelings and behaviors, which allow us to fight and to defend ourselves when we are attacked. A certain amount of anger, therefore, is necessary to our survival.

On the other hand, we can’t physically lash out at every person or object that irritates or annoys us; laws, social norms, and common sense place limits on how far our anger can take us.

People use a variety of both conscious and unconscious processes to deal with their angry feelings. The three main approaches are expressing, suppressing, and calming. Expressing your angry feelings in an assertive — not aggressive — manner is the healthiest way to express anger. To do this, you have to learn how to make clear what your needs are, and how to get them met, without hurting others. Being assertive doesn’t mean being pushy or

demanding; it means being respectful of yourself and others.

Anger can be suppressed, and then converted or redirected. This happens when you hold in your anger, stop thinking about it, and focus on something positive. The aim is to inhibit or suppress your anger and convert it into more constructive behavior. The danger in this type of response is that if it isn’t allowed outward expression, your anger can turn inward — on yourself. Anger turned inward may cause hypertension, high blood pressure, or depression.

Unexpressed anger can create other problems. It can lead to pathological expressions of anger, such as passive-aggressive behavior (getting back at people indirectly, without telling them why, rather than confronting them head-on) or a personality that seems perpetually cynical and hostile. People who are constantly putting others down, criticizing everything, and making cynical comments haven’t learned how to constructively express their anger. Not surprisingly, they aren’t likely to have many successful relationships.

Finally, you can calm down inside. This means not just controlling your outward behavior, but also controlling your internal responses, taking steps to lower your heart rate, calm yourself down, and let the feelings subside.

As Dr. Spielberger notes, “when none of these three techniques work, that’s when someone — or something — is going to get hurt.”

Anger Management

The goal of anger management is to reduce both your emotional feelings and the physiological arousal that anger causes. You can’t get rid of, or avoid, the things or the people that enrage you, nor can you change them, but you can learn to control your reactions.

Are You Too Angry?

There are psychological tests that measure the intensity of angry feelings, how prone to anger you are, and how well you handle it. But chances are good that if you do have a problem with anger, you already know it. If you find yourself acting in ways that seem out of control and frightening, you might need help finding better ways to deal with this emotion.

Why Are Some People More Angry Than Others?

According to Jerry Deffenbacher, PhD, a psychologist who specializes in anger management, some people really are more “hotheaded” than others are; they get angry more easily and more intensely than the average person does. There are also those who don’t show their anger in loud spectacular ways but are chronically irritable and grumpy.

Easily angered people don’t always curse and throw things; sometimes they withdraw socially, sulk, or get physically ill.

People who are easily angered generally have what some psychologists call a low tolerance for frustration, meaning simply that they feel that they should not have to be subjected to frustration, inconvenience, or annoyance. They can’t take things in stride, and they’re particularly infuriated if the situation seems somehow unjust: for example, being corrected for a minor mistake.

What makes these people this way? A number of things. One cause may be genetic or physiological: There is evidence that some children are born irritable, touchy, and easily angered, and that these signs are present from a very early age. Another may be sociocultural. Anger is often regarded as negative; we’re taught that it’s all right to express anxiety, depression, or other emotions but not to express anger. As a result, we don’t learn how to handle it or channel it constructively.

Research has also found that family background plays a role. Typically, people who are easily angered come from families that are disruptive, chaotic, and not skilled at emotional communications.

Is It Good To “Let it All Hang Out?”

Psychologists now say that this is a dangerous myth. Some people use this theory as a license to hurt others. Research has found that “letting it rip” with anger actually escalates anger and aggression and does nothing to help you (or the person you’re angry with) resolve the situation. It’s best to find out what it is that triggers your anger, and then to develop strategies to keep those triggers from tipping you over the edge.

Strategies To Keep Anger At Bay

Relaxation

Simple relaxation tools, such as deep breathing and relaxing imagery, can help calm down angry feelings. There are books and courses that can teach you relaxation techniques, and once you learn the techniques, you can call upon them in any situation. If you are involved in a relationship where both partners are hot-tempered, it might be a good idea for both of you to learn these techniques.

Some simple steps you can try:

- Breathe deeply, from your diaphragm; breathing from your chest won’t relax you. Picture your breath coming up from your “gut.”
- Slowly repeat a calm word or phrase such as “relax,” “take it easy.” Repeat it to yourself while breathing deeply.

- Use imagery; visualize a relaxing experience, from either your memory or your imagination.
- Nonstrenuous, slow yoga-like exercises can relax your muscles and make you feel much calmer.

Practice these techniques daily. Learn to use them automatically when you’re in a tense situation.

Cognitive Restructuring

Simply put, this means changing the way you think. Angry people tend to curse, swear, or speak in highly colorful terms that reflect their inner thoughts. When you’re angry, your thinking can get very exaggerated and overly dramatic. Try replacing these thoughts with more rational ones. For instance, instead of telling yourself, “oh, it’s awful, it’s terrible, everything’s ruined,” tell yourself, “it’s frustrating, and it’s understandable that I’m upset about it, but it’s not the end of the world and getting angry is not going to fix it anyhow.”

Be careful of words like “never” or “always” when talking about yourself or someone else. “This !&*%@ machine never works,” or “you’re always forgetting things” are not just inaccurate, they also serve to make you feel that your anger is justified and that there’s no way to solve the problem. They also alienate and humiliate people who might otherwise be willing to work with you on a solution.

Remind yourself that getting angry is not going to fix anything, that it won’t make you feel better (and may actually make you feel worse).

Logic defeats anger, because anger, even when it’s justified, can quickly become irrational. So use cold hard logic on yourself. Remind yourself that the world is “not out to get you,” you’re just experiencing some of the rough spots of daily life. Do this each time you feel anger getting the best of you, and it’ll help you get a more balanced perspective. Angry people tend to demand things: fairness, appreciation, agreement, willingness to do things their way. Everyone wants these things, and we are all hurt and disappointed when we don’t get them, but angry people demand them, and when their demands aren’t met, their disappointment becomes anger. As part of their cognitive restructuring, angry people need to become aware of their demanding nature and translate their expectations into desires. In other words, saying, “I would like” something is healthier than saying, “I demand” or “I must have” something. When you’re unable to get what you want, you will experience the normal reactions—frustration, disappointment, hurt—but not anger. Some angry people use this anger as a way to avoid feeling hurt, but that doesn’t mean the hurt goes away.

Health — continued on page 15

Health — continued from page 14

Problem Solving

Sometimes, our anger and frustration are caused by very real and inescapable problems in our lives. Not all anger is misplaced, and often it's a healthy, natural response to these difficulties. There is also a cultural belief that every problem has a solution, and it adds to our frustration to find out that this isn't always the case. The best attitude to bring to such a situation, then, is not to focus on finding the solution, but rather on how you handle and face the problem.

Make a plan, and check your progress along the way. Resolve to give it your best, but also not to punish yourself if an answer doesn't come right away. If you can approach it with your best intentions and efforts and make a serious attempt to face it head-on, you will be less likely to lose patience and fall into all-or-nothing thinking, even if the problem does not get solved right away.

Better Communication

Angry people tend to jump to — and act on — conclusions, and some of those conclusions can be very inaccurate. The first thing to do if you're in a heated discussion is slow down and think through your responses. Don't say the first thing that comes into your head, but slow down and think carefully about what you want to say. At the same time, listen carefully to what the other person is saying and take your time before answering.

Listen, too, to what is underlying the anger. For instance, you like a certain amount of freedom and personal space, and your "significant other" wants more connection and closeness. If he or she starts complaining about your activities, don't retaliate by painting your partner as a jailer, a warden, or an albino around your neck.

It's natural to get defensive when you're criticized, but don't fight back. Instead, listen to what's underlying the words: the message that this person might feel neglected and unloved. It may take a lot of patient questioning on your part, and it may require some breathing space, but don't let your anger — or a partner's — let a discussion spin out of control. Keeping your cool can keep the situation from becoming a disastrous one.

Using Humor

"Silly humor" can help defuse rage in a number of ways. For one thing, it can help you get a more balanced perspective. When you get angry and call someone a name or refer to them in some imaginative phrase, stop and picture what that word would literally look like. If you're at work and you think of a coworker as a "dirtbag" or a "single-cell life form," for example, picture a large bag full of dirt (or an amoeba) sitting at your colleague's desk, talking on the phone, going to meetings. Do this whenever a name comes into your head about another person. If you can, draw a picture of what the actual thing might look like. This will take a lot of the edge

off your fury; and humor can always be relied on to help unknot a tense situation.

The underlying message of highly angry people, Dr. Deffenbacher says, is "things oughta go my way!" Angry people tend to feel that they are morally right, that any blocking or changing of their plans is an unbearable indignity and that they should NOT have to suffer this way. Maybe other people do, but not them!

When you feel that urge, he suggests, picture yourself as a god or goddess, a supreme ruler, who owns the streets and stores and office space, striding alone and having your way in all situations while others defer to you. The more detail you can get into your imaginary scenes, the more chances you have to realize that maybe you are being unreasonable; you'll also realize how unimportant the things you're angry about really are. There are two cautions in using humor. First, don't try to just "laugh off" your problems; rather, use humor to help yourself face them more constructively. Second, don't give in to harsh, sarcastic humor; that's just another form of unhealthy anger expression.

What these techniques have in common is a refusal to take yourself too seriously. Anger is a serious emotion, but it's often accompanied by ideas that, if examined, can make you laugh.

Changing Your Environment

Sometimes it's our immediate surroundings that give us cause for irritation and fury. Problems and responsibilities can weigh on you and make you feel angry at the "trap" you seem to have fallen into and all the people and things that form that trap.

Give yourself a break. Make sure you have some "personal time" scheduled for times of the day that you know are particularly stressful. One example is the working mother who has a standing rule that when she comes home from work, for the first 15 minutes "nobody talks to Mom unless the house is on fire." After this brief quiet time, she feels better prepared to handle demands from her kids without blowing up at them.

Some Other Tips for Easing Up on Yourself

Timing: If you and your spouse tend to fight when you discuss things at night — perhaps you're tired, or distracted, or maybe it's just habit — try changing the times when you talk about important matters so these talks don't turn into arguments.

Avoidance: If your child's chaotic room makes you furious every time you walk by it, shut the door. Don't make yourself look at what infuriates you. Don't say, "well, my child should clean up the room so I won't have to be angry!" That's not the point. The point is to keep yourself calm.

Finding alternatives: If your daily commute through traffic leaves you in a state of rage and frustration, give yourself a project—learn or map out a different route, one that's less congested or

more scenic. Or find another alternative, such as a bus or commuter train.

Do You Need Counseling?

If you feel that your anger is really out of control, if it is having an impact on your relationships and on important parts of your life, you might consider counseling to learn how to handle it better. A psychologist or other licensed mental health professional can work with you in developing a range of techniques for changing your thinking and your behavior.

When you talk to a prospective therapist, tell her or him that you have problems with anger that you want to work on, and ask about his or her approach to anger management. Make sure this isn't only a course of action designed to "put you in touch with your feelings and express them" — that may be precisely what your problem is. With counseling, psychologists say, a highly angry person can move closer to a middle range of anger in about 8 to 10 weeks, depending on the circumstances and the techniques used.

What About Assertiveness Training?

It's true that angry people need to learn to become assertive (rather than

aggressive), but most books and courses on developing assertiveness are aimed at people who don't feel enough anger. These people are more passive and acquiescent than the average person; they tend to let others walk all over them. That isn't something that most angry people do. Still, these books can contain some useful tactics to use in frustrating situations.

Remember, you can't eliminate anger — and it wouldn't be a good idea if you could. In spite of all your efforts, things will happen that will cause you anger; and sometimes it will be justifiable anger. Life will be filled with frustration, pain, loss, and the unpredictable actions of others. You can't change that; but you can change the way you let such events affect you. Controlling your angry responses can keep them from making you even more unhappy in the long run.

Sources: American Psychological Association (APA.org)

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 ■

Have A Wild Time At Discover Wild New Hampshire Day

Celebrate Earth Day by bringing the family to Discover WILD New Hampshire Day, set for Saturday, April 26, from 10 a.m. to 3 p.m. on the grounds of New Hampshire Fish and Game Department headquarters on Hazen Drive in Concord. Admission is free!

This event is fun for all ages — try your hand at archery, learn to cast, build a duck box, or tie a fly. See retriever dogs in action, big fish and trained falcons, plus hybrid vehicles and more energy-saving ideas. Hands-on wildlife arts and crafts for the kids. Exhibits on display by more than 35 environmental, conservation and outdoor organizations from around New Hampshire. New this year, visit "The Ways of the Woods Traveling Museum." Back by popular demand — "The Battling Bull Moose of Fowlertown" exhibit will also be on view.

Discover WILD New Hampshire Day is co-sponsored by the New Hampshire Fish and Game Department and the New Hampshire Department of Environmental Services. Call (603) 271-3211, or visit www.WildNH.com. ■

The Deadline for the April issue of "The Loudon Ledger" is Friday, March 14, 2008.

LOUDON BUILDING SUPPLY

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FREE DELIVERY

Enjoy the Winter Outdoors, But “hikeSafe”

With school winter vacation weeks about to begin and New Hampshire’s mountains enjoying a very snowy winter, outdoor authorities are advising the Granite State’s backcountry visitors to “hikeSafe.”

“New Hampshire’s woods and mountains are a great place for winter recreation. Whether snowshoeing, backcountry skiing or ice-climbing, there are many fantastic opportunities here,” says New Hampshire Fish and Game Conservation Officer Lieutenant Todd Bogardus. “But the nature of the winter environment is that it can be a dangerous place. Cold temperatures, deep snow cover and, especially above treeline, sometimes fierce winds, mean that hikers and others need to take special precautions to enjoy their adventures safely.”

Recent tragic incidents in the White Mountains, including a hiker death by hypothermia and a climber’s death in an avalanche, underscore the seriousness of Bogardus’s message and highlight the principles of “hikeSafe,” a joint initiative of the New Hampshire Fish and Game Department and the White Mountain National Forest to promote safe and responsible hiking.

Rebecca Oreskes of the White Mountain National Forest says that the hikeSafe “Hiker Responsibility Code” sums up the basic tenets of backcountry safety. “Winter hiking has great rewards, but also comes with innate challenges and dangers. Being aware of and following the Hiker Responsibility Code are important first steps toward an enjoyable and safe journey.”

There are six tenets of the code. You are responsible for yourself, so be prepared:

- 1) With the appropriate knowledge and gear;
- 2) Leave your plans with someone else;
- 3) Hiking groups should stick together, and not let themselves become separated;
- 4) Hikers should always be ready to turn back if circumstances, such as changing weather, dictate;
- 5) Hikers should be ready for emergencies, and, ideally, be set to effect “self rescue;” and
- 6) Those who know the code should share its lessons with others.

Bogardus notes that the Hiker Responsibility Code applies year-round, but there are special considerations for winter hiking. “Winter weather can be extreme, especially on the highest summits of the White Mountains, so anyone venturing to

those areas absolutely must be prepared for bitter cold, strong winds and poor visibility — and must be ready to turn back if conditions become too difficult. Plus, the mix of weather we’ve received so far this season means that deep snows can be found in the forests, requiring snowshoes, yet in some places, icy slopes mean that special gear such as ice axes and crampons may be needed.” According to Bogardus, it is often difficult to locate trails under deep snow cover, and “breaking trail” through that snow can require a great deal of extra effort.

Some locations have added hazards. “The Forest Service Snow Rangers on Mount Washington have noted a lot of avalanche activity this winter,” adds Oreskes, “and similar hazards can be found in other areas, especially those with steep, open slopes. All backcountry visitors should be aware of avalanches and the special training and equipment needed for anyone who is traveling in potential avalanche terrain.”

“In spite of the recent tragedies, most winter visitors to our state’s forests and mountains have great experiences,” says Bogardus, “and there’s a better chance of having a happy ending if hikers follow the hikeSafe principles.”

For more information about the hikeSafe program, visit www.hikesafe.com

For safety alerts and more information on the White Mountain National Forest, visit www.fs.fed.us/r9/forests/white_mountain.

The New Hampshire Outdoor Council is a major supporter of hikeSafe and search and rescue efforts throughout the state. Visit www.hikesafe.com/index.php/nh_outdoor_council.

The New Hampshire Fish and Game Department works in partnership with the public to conserve, manage and protect the state’s fish, wildlife and marine resources and their habitats; inform and educate the public about these resources; and provide the public with opportunities to use and appreciate them. Visit www.WildNH.com. ■

Free Evening Fishing Talks Offered In Concord

Get inspired to try some new angling adventures this spring and summer at a series of evening talks by fishing experts at the New Hampshire Fish and Game Department headquarters at 11 Hazen Drive in Concord. Programs begin at 7 p.m. Admission is free. No pre-registration is required. The series includes:

- March 5: Fly fishing New Hampshire’s upper Connecticut River for trophy trout, featuring registered N.H. fishing guide Angus Boezeman. Known as the guru of the Connecticut River, Boezman has more than 25 years of experience fishing on this river; he will share his insights on fly fishing this famous fishery.
- March 12: Back-country trout fishing adventures, with registered N.H. fishing guide Rick Estes. There are still wild places to camp and fish in New Hampshire, and Estes will help you get there and back. As a guide in the White Mountain National Forest, Estes knows some great remote trout ponds. Find out what it takes to enjoy them the way the were meant to be — wild!
- March 19: Downriggers and Trolling, with registered N.H. fishing guide Jason Parent and Travis Williams. A great chance to find out about equipment and techniques that can help you catch salmon all summer long.
- March 26: Smallmouth bass fishing on Lake Winnepesaukee, a guide’s perspective, with registered N.H. fishing guide Curt Golder. Golder has guided on Winnepesaukee for over 20 years and in this talk, he’ll share the skills for successful tactics for taking smallmouth bass all season long. Whether you’re spin fishing or fly fishing, Golder shows you what, when and how to use this gear.
- April 2: Kayak fishing for all, by Shawn Roche of Mountain Road Trading Post North in Northwood, N.H. This complete seminar will get you ready to take on New Hampshire’s scenic fisheries from a convenient, portable craft.

For more information on fishing in New Hampshire, and for online fishing license sales, visit www.wildlife.state.nh.us/Fishing/fishing.htm.

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

Boating Education Classes Announced

The Department of Safety, Boating Education recently scheduled additional boating safety courses for the upcoming months. There is a \$10.00 non-refundable fee per person for the class & because of the limited seating pre-registration is required, Call (603) 267-7256 or (888) 254-2125 to pre-register. Seating is still available in the following courses:

ONE FULL-DAY SESSION (Saturday)

03/08/08	9:00 a.m.–4:30 p.m.	Squam Lakes Association, Route 3, Holderness
03/08/08	9:00 a.m.–4:30 p.m.	Moultonborough Public Safety, Moultonborough
03/08/08	9:00 a.m.–4:30 p.m.	Nashua St. Joseph’s Hospital, Nashua
03/15/08	9:00 a.m.–4:30 p.m.	Lakes Region General Hospital, Laconia
03/15/08	9:00 a.m.–4:30 p.m.	Nashua St. Joseph’s Hospital, Nashua
03/15/08	9:00 a.m.–4:30 p.m.	Newbury Town Hall, Newbury
03/15/08	9:00 a.m.–4:30 p.m.	Rochester Police Department, Rochester
03/22/08	9:00 a.m.–4:30 p.m.	Claremont Town Hall, Claremont
03/22/08	9:00 a.m.–4:30 p.m.	Department of Safety, 33 Hazen Drive, Concord
03/22/08	9:00 a.m.–4:30 p.m.	Windham Fire Department, Windham
03/29/08	9:00 a.m.–4:30 p.m.	Squam Lakes Association, Route 3, Holderness
03/29/08	9:00 a.m.–4:30 p.m.	Lakes Region General Hospital, Laconia
03/29/08	9:00 a.m.–4:30 p.m.	Plaistow Library, Plaistow
03/29/08	9:00 a.m.–4:30 p.m.	Rochester Police Department, Rochester

TWO-DAY SESSION (weeknights)

03/10/08 & 03/12/08	6:00–9:30 p.m.	Seabrook Fire Department, Seabrook
03/11/08 & 03/13/08	5:30–9:00 p.m.	Laconia High School, Laconia
03/11/08 & 03/13/08	6:00–9:30 p.m.	Wolfeboro Huggins Hospital, Wolfeboro
03/17/08 & 03/19/08	6:00–9:30 p.m.	Moultonborough Public Safety, Moultonborough
03/18/08 & 03/20/08	6:00–9:30 p.m.	Bridgewater-Hebron Village School, Bristol
03/18/08 & 03/20/08	6:00–9:30 p.m.	Londonderry Police Department, Londonderry
03/24/08 & 03/26/08	6:00–9:30 p.m.	Exeter Library, Exeter
03/24/08 & 03/26/08	6:00–9:30 p.m.	Lebanon Dartmouth Hitchcock, Lebanon
03/24/08 & 03/26/08	6:00–9:30 p.m.	Meredith Community Center, Meredith
03/24/08 & 03/26/08	6:00–9:30 p.m.	Merrimack Town Hall, Merrimack
03/24/08 & 03/26/08	6:00–9:30 p.m.	West Running Brook Middle School, Derry
03/25/08 & 03/27/08	6:00–9:30 p.m.	Berlin NHCTC, Berlin

TAKING CARE OF BUSINESS IN LOUDON:

Uni-Volt, LLC

By Lee Laughlin

Taking Care of Business In Loudon is a monthly feature spotlighting a Loudon business researched and written by Lee Laughlin. If you would like your business to be profiled, please contact her at laughlin@fearless-events.com or 783-8971.

When Nathan Poland began studying to be an electrician in 1998, he had no idea, he was carrying on a family tradition. He simply wanted a job where he could work with his hands, support his family and be proud of his efforts. As he began his apprenticeship studies, his mother told him that his Grandfather had also been an electrician. Ten years later, Nathan is a certified Master electrician and owner of Uni-Volt, LLC an electrical contracting company here in Loudon. His Grandfather would be proud.

I asked Nathan if he would recommend the electrical trade to those choosing a career path or considering a career change and he emphatically said yes. According to the U.S. Department of Labor "Most electricians learn their trade through apprenticeship programs. These programs combine paid on-the-job training with related classroom instruction." While many of these programs take up to five years to complete, it is possible to work and go to school at the same time. Many electrical training programs are sponsored by the unions of the International Brotherhood of Electrical Workers and local chapters of the National Electrical Contractors

Association; individual electrical contracting companies; or local chapters of the Associated Builders and Contractors and the Independent Electrical Contractors Association. The Department of Labor recommends that people interested in becoming electricians have "...manual dexterity, eye-hand coordination, physical fitness, and a good sense of balance. They also need good color vision because workers frequently must identify electrical wires by color."

With his skills and training, Nathan has worked on jobs large and small around the state. He's worked on the electrical systems in the operating rooms of Dartmouth Hitchcock hospital and labor and delivery unit of Spear Memorial. That job held special significance for him when his wife Mindy later delivered one of their children in that very same unit.

Nathan has also worked as a part of larger commercial projects for EFI/Vutek and AAvid Thermalloy and completed his fair share of home remodeling projects and new construction work as well. No job is too big or too small.

The electrical field today is so much more than just wiring outlets and installing lights. Today's advancing technology demands a healthy electrical infrastructure to support, telecommunications, home theater, life safety and automation systems. So, after achieving his Master Electrician certification, Nathan went on to be certified



by BICSI a national professional association that supports the information transfer industry.

These certifications address a growing area in the electrical trade, the creation of smart homes. A smart house is one where many of the core systems work together to improve safety and quality of life. For example, systems that control, communications (phone, Internet), heating and ventilation and electrical are integrated to work together so before you leave the office, you can send an email to your house to turn up the heat and turn the lights on so you will arrive to a warm and welcoming environment. Many of us in Loudon live in somewhat isolated locations, suppose someone rings your doorbell? How nice would it be to have an image of the visitor appear on your TV screen? That's Smart House technology. While there will always be a need for basic electrical services, advanced technology is where more and more work will be in the electrical field, as the new construction industry slows. With his advanced certifications and broadening experience Nathan is positioning himself to take advantage of those opportunities.

Like many tradesmen, Nathan takes pride in working with his hands. Uni-

Volt's motto is we "Bring Old New England Craftsmanship to the 21st Century." To him, there is nothing more rewarding than completing even the most basic of projects, flipping the switch and having a room light up. Craftsmanship is important to him, which is one of the things he enjoys about working for himself, he can set his own schedule and that allows him to devote the time necessary to do each job right. And although he enjoys it, the challenge of running his own business is devoting enough time to managing the business so that there is a steady flow of work.

At this time, Nathan gets most of his work via word of mouth from satisfied customers however, he is expanding his yellow page advertising and eventually hopes to generate enough work locally and around the state to support hiring a small staff.

Uni-Volt, LLC is available to work on projects large or small, from the Seacoast to Keene and Plymouth to Salem.

Nathan and Uni-Volt, LLC can be reached at 603-254-4023 or univolt@tds.net.

Lee Laughlin is an even planner and writer who lives in Loudon. She blogs at <http://independentbw.blogspot.com/> ■



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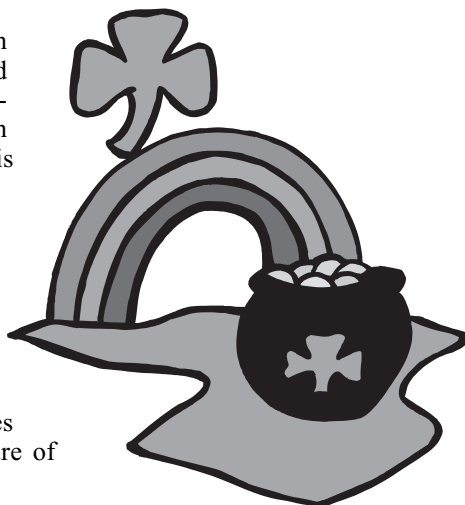
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Pride in Every Job

St. Patrick's Day is Saturday, March 15th

By Kris Tripp

About Saint Patrick

Saint Patrick is believed to have been born in the late fourth century and was the patron saint and national apostle of Ireland who is credited with bringing Christianity to Ireland. He is most known for driving the snakes from Ireland. It is true there are no snakes in Ireland, but there probably never have been — the island was separated from the rest of the continent at the end of the Ice Age. As in many old pagan religions, serpent symbols were common and often worshipped — driving the snakes away was probably a symbolic gesture of putting an end to pagan practice.



Why Saint Patrick's Day?

Saint Patrick's Day is celebrated worldwide by Irish people and increasingly by many of non-Irish descent. Celebrations generally include all things green and Irish. One typically celebrates by wearing green, eating Irish food, consuming Irish drink, and attending parades. Gold, shamrocks and luck are also a big part of Saint Patrick's Day. Most importantly, to those who celebrate its intended meaning, St. Patrick's Day is a traditional day for spiritual renewal and offering prayers for missionaries worldwide.

Why on March 15th this year?

Apparently this was changed this year by the Roman Catholic church due to a conflict with Holy Monday (which falls on March 17th this year).

There are a few theories on why Saint Patrick's Day is celebrated on March 17th. One is that St. Patrick died on this day. Since the holiday began in Ireland, it is believed that as the Irish spread out around the world, they took with them their history and celebrations. The biggest observance of all is, of course, in Ireland. With the exception of restaurants and pubs, almost all businesses close on March 17th. Being a religious holiday as well, many Irish attend mass, where March 17th is the traditional day for offering prayers for missionaries worldwide before the serious celebrating begins.

In America big cities and small towns alike celebrate with parades, "wearing of the green," music and songs, Irish food and drink, and activities for kids such as crafts, coloring and games. Some communities even go so far as to dye rivers or streams green!

May the luck of the Irish be with you on Saint Patrick's Day!

St. Patrick Day Parades:

Manchester, NH. Elm Street: Sunday, March 16 at 12:00. Rain Date: If inclement weather is forecast for Sunday, March 26th, the parade will be rescheduled for TBA at 12 p.m. (http://www.saintpatricksdaysparade.com/new_hampshire/index.htm)

South Boston. Sunday, March 16th: This year's 108th annual parade takes place the Sunday after St. Patrick's Day. This year's parade celebrates the 203rd of South Boston (1804-2008). The parade features marching bands and pipe bands throughout North America. South Boston is Boston's most Irish neighborhood and has a glorious tradition of helping others while keeping Irish heritage alive. The parade committee is headed by John Hurley, a Navy veteran and South Boston native. (1:00 p.m.) 617 258-7955

Facts for this article were obtained from the following: www.st-patricks-day.com and <http://en.wikipedia.org>. ■



Concord Regional Visiting Nurse Association

PO Box 1797, Concord, NH 03302-1797, 224-4093

March Senior Health Clinics

A Senior Health Clinic will be held at the Loudon Community Building on March 25 from 9 a.m. until Noon. All services are \$10. Blood pressure checks are free. To make an appointment or for more information call VNA's Senior Health Program at 224-4093 or 800-924-8620, ext. 4830. If you need a ride, please call 798-5203.

March Walk-In Immunization Clinics

The following affordable monthly walk-in Immunization Clinics for all ages in are being offered at the Downtown Health Clinic at St. Paul's Episcopal Church Outreach Center, 21 Centre Street, Concord:

Monday, March 3, 2008 at 1:00–3:00 p.m.

Tuesday, March 18, 2008 at 2:30–4:30 p.m.

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

A FREE monthly walk-in Blood Pressure Clinic is being held Wednesday, March 5, 10 a.m. to Noon at Hannaford's Pharmacy, Ft. Eddy Rd., Concord and on Wednesday, March 12, 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.

Volunteers Needed to Help Patients and Staff

Caregiving is a challenging and stressful job, and caregivers need ways to relax and de-stress. Concord Regional Visiting Nurse Association is seeking volunteers to help both staff and patients in nursing homes.

Many people at the end of life are cared for in nursing homes and other facilities. They receive end-of-life care from the hospice team of Concord Regional VNA and they could benefit from volunteers who are willing to sit with them and listen to them at this important stage of life. Hospice volunteers are given comprehensive training by Concord Regional VNA.

Concord Regional VNA also currently provides volunteer massage therapists, Reiki practitioners, and other alternative therapy practitioners to nursing home staff for "spa days" onsite at the facilities. Nursing staff sign up in advance for the therapy they desire, and receive a half-hour of relaxing treatment. While many practitioners have donated their services, Concord Regional VNA is in need of others to give of their time to this worthwhile endeavor. Volunteers who prefer to work directly with hospice patients are also needed.

To learn more about hospice volunteering and upcoming training sessions, or to volunteer your alternative therapy expertise, please call Laurie G. Brooks at 224-4093, ext. 2826. ■

Next Deadline: Friday, March 14

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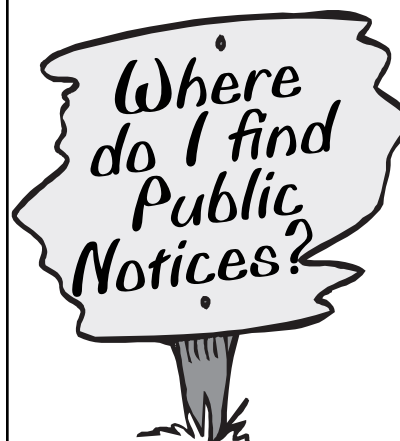


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Notices for all Public Meetings are posted at the following sites:

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



The American Legion Post 88 Loudon

WOW...WHAT A WINTER!!

WE ARE SURE GLAD THAT SPRING IS COMING... CAN'T WAIT!

Here is a little bit of history for you this month:

World War I is "just history of the past" for most of us. Maybe we have a grandfather or some other relative who was involved, but at this time there is only one living member left of the 5 million that served. Another era has almost passed completely into history.

World War II is more recent and many of us can remember the members of our forces leaving home and going to battle in Europe or the Pacific. Many returned wounded or did not return at all. How many of you can remember

food stamps, gas ration cards, war bonds, black out curtains, and liberty gardens? Can you remember the planes going over? There were more than 16 million that served, and we are losing more and more of these veterans every year. This era is also headed towards history.

The Korean Conflict, also known as the Forgotten War, began in 1950 and was part of a force against the spread of Communism in South Korea. An armistice was drawn up in 1953, never a peace treaty, and the United States still maintains a military force of about 50,000 in South Korea to this day.

Vietnam, most can remember this war, and many do so with mixed feelings. It was a much protested war, which ended with the surrender of South Vietnam to North Vietnam in 1975. The veterans returned home not as heroes, for serving their country, but

as despised service people fighting an unwanted war. We lost 58,000 and many, many more were wounded. Let's give these veterans more respect. Thank a vet when you see one. We have had many conflicts and wars since 1973, with no disrespect to those veterans.

I wanted to point out the past wars and conflicts that will soon only be remembered by reading history books. We wish to give the Concord Monitor credit for printing the "World War II Experiences", a first-hand picture in history. Also, thanking many other publications doing the same. Thank you.

want more information, please call Jim at 435-8892 or Fred at 224-0172. Also, feel free to talk with any Legion member.

This March or April, we would like to have an Open House Breakfast featuring an Appreciation Day for all Veterans and the Town of Loudon. Let's hear your thoughts on this, please call Jim at 435-8892.

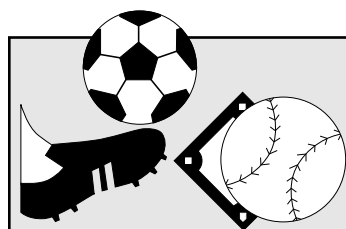
If you have any questions or thoughts on this month's article, please call 435-8892.

THE WINTER SEASON WILL END...SOON! ■

POST NEWS AND EVENTS

We are still welcoming new members. If you have any questions or just

*Thank you,
The Legion Family*



Loudon Youth Athletic Assoc.

By Melody Broider

Baseball & Softball News:

The snow is melting! Mark your calendars:

- April 5th** Try-outs
- April 12th** Field maintenance at Staniels & Rec. Field. All families please join to lend a helping hand.
- April 19th** Field maintenance — rain (snow) date.
- TBA** Coaches Meeting
- April 26th** Opening Day


The Baseball Board is looking for volunteers to make this season successful. This year's season is dependent upon volunteers! We currently need more coach/assistant coaches, a Vice President, a Safety Officer, concession assistance, and team Mom's/Dad's. Any time you can donate will make a difference! Feel free to contact Baseball Commissioner, John Charron at bigbadjohn451@yahoo.com.

All dates are subject to change based on our New England weather. Please check our website for the latest updates. www.lyaanh.org

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 a LYAA member is easy, just come to one of our meetings 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.

Next Baseball Board meeting is scheduled for March 25th at 6:00 p.m. LYAA Meeting is scheduled directly after at 7:00 p.m. For more info contact Melody Broider via e-mail: foreyesstudios@hotmail.com. ■


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Common Home Selling Mistakes

By Jack Prendiville,
Century 21 Thompson Real Estate

There is an art and a science to selling a home. So, if you've never done it before, there is a pretty good chance you'll make a few mistakes. Here are three common missteps.

1. **Pricing the Home.** Of course you want to capitalize on your investment and turn a profit, but setting the price too high can be a crucial error. Potential buyers may be put off and not even come to look. It could also cause the listing to linger on the market and as the weeks drag on the property can seem less and less appealing.
2. **Being Inflexible.** Some sellers say they positively won't sell for less than "X." But in the long run, is a few thousand dollars worth losing a buyer over? The accommodating seller has a better chance of seeing a deal go through to closing. This can also mean being flexible on things like timing, closing dates, and other negotiating points.
3. **Sidestepping the Prep Work.** No home is ready to show right off the bat. Some time and money should be put into getting the property ready for sale. Repairs need to be made. Carpets need to be cleaned. Rooms need painting. Rushing the home to market can cost you in the end.

One of the best ways to avoid these pitfalls is to hire the right seller's agent. A Real Estate professional has the expertise you need to dodge these blunders. Advice on market trends, negotiating tactics, and staging the home, are just a few of the insights a Realtor has to offer. ■



Fourth Grader Wins Gold Medal!

Brittanie Ledoux, a 4th grader at Loudon Eementary School, competed recently at Kaleidoscope Dance Competition in Lowell, Massachusetts with her dance school, Concord Dance Academy. Brittanie was awarded a Gold Medal and recieved the highest score for soloists aged 9–10 years old for her tap dance, "One Fine Day." Brittanie also won a Gold Medal for her solo at the International Dance Challenge Regional Competition in Concord. She will compete at the International Dance Challenge Finals in August. ■

Selectmen's Meeting Minutes — January 15, 2008

Present: Selectman Maxfield, Ives, and Bowles.

Also present: Road Agent David Rice.

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

Selectman Ives moved to approve the Selectmen's Meeting Minutes of Wednesday, January 9, 2008 as presented. Seconded by Selectman Bowles. All in favor. Motion carried.

The Board met with Road Agent David Rice.

Mr. Rice advised the Board that he had spoken with Mr. Day of East Ricker Road regarding his complaint about snowplowing. He said that Mr. Day understands that the plow trucks have to do their entire route before they will get back to his road for additional plowing. Mr. Rice said that Mr. Day's wife had been stuck on more than one road during the storm and was frustrated, but realizes the amount of snow we received in such a short amount of time was difficult to keep up with.

Mr. Rice advised the Board that due to the amount of storms so far this season, they are running out of screened sand and have had to purchase some from Fillmore Industries. He said that as soon as the Highway Crew has a few days to screen sand, they would try to get ahead.

Mr. Rice advised the Board that there was an electronic issue with one of the Highway Department trucks. He stated that the issue has been fixed.

Selectman Bowles discussed the overtime line in the Highway Department budget and suggested looking at having the employees take some time off, when possible, to alleviate some of the overtime hours.

The Board began their review of weekly correspondence.

The Board received a memo from Office Assistant Bonnie Theriault regarding pend-

ing/follow-up issues. The Board agreed to have Mrs. Theriault forward correspondence to Attorney Peter McGrath regarding the ambulance billing settlement request for two individuals. The Board does not agree with Attorney McGrath's offer to settle for \$200.00 each, but will agree to \$300.00 each. The Board was advised of the meeting scheduled for April 9, 2008 for the training with Wendy Dumais of Capital Area Public Health Network.

The Board met with Kathy Fisher and Lisa Hondzinski regarding changes to the rental policy of the Community Building.

Lisa Hondzinski stated that she had been renting the Community Building, without incident, for over a year and Kathy Fisher had been renting the building, without incident, for over three years. She said while they understand there was an issue with someone else renting the building, which caused problems, and the Board decided to make changes, they were here to discuss their option with the Board. Selectman Bowles said that making the changes to the rental policy was a tough decision for him. He said that he wanted to find a way not to penalize the individuals who rent the building on a continual basis, without incident, while putting a policy in place for new renters, in an effort to protect the Town and still be user friendly to the individuals who rent the facility on a monthly basis. The Board discussed the need to have a standard rental policy in place so that everyone would be held to the same expectations and restrictions. Discussion ensued. Mrs. Hondzinski and Mrs. Fisher discussed the increase in fees from \$35.00 to \$50.00 and stated that while they understand the increase in heating prices, the \$15.00 increase does affect their business. Mrs.

Selectmen — cont. on page 21

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Selectment — continued from 20

Hondzinski asked the Board if there was any way to use a credit card for the security deposit fee instead of submitting a \$150.00 check each month. The Board advised Mrs. Hondzinski that the Town does not accept credit cards at this time. The Board agreed that they would address this issue and see if there was a way to come up with a solution. Discussion ensued regarding the cleaning of the Community Building. Selectman Ives said that he felt the Board would agree to keep the rental fee at the \$50.00, but they would look at the security deposit issue and get back to Mrs. Hondzinski and Mrs. Fisher with the results.

Mrs. Hondzinski asked the Board if they would consider having a microwave in the kitchen area of the Community Building if she donated it. She said that she would not restrict the use of the microwave, if approved, but she would hope that people cleaned it after they used it. The Selectmen stated they had no problem if Mrs. Hondzinski wanted to donate a microwave for use at the Community Building.

The Board continued their review of weekly correspondence.

The Board received copies of the Biennial Bridge Inspection Report. Chairman Maxfield stated there are no red listed bridges in Loudon on the report.

The Board received draft copies of the CIP Report from Planning/Zoning Secretary Donna White.

The Board received copies of a letter from DRA Auditor Jamie Dow for review. Selectman Ives discussed the 2008 certification.

The Board received correspondence from Alfred and Rachel Page regarding cable and internet issues. The Board discussed the issue of the changes to cable that are to take place in 2009. Chairman Maxfield gave an over view of the progression of cable in Loudon. He stated 80% of Loudon has cable access. Discussion ensued regarding the terms of the contract.

The Board received copies of Legislative Bulletin #4.

The Board received copies of an e-mail from Planning/Zoning Secretary Donna White regarding HB 1223-FN-L regarding grandfathered excavations.

Mr. Plummer inquired about the status of the J.O. Cate Van Building. Selectman Bowles said that the only thing pending is the connection of the furnace.

Mr. Plummer asked about the voting counting process. The Board stated that the voting machine scans the ballots, and counts the ones that it can read; any ballot that the machine cannot read is sent into a separate compartment in the ballot box, which is then counted by hand at the end of the evening.

Paul Johnson asked if the Board had the dates of the Library Trustees meetings. The Board stated that the Trustees are required to post notices of their meetings, but did not know what dates were scheduled.

Selectman Bowles moved to adjourn the meeting at 7:25 PM. Seconded by Selectman Ives. All in favor. Meeting adjourned.

E LOUDON BOARD OF SELECTMEN

Roger A. Maxfield, Chairman

Steven R. Ives, Selectman

Dustin J. Bowles, Selectman

PROGRAM MANAGER

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Selectmen's Meeting Minutes — January 22, 2008

Present: Selectman Maxfield, Ives, and Bowles.

Also present: Fire Chief Jeff Burr and Police Chief, Code Enforcement/Compliance Officer Bob Fiske.

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

Selectman Ives moved to approve the Selectmen's Meeting Minutes of Tuesday, January 15, 2008 as presented. Seconded by Selectman Bowles. All in favor. Motion carried.

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

Mr. Fiske advised the Board that the Selectmen would be required to accept the new FEMA Flood Maps in 2009. Discussion ensued regarding the new legislation, which will require landowners provide scientific evidence that their properties are not in the flood zone if the available flood maps show that the property is within the flood zone delineation.

The Board asked about the status of building permits. Mr. Fiske stated that there are eight people on the waiting list that have chosen not to move up to this year.

The Board met with Fire Chief Jeff Burr.

Selectman Ives stated that he had investigated the cistern issue for the Volunteers of America Senior Housing Project. He said appears that HUD provided VOA the grant for the project, and because the cistern was not listed on the grant application, HUD did not approve the additional funding for the cistern. Selectman Ives went on to say, it would be very difficult for VOA to get any additional funding from HUD. He said that VOA does not appear to have any of their own money invested in the project at this point and there is a chance that there may be

additional funding sources available to them. Selectman Ives said that if the Town decides to hold up the Certificate of Occupancy because of the cistern issue, HUD would not get involved. Discussion ensued regarding the cistern being required and the e-mail correspondence that was sent to the wrong e-mail address and was never received by the Town. Chief Burr stated that VOA's request to tap into the fresh water was reviewed by himself and the State and it was agreed that this was not an acceptable solution. The Board will address this issue at the next Board of Permit. Discussion ensued regarding the cistern being discussed and required for the project as well as what was included in the minutes.

The Board began their review of weekly correspondence.

The Board received a memo from Office Manager Jean Lee advising the Board that the date of the Merrimack Valley School District Budget Hearing is Wednesday, February 6, 2008, 7:00 p.m. at the High School, which is the same night that the Board had originally picked for the final Budget Hearing. The Selectmen agreed that the final Budget Hearing for FY 2008–2009 would be scheduled for Thursday, February 7, 2008, at 7:00 p.m. The memo also went on to discuss the conversation Mrs. Lee had with DRA Auditor Jamie Dow regarding Capital Reserve Funds and Expendable Trusts. The Board discussed the possible Warrant Article to amend certain Capital Reserve Funds to allow the Selectmen as agents to expend the funds. The Board discussed the CRF's that are relative to equipment purchases and by amending the CRF to allow the Selectmen as agents to expend, it will allow the equipment purchase in a timely manner.

The Board was notified that Mrs. Lee received a phone call from Mr. Rememar regarding underground cable service for Greenview Drive. Mr. Rememar has requested that the Board investigate any options available for cable service on Greenview Drive. Discussion ensued regarding number of homes in this area. Chairman Maxfield will follow-up with this issue.

The Board received copies of an e-mail from Engineer Tony Puntin regarding possible changes to NH Motor Speedway.

The Board received copies of an expenditure report from the Maxfield Public Library.

The Board received copies of the November and December Library Trustees Meeting Minutes for review.

Chairman Maxfield opened the Public Hearing to accept State Bridge Aid monies for repairs to Cross Brook Road and Chichester Road Bridges.

Chairman Maxfield stated the total project cost for the Chichester Road Bridge project was \$308,446.46 with the State Bridge Aid portion of \$65,862.11 and the Town received 75% of the State portion, which was \$52,869.69. Chairman Maxfield stated the total project cost for the Cross Brook Road Bridge project was \$539,050.52 with the State Bridge Aid portion of \$121,513.72 and the Town received 75% of the State portion, which was \$97,210.98. He said the funds would be returned to the General Fund and would become part of the Unreserved Fund Balance at the end of the Fiscal Year. Chairman Maxfield stated the Town has also received \$3,338.52 in State matching funds for the FEMA Declaration of the April 2007 Flooding which was also returned to the General

Fund to offset the expenditures incurred during the flooding. He stated that the Town is required to retain a certain amount of money in the Unreserved Fund Balance for situations like this as the Town paid the expenditures out of this fund and are being reimbursed for the expenditures. Selectman Bowles stated that the Cross Brook Road Bridge was not originally recognized as a State recognized bridge; however, the Engineers at The Louis Berger Group submitted the paperwork once the project was completed and the Town was granted the State Bridge Aid for that project. He said that the Town was very fortunate that the State was willing to reimburse the Town for the Cross Brook Road Bridge. Deb Kardaseski asked for the net cost to the Town for the two bridge projects. Selectman Ives stated that Chichester Road Bridge was \$13,172.42 and Cross Brook Road Bridge was \$24,302.74. He went on to say that the total project was almost \$1,000,000.00. Selectman Bowles moved to accept the funds from the State portion of the Chichester Road Bridge project in the amount of \$52,869.69 and the Cross Brook Road Bridge project funds in the amount of \$97,210.98. Selectman Ives stated that The Louis Berger Group Engineers worked hard on this project and he felt that they have saved the Town a lot of money. He went on to thank Road Agent David Rice and Office Manager Jean Lee for their efforts in the process as well. *Selectman Ives moved to amend the motion to include the acceptance of the \$3,338.52 in State matching funds for the FEMA Declaration of the April 2007 Flooding with all funds to be returned to the General Fund. Seconded by Selectman Ives. All in favor. Motion carried.*

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Selectmen — continued from 21

Chairman Maxfield closed the Public Hearing and reconvened the Selectmen's Meeting.

The Board continued their review of weekly correspondence.

The Board received correspondence from Local Government Center regarding potential mandate litigation relative to the NH Retirement System legislation.

The Board received information from the Highway Safety Agency on Financial Assistance for Cities and Towns.

The Board received copies of Legislative Bulletin #5.

The Board received copies of the news release from Councilor Shea for review.

Chairman Maxfield opened the Public Hearing for the 2008-2009 Budget Hearing. Chairman Maxfield stated that the Selectmen have determined the COLA for Town employees will be 2% with a few merit increases for some employees. He went on to say, the Board has also agreed to keep the Health/Dental Insurance Cap at \$9,000.00 plus 90% of the remaining amount as they did last year. Chairman Maxfield stated that the line items that have changes would be reviewed:

Selectmen's Budget: Selectmen's Office Wage line is up due to a merit increase for Office Assistant Bonnie Theriault who has

been with the Town for more than ten years. Selectmen Data Processing line is up \$4,800.00 due to contracts and the increase for continual updating of the computer system. Selectmen Dues/Seminars line is up \$100.00. Selectmen Postage line is up \$275.00 due to the increase in costs of mailing. Selectmen Advertising line is up \$300.00 due to increase in advertising costs. Bob Fiske asked what the Office Manager's COLA was going to be. Chairman Maxfield stated 2%.

Loudon Historical Society: This line is up \$1,500.00 due to the new members of the Historical Society moving forward with purchasing a new computer, and additional items for the Society. Ron Lane, President of the Historical Society asked the Board about the reduction in what they had submitted in their budget. He stated that the Historical Society had requested \$3,000.00 for their budget. The Board stated that they felt the jump from \$500.00 to \$3,000.00 was a very large jump and they agreed to the \$2,000.00 for this year and see how things go, and they would consider an additional increase next year. Ron Lane, President of the Historical Society explained that the members had gotten together tonight to review the budget they submitted to see if there were items that they could forego, and the Committee members agreed if they had to they could eliminate the \$500.00 they had set aside for speakers and the purchase of additional artifacts at this time, but the remainder of the items they have in their budget are necessary. Mr. Lane addressed the printer/scanner that they are looking to purchase has the capability of copying slides. He said there are many people who are willing to let the Historical Society borrow their slides as long as they will get them back. Mr. Lane went on to say, part of the budget includes the internet and telephone lines. Selectman Bowles stated that the

Board felt that the internet and phone line budget could be adjusted as they felt the Town could get a better price than what was budgeted. Mr. Lane stated the Committee members agreed that they could make do with \$2,500.00 if the Board would consider it. Discussion ensued regarding the internet service and the desire of the Committee members to be able to work at the Historical Society versus working at the Library or other Town Building with internet service. Michelle York explained that Loudon does not have any programs for historical purpose at this time and the new Historical Society members are trying to put things in place to be able to move forward. Alicia Grimaldi discussed the possibility of having the Recreation Committee budget pay for some of the guest speakers for the Historical Society. She stated there has been discussion regarding having historical speakers come to speak at one of the Recreation Committee Family Fun Nights and she would be willing to work with the Historical Society for this purpose. Selectman Ives stated that while he is trying to be conservative with the budget, the Board is willing to go with \$2,500.00 for the Historical Society budget line.

Town Clerk: Deputy Town Clerk Wage line is up 2% due to the COLA increase. Town Clerk Fees is up \$3,000.00 due to the projected increase with being online with the State of NH and the fact that the Town Clerk will now be issuing initial plates and boat registrations. Discussion ensued regarding the fees being anticipated based on revenues generated with registrations and licensing. Town Clerk File clerk line is up \$110.00. Town Clerk Postage line is up \$25.00.

Elections: Election Official Salary line is up \$1,300.00 due to an increase in amount of pay that the election workers receive. Selectman Bowles stated that currently the election workers receive \$50.00 per day to sit at the polls and this increase would bring them to \$75.00 per day, per election. In addition, the Supervisors of the Checklist currently receive \$9.00 per hour for their data entry time and the increase will put them at \$10.00 per hour. Election Printing line is up \$2,250.00 due to increase in printing ballots, voter checklists, etc. Election Expenses line is up \$1,850.00 due to the ballot tabulating machine expenses, meals for election workers, and miscellaneous office supplies, and coding. Election Advertising line is up \$100.00 due to increase in number of elections and increase in advertising costs.

Town Audit: Town Auditor line is up \$1,000.00 due to increase in the auditors fees.

Tax Collector: Tax Collector Salary line is up 2% due to the COLA. Deputy Tax Collector Wage line is up 2% due to the COLA. Tax Collector Dues line is up \$20.00 due to increase in membership fees. Tax Collector Postage line is up \$1,000.00 due to increase in postage costs. Tax Collector Registry of Deeds line is up \$2,000.00 due to projected costs and issues within the economy, which may create more foreclosures.

Treasurer: Treasurer's Salary line is up 2% due to the COLA. Treasurer Bank Charge for Deposit Slips is up \$100.00 due to increase charged by the bank.

Legal Services: Selectmen Legal Service line is up \$8,000.00 due to additional legal issues that have come up over the past year.

Employee Benefits: FICA – Town Share line is up \$2,650.00. Medicare – Town Share line is up \$500.00. NH Retirement System – Town Share is up \$5,650.00.

Planning Board: Planning Board Secretary Wage line is up 3.07%. Planning Board Salaries line is up \$800.00 due to the Chairman of the Planning Board getting an

\$800.00 increase. Planning Board CNHRPC line is up \$50.00 due to an increase in membership fees, which is based on population. Planning Board Postage line is up \$75.00 due to an increase in postage costs. Planning Board Advertising line is up \$200.00 due to the increased costs with advertising.

Zoning Board: ZBA Secretary Wage line is up 3.07%. Janice Morin asked why the 3.07 % for Planning Board and ZBA Secretary position and not the 2% COLA that is set for other employees. Chairman Maxfield stated it was because that is what the Planning Board and ZBA Chairmen submitted. Ms. Morin said she heard the Board say they were giving a merit raise for a 10-year employee, but questioned why a 2-year employee was getting more than the 2%. Chairman Maxfield stated that when the Planning/Zoning Secretary was hired she was hired at a lower pay rate and this increase would be approximately \$832.00 per year. Bob Fiske stated that when he met with the Selectmen to discuss budgets the Board was very specific that the raises were going to be consistent throughout the budget. He said that this is the first time he was made aware of what the COLA was going to be. Mr. Fiske said that he had put additional money in his budget for his employees, but the Selectmen appear to have calculated his budget at the 2% COLA. Chairman Maxfield stated that the Board has agreed to take the recommendations of the Planning and Zoning Chairmen. Mr. Fiske said that he felt all the Department Heads had worked hard on their budgets and included their recommendations for raises. Deb Kardaseski said she agreed with Mr. Fiske that other Department Heads had probably put in more than 2% for their employees and asked why the Planning and Zoning Chairmen's recommendation carry more weight than the other Department Heads. Selectman Ives said that the Planning/Zoning Secretary was hired at a lower hourly rate than was anticipated and has been doing a great job. Chairman Maxfield stated he felt the Board agreed on the budgeted amount and that they were not prepared to change the figures. ZBA Salary line is up \$200.00 due to the ZBA Chairman getting a \$200.00 increase. ZBA Legal Consultants line is up \$1,500.00 due to increases in legal cases and consultations. ZBA Postage line is up \$75.00 due to increases in postage fees. ZBA Advertising line is up \$200.00 due to the increases in advertising costs.

Government Building: Town Office Electricity line is up \$100.00 due to the increase in electric costs. Town Street Lighting is up \$200.00. Safety Building – Station 2 Heat is up \$500.00. Town Hall Electricity line is up \$50.00. Town Hall Repair line is up \$3,000.00 due to the need to fix the foundation and the re-clapboarding of part of the building.

Town Cemeteries: Town Cemetery line is up \$10,000.00 due to the need to replace the fence and fix the granite posts at the Town Cemetery. Chairman Maxfield stated the Selectmen went out to bid on this project and the lowest bid was for this amount.

Employee Benefits: Health & Dental Insurance line is up \$3,020.00. Insurance line is up \$1,000.00.

Police Department: Police Regular Salary line is at 2% COLA for Police Department employees. Mr. Fiske inquired about his contract with regard to 2.5% increase with the renewal of his contract last December. Chairman Maxfield said that the Board would probably have to increase for this issue. Mr. Fiske discussed the 43 hour/28 day work cycle issue. The Board stated they would double check the figures.

Selectmen — continued on page 23

**TOWN MEETING
9 A.M.
SATURDAY, MARCH 15
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Selectment — continued from 22

Mr. Fiske said that the officers are not paid overtime until they have worked 43 hours, but that his department is not on the 28-day cycle. He went on to say that he is not opposed to the Planning/Zoning Secretary getting the 3.07% increase; however, he feels there is no equality, that not everyone is being treated the same. Mr. Fiske said that last year Brenda Pearl was denied \$0.09, and if one person is getting 3.07% than everyone should get the 3%. He said if an employee is not doing their job, then the Town might as well get rid of the employee if they are not doing their job. Police Overtime line is up 2%. Police Part-time Secretary Wage line is up 2.01%. Police Part-time Wage line is up 2%. Police Department County Dispatch line is up \$2,353.00. Police Department Computer Support/Maintenance line is up \$892.00. Police Department Medical Line is up \$1,400.00. Police Department Prosecution line is up \$1,406.00. Chairman Maxfield stated that all of Loudon's court cases are held at Concord District Court and the Prosecution fees are for this service. Mr. Fiske stated that the Town has five lawyers that do the prosecuting and he feels they do an excellent job. Police Department Electricity/Lights line is up \$900.00. Police Department Office Supply line is up \$500.00. Police Department Postage line is up \$75.00. Police Department Radio Repair line is up \$2,000.00. Police Department Gasoline line is up \$4,000.00. Police Department Ammunition line is up \$1,000.00. Police Department Outside Services line is up \$500.00. It was stated that Outside Services were Comcast, Radar Equipment being certified, water delivery, etc. Deb Kardaseski asked about the Radio Repair line relative to repairs or replacement. Mr. Fiske stated that the repeater that was placed at the old Ridge Fire Station had been taken down when the new Station 2 was built. He said that the money in this line is to repair the repeater and it will hopefully be placed back at the Steel's property on the Ridge, as this is the ideal spot for the repeater to be placed.

Special Events: Chairman Maxfield stated that the Special Events lines are in the budget; however, the racetrack pays back the monies paid out so it is an "in and out" account.

Health Department: Health Department Wage Line is up 2.01%. Mr. Fiske stated he wanted to be sure that the Board recognized his Health Wage at 2.5%. Selectman Bowles asked if that is what Mr. Fiske was requesting to be done, that there is no negotiation to this issue, that he was adamant. Mr. Fiske stated he was requesting what was included in the budget sheets that he had originally submitted to the Selectmen. Selectman Bowles asked if Mr. Fiske were willing to work on this issue. Mr. Fiske said he would be willing to work, as he has told the Board repeatedly, if nobody got a raise, he would not balk at it at all. He went on to say if everybody got 2%, he would have no problem with it. Mr. Fiske stated he did not have a problem with the raise for Bonnie Theriault or for the Planning/Zoning Secretary, but if everyone was on the same line of 2%, he would have no problem with it. Selectman Bowles said he wanted to make it clear, the merit raises that are given out are looked at carefully. He said the Planning/Zoning Secretary is doing a good job and he also knows that the Board needed to thank Brenda Pearl for organizing the office when she was in that position, but the Board agreed on the increase because Ms. White is doing a good job and taking care of things immediately. Mr. Fiske stated he was not denying any of what Selectman Bowles said. Selectman Bowles said he is only speaking on his

behalf, not the Board. Deb Kardaseski said she feels the Town needs to take a look at the wages of the Town employees. She discussed the issue of "training" officers and fire personnel so they can go to another town and make a decent wage. Ms. Kardaseski said she felt there was a problem with the fact that a Fire Fighter Level I could go to another department and make more money than Loudon's Fire Chief. Chairman Maxfield discussed the wage and salary benefit information for town employees. He stated that the big cities can pay more to recruit and keep the officers and fire fighters. Selectman Ives said that the Board agreed last year to give the Police Department \$2.00 per hour raises across the board for the officers. He said that was to try and keep the officers from leaving. Selectman Ives said this year with the economy issues, the Board decided on 2%. He said that in the private sector when someone does well and works hard, you reward them. Selectman Ives said he has never been in favor of COLA raises and the Selectmen have given quite a lot of thought to the raises that are in the budget. He went on to say that he knew that this decision would ruffle a few feathers and he apologizes for that. Selectman Ives said that he feels strongly rewarding people who do a good job and in the private sector people can be fired on the spot and in the public sector it is not as easy and he sometimes wishes that it was. He said if he can save the town a little bit of money by holding back some raises, he would. Phil Nadeau asked if there was a written formula for merit raises and asked if it was applied across the board. The Board said no, there was no written formula. Mr. Nadeau suggested that the Board look into putting something in place. Selectman Ives stated that every town employee is eligible for a merit raise. Chairman Maxfield discussed the step and grade scale that had been utilized during the time of the Police Department Union. He said that the salary lines would more than likely be discussed at Town Meeting.

Ambulance: Ambulance Wage line is up 2.01%. Ambulance Part-time Wage line is up 2%. Ambulance Wage Standby line is up 2%. Ambulance Billing Fee line is up \$1,050.00 due to an increase in the agreement with the billing service. Ambulance Overtime Wage line is up 1.99%.

Fire Department: Fire Chief Salary line is up 2%. Fire Department Compensation line is up \$3,500.00. Fire Department Dispatch line is up \$3,722.00. Fire Department Telephone line is up \$80.00. Fire Department Electricity line is up \$1,000.00. Fire Department Office Supply line is up \$200.00. Fire Department Gas/Oil line is up \$400.00. Fire Department Truck Maintenance line is up \$1,000.00. Fire Department Radios and Pagers line is up \$150.00. Fire Department Protective Clothing line is up \$500.00. Fire Department Training line is up \$1,700.00. Fire Department Equipment Testing line is up \$800.00. Marge Schoonmaker asked what the Fire Chief's Expenses line was for. Chief Burr stated this line is for items not covered under any other line. He said it is like a miscellaneous account.

Compliance: Compliance Office/Code Enforcement Wage line is at 2%. Mr. Fiske reminded the Board that this line should be at 2.5%. Compliance/Code Assistant Wages line is up 2%. Mr. Fiske advised the Board that he had requested an additional 8 hours per week for the Compliance/Code Assistant Wage line for the Part-time Secretary in the Building Department for additional filing as there has been controversy about the number of hours that he has been spending in the Building/Code Department. Mr. Fiske said he felt that the additional 8 hours is what is needed in that department to be able

to keep on top of building permit list. He said currently there is 8 hours per week for this position and he is asking for it to become 16 hours per week. Selectman Bowles stated he felt that the Board did not realize that Mr. Fiske was asking for an additional 8 hours for this position and that it was not an intentional oversight. He said the Board will make note of that change. Compliance Subscription line is up \$50.00.

Emergency Management: Emergency Management line is up \$300.00. Mr. Fiske asked what the increase was for. Selectman Bowles stated the increase was for many items, such as hours that the Emergency Management Director would be in contact with key officials before, during, and after an incident and possibly mileage. The Board will review this request further and will have the answer at the next Budget Hearing.

Highway Department: Highway Department Wage line is up 1.99%. Highway Department Overtime Wage line is up 6.66% due to the increase in storms. Highway Department Part-time Wage line is up 2%. Highway Department Parts Loader line is up \$1,500.00. Highway Department Gas & Oil line is up \$2,000.00. Highway Department Road Maintenance & Repairs line is up \$5,000.00. Highway Department Uniforms line is up \$1,200.00. Highway Department Advertising line is up \$100.00.

Block Grant: Highway Department Block Grant Salt line is up \$5,503.00.

Solid Waste/Landfill: Solid Waste & Recycling Wage line is up 1.99%. Landfill Diesel/Propane Fuel line is up \$200.00. Electronics & Lightbulb Disposal line is up \$4,500.00 due to the regulations regarding disposal of TV's, computer monitors, etc.

Community Action Program: Community Action Program line is up \$258.00.

Welfare: Welfare Part-time Wage line is up 2.04%. Mr. Fiske stated for consistency he felt it should be a 2% increase.

Recreation: Recreation Lifeguard Wage line is up 4.44%. Recreation Porta-John Rental line is up \$500.00. Recreation Loudon Young at Heart line is up \$500.00.

Library: Library Director Wage line is up 2%. Library Children's Librarian Wage line is up 2%. Library Part-time Wage line is up 1.99%. Library Equipment /Repair line is up \$1,000.00. Library Elevator Maintenance line is up \$400.00. Library Non-print Material line is up \$500.00. Library Passes line is up \$100.00. Library Supply line is up \$1,300.00. Library Technology line is up \$500.00.

Payments to Capital Reserve: CRF Bridge line is up \$5,000.00. CRF Library Collection Maintenance line is down \$2,000.00. CRF J. O. Cate Memorial Van line is down \$2,500.00. CRF Roadway Improvements line is up \$15,000.00.

Chairman Maxfield stated that the whole overall budget is down 4.03% at this time. He stated that if all of the proposed Warrant Articles passed at Town Meeting the budget would be up 1%.

Chairman Maxfield began review of the Estimated Revenues for FY 2008–2009.

Chairman Maxfield stated the Motor Vehicle Permit line is up \$5,000.00. He said the Motor Vehicle Permits revenue is nearly 40% of the revenue received by the Town. Chairman Maxfield stated the Board uses a historical factor in estimating the revenues. Selectman Bowles stated that the Block Grant Revenues are provided to the Town from the State. Chairman Maxfield stated the total Estimated Revenues for FY 2008–2009 is \$2,889,537.00, which is down 0.72%.

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Selectmen — continued from 23

Chairman Maxfield began review of the Proposed Warrant Articles for 2008 Town Meeting. He stated Article #1 will be to vote for the candidates and Article #2 will be to vote for all of the Zoning Amendments.

Selectman Ives read Article #3 as follows: To see if the Town will vote to raise and appropriate the sum of \$72,000.00 for the purpose of repaving Cooper Street from Route 129 to Safety Complex, and Recreational Drive. This article would affect the tax rate by 13 cents per \$1,000 value. The Selectmen recommend this article. Selectman Ives stated there is currently only a basecoat on the two parking lots and they are beginning to break-up. He said that due to a separate Warrant Article proposed for a drainage issue in the general area, the Board felt it made sense to pave these areas at the same time as they would be paving the drainage area at the Library. Chairman Maxfield stated the basecoat of paving at the Safety Complex was placed sometime in the early 1990's.

Selectman Bowles read Article #4 as follows: To see if the Town will vote to raise and appropriate the sum of \$20,000.00 to reconstruct drainage at the lower level of the Maxfield Public Library, construct new manhole at east side of South Village Road, and connect piping to existing manhole across from Library. This article would affect the tax rate by 4 cents per \$1,000 value. The Selectmen recommend this article. Selectman Bowles stated that there have been drainage issues at the upper parking lot at the Library and flooding problems in the lower level of the Library. He went on to say that the current drainage is not adequate to handle the increased water flow over the past few years with the flooding. Discussion ensued regarding the size of the current drainage pipe as well as the changes to the upper parking lot which now creates flooding in the Children's portion of the Library.

Selectman Ives read Article #5 as follows: To see if the Town will vote to raise and appropriate the sum of \$268,980.00 for the purpose of reclaiming and paving Upper City Road, Hollow Route Road, and Storrs Drive, and to repave Goshen Drive and Sheep Rock Roads. This article would affect the tax rate by 50 cents per \$1,000 value. The Selectmen recommend this article. Selectman Ives stated there was a Growth Management Ordinance Study performed and one of the recommendations of the consultant was that the Town needed to keep updating and maintaining the roads. He said that these roads are beginning to break-up and the intent is to repair the roads before they get so bad they have to be rebuilt. Selectman Ives said there are a lot of roads that need repair,

and the Board agreed that these roads need it the most. He went on to say that Sheeprock Road and Goshen Drive developments were built in 1984. Selectman Ives said he felt if there was a need for more money in Article #5, they could shift money from Article #3 to Article #5 as long as the funds were used for paving. He said there is a possibility that there might not be enough money for the Storrs Drive portion of the project and Cooper Street is not in as bad of shape as Storrs Drive. Selectman Ives said that is something that the Board will look at as the projects move forward. Mr. Fiske stated he did not want to be redundant relative to the pay raises, but he felt that the employee raises should be addressed and brought up to where they would be consistent. He said he understands the need to pave Upper City Road, Sheeprock Road, and Goshen Drive, but Storrs Drive was never a Town Road until the Town agreed to plow the area for Arnold Storrs on a friendly basis years ago. Mr. Fiske said in his opinion, to be spending money frivolously, in lieu of raises where they belong for a job well done is not right. Patrick Kiley asked if there was a Capital Reserve Fund for this purpose. Chairman Maxfield stated there is money in the Highway Department budget for repairing roads. Mr. Kiley said he would like to know if there was a Capital Reserve Fund. Chairman Maxfield said there was. He went on to say that the Highway infrastructure has been put off for many years and that the Town really needed to get back on track. Selectman Bowles said that the Capital Reserve Fund for this purpose was utilized last year for the increased costs in the Clough Pond Road project due to holding off for a year after the bridge washouts. He said Storrs Drive is a connector road, and the area by the pond is in jeopardy of being washed-out in one of the big storms if something is not done soon. Chairman Maxfield stated there is \$100,000.00 that is put in this Capital Reserve Fund. He stated the roads need to be fixed. Marge Schoonmaker asked if the drainage issue on Storrs Drive will be addressed before the paving begins. She said the road becomes barely passable when the drainage problems occur. Selectman Bowles said the Town is not planning on doing that end of Storrs Drive, that it will be the Mudgett Hill Road end of Storrs Drive. He said it is only the portion that is currently paved. Mr. Fiske stated that portion was John Storrs driveway. Chairman Maxfield stated it is a town road. Members of the audience stated it was a driveway. Selectman Bowles said it was a connector road as it connects Mudgett Hill Road to Hollow Route Road. He said the bottom of the hill is starting to erode. Selectman Bowles said this is a relatively small project to start with and if some of the small projects could be taken care of then the

other ones would be addressed. Mr. Fiske asked which bottom of the hill was Selectman Bowles talking about. Selectman Bowles said Storrs Drive. Mr. Fiske asked if he was talking about it coming down Hollow Route Road. Selectman Bowles said no, coming down the other way, on Mudgett Hill Road. Selectman Ives stated that Road Agent David Rice obtained contract prices for each one of the road projects and the Selectmen can have the cost road by road for the Town if they choose to remove Storrs Drive. Chairman Maxfield stated the Town has paved School Street, Clough Pond Road, and a portion of Old Shaker Road and are now trying to work on some smaller projects. The Board stated that the Capital Reserve Fund has been pretty much depleted.

Selectman Bowles read Article #6 as follows: To see if the Town will vote to raise and appropriate the sum of \$5,000.00 to participate in a Household Hazardous Waste Collection Day in the Fall of 2008. This article would affect the tax rate by 1 cent per \$1,000 value. The Selectmen recommend this article. Selectman Bowles stated this Warrant Article was recommended by Transfer Station Manager Steve Bennett and there have been inquiries from residents for this type of event. He stated due to the increase in costs and location issues, the Town has decided not to partner up with any other town at this point. Selectman Bowles went on to say that it would be a one-time event some time in the Fall. The Board stated that information relative to acceptable items and disposal instructions would be available for residents. Selectman Ives stated that the list of items not accepted at the incinerator in Penacook is getting longer and now the town can be refused entrance at the Penacook facility if any of the banned items are found in the trash load. Ms. Kardaseski asked if there would be any limit as to the amount that any resident can bring. The Board said that this is for Household Hazardous Waste only, and that more information would be available for the specifics on what is acceptable and if there are any limits. Mr. Fiske asked about joining with Canterbury as had been the plan a few years ago. The Board stated that Mr. Bennett had looked into joining with another town and the costs associated were much higher than if Loudon were to hold its own event. Alicia Grimaldi stated that she has attended Concord and Nashua's Household Hazardous Waste Collection events and they allow individuals from other towns to participate. She asked if Loudon was going to allow this if the article passes. The Board will check

into this and be sure that the information is available for Town Meeting.

Chairman Maxfield closed the Budget Hearing and reconvened the Selectmen's Meeting.

The Board recognized John Plummer from the audience.

Mr. Plummer asked about the porta-john rentals for the Recreation budget and asked why the cost was so high. The Board advised Mr. Plummer that the units are placed at the Recreation Field, Staniel's Road Ball Field, and Clough Pond Beach. It was discussed that the units are used during the year at different locations and the Town is also required to have handicap accessible units. The Board advised Mr. Plummer that they receive bids for the porta-john rentals.

Selectman Bowles discussed the security deposit requirement for the rental of Town Buildings. He stated that he had asked Office Assistant Bonnie Theriault to put together a spreadsheet showing the names and dates of individuals or groups that have rented the Community Building for review. Selectman Ives said he felt that if an individual or group has successfully rented the building, without incident, five or more times than the Board should consider waiving the requirement of the \$150.00 security deposit. The Selectmen reviewed the spreadsheet and acknowledged that Kathy Fisher, Lisa Hondzinski, and Freedom Hill Cooperative are the only ones who have rented the building 5 or more times. Discussion ensued regarding the need to re-write the Facilities Agreement Form to address the security deposit changes. The Board agreed that at this time Kathy Fisher, Lisa Hondzinski, and Freedom Hill Cooperative will not be required to submit a security deposit based on the number of times they have successfully rented the Community Building. The Board also agreed that for any other person/or group renting the building 5 times successfully, without incident, will not be required to submit a security deposit. The Board can decide at any point to require any individual/or group to submit a security deposit if there are any problems with the condition of the building. The Board stated that they have the right to waive the security deposit on a case-by-case basis.

Selectman Bowles moved to adjourn the meeting at 9:03 p.m. Seconded by Selectman Ives. All in favor. Motion carried.

THE LOUDON BOARD OF SELECTMEN

Roger A. Maxfield, Chairman

Steven R. Ives, Selectman

Dustin J. Bowles, Selectman

Selectmen's Meeting Minutes — January 29, 2008

Present: Selectman Maxfield, Ives, and Bowles.

Also present: Road Agent David Rice.

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

Selectman Ives discussed the Selectmen's Meeting Minutes of Tuesday, January 22, 2008 with the change to the Planning Board section on page 5 relative to the Planning Board Chairman salary line which states "Planning Board Salaries line is up \$800.00 due to the Chairman of the Planning Board getting an \$800.00 increase." Selectman Ives stated this line is up \$800.00 to allow for salary increases and that the Planning Board Chairman will receive a total of \$800.00 for his yearly salary, not an \$800.00 increase. Selectman Bowles stated both the Planning Board and ZBA Chair-

men would be seeing an increase in this year's budget, but that the Planning Board Chairman was not getting an \$800.00 increase. *Selectman Ives moved to approve the Selectmen's Meeting Minutes of Tuesday, January 22, 2008 with the adjustment that the Planning Board Chairman will be getting an increase to \$800.00, not of \$800.00. Seconded by Selectman Bowles. All in favor. Motion carried.*

Chairman Maxfield stated that one pistol permit was submitted for signature and approval.

The Board met with Road Agent David Rice.

Mr. Rice stated that the Highway Crew had been screening more sand for use this season.

Selectmen — cont. on 25

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Selectmen — cont. from page 24

Mr. Rice advised the Board that Huckleberry Heating is now a distributor of waste oil heaters and he will be getting a quote for the waste oil burner for the Highway Garage.

Mr. Rice advised the Board that the compactor at the Transfer Station is going to need quite a lot of work. Discussion ensued regarding the compactor, maintenance that has been done over the years, and the possibility of having to close the Transfer Station for a short period of time if the maintenance project takes longer than 1 or 2 days.

Selectman Ives asked about the status of salt and sand. Mr. Rice advised the Board that he is over on the salt budget due to the increase in the number of storms. Discussion ensued regarding the salt received this winter.

Chairman Maxfield discussed the area on School Street near Mary Maynard's property relative to a culvert and drainage issues. Mr. Rice stated he is not sure that a culvert would address the drainage issue and that Ms. Maynard would possibly lose a portion of her front yard between the ditch and culvert. He said there is a possibility that a cape cod berm could be placed in that area to help alleviate some of the problems.

The Board began their review of weekly correspondence.

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

The 43 hours worked before overtime kicks in for the Police Officers. Discussion ensued regarding the interpretation of the Labor Laws relative to the 43 hours worked issue. The Board agreed to revise the PD Regular Wage line to \$333,808.00 to adjust for the 43 hours versus 41.25 hours that this line had been calculated on.

A draft Warrant Article relative to a road grader. Discussion ensued.

A request from the Girl Scouts to sell Girl Scout Cookies at Town Meeting. The Board agreed.

A reminder that Norm Leblond of DRA would be meeting at the Office on Wednesday morning to review the 2008 Assessment Certification information.

The majority of the information for Town Report is ready to be forwarded to the printer. Discussion ensued regarding the photo for the cover of the Town Report.

The Board received copies of the Budget Report revision #4 for review.

The Board received copies of the current expenditure report for review.

The Board received copies of a memo from Planning/Zoning Secretary Donna

White regarding clarification of the proposed budget amount for the Planning Board Chairman.

The Board received copies of the January Highway Block Grant payment in the amount of \$28,950.11.

The Board received a request for funds to be withdrawn from the Library Collection Maintenance Fund, which has a balance of \$9,071.18 as of 12/31/07. Chairman Maxfield advised Mrs. Lee that she should forward this request to the Trustees of the Trust Funds for processing. Selectman Ives stated that the request is for \$4,337.64.

The Board received copies of the Capital Area Mutual Aid Fire Compact Annual Report for consideration for inclusion in the Loudon Annual Town Report. The Board will take this under advisement at this time.

The Board received copies of the January Planning Board Minutes, the Zoning Ordinance Public Hearing Minutes, and the January ZBA Minutes for review.

Selectman Ives moved to forward past due ambulance bills, account #37274 in the amount of \$493.10, account #11680 in the amount of \$581.30, and account #33868 in the amount of \$640.80, account #37799 in the amount of \$561.10, and account #38020 in the amount of \$589.80 to collections.

Seconded by Selectman Bowles. All in favor. Motion carried.

The Board received copies of an e-mail from the Recreation Committee looking for volunteers to help with the Winter Carnival on February 23, 2008.

The Board received copies of the NHMA Legislative Bulletin #6.

The Board received copies of a newsletter from Councilor Shea.

Selectman Ives stated that he and Selectman Bowles had attended the Moderators Workshop on Saturday and that one of the points that was stressed was the need to have a pre-meeting with the Moderator, Selectmen, Town Clerk, and Supervisors of the Checklist to go over the plan for the Annual Town Meeting. The Board agreed that this would be beneficial.

The Board agreed that the Capital Area Mutual Aid Fire Compact report would be included in the Annual Report.

Selectman Bowles moved to adjourn the meeting at 7:43 p.m. Seconded by Selectman Ives. All in favor. Meeting adjourned.

THE LOUDON BOARD OF SELECTMEN

Roger A. Maxfield, Chairman

Steven R. Ives, Selectman

Dustin J. Bowles, Selectman

Selectmen's Meeting Minutes — February 5, 2008

Present: Selectman Maxfield, Ives, and Bowles.

Also present: Fire Chief Jeff Burr, Deputy Fire Chief Robert Bottcher, and Deputy Fire Chief Rick Wright.

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

Selectman Bowles moved to approve the Selectmen's Meeting Minutes of Tuesday, January 29, 2008 as presented. Seconded by Selectman Ives. All in favor. Motion carried.

Chairman Maxfield stated that the Board had received an appointment paper for a part-time Police Officer. *Selectman Ives moved to appoint Patrick R. Parkinson, of Loudon, NH as a part-time Patrolman for the Town of Loudon. Seconded by Selectman Bowles. All in favor. Motion carried.*

Chairman Maxfield stated that three pistol permits were submitted for signature and approval.

The Board met with Fire Chief Jeff Burr, Deputy Chief Bob Bottcher, and Deputy Fire Chief Rick Wright.

Selectman Ives moved to enter into executive session at 6:35 p.m. to discuss personnel issues within the Fire Department. Seconded by Selectman Bowles. Roll call vote: Maxfield yes, Ives yes, Bowles yes. All in favor. Motion carried. Selectman Ives moved to come out of executive session at 6:55 p.m. The results of the executive session were discussion of Fire Department personnel issues. Seconded by Selectman Bowles. Roll call vote: Maxfield yes, Ives yes, Bowles yes. All in favor. Motion carried.

The Board began their review of weekly correspondence.

The Board received a reminder of the Merrimack Valley School District Budget Hearing scheduled for Wednesday, February 6, 2008 at 7:00 p.m.

The Board received copies of budget revision #5 for review.

The Board received information regarding Capital Reserve Funds and Expendable Trusts relative to the dates they were estab-

lished, purpose, and whether agents were named.

The Board received correspondence from Jeff Burr regarding Employee Benefit Statements.

The Board received correspondence from the Loudon Historical Society asking for the Board's approval to utilize the consent form for receiving oral histories of Loudon. The Board agreed that this was a good idea and agreed that the Historical Society should utilize this format.

The Board received copies of the December Meeting Minutes of the Cate Van Committee.

The Board received copies of a training certificate for Bill Lake.

The Board received copies of the Legislative Bulletin #7 for review.

The Board received copies of a regional impact notice from the Town of Hooksett.

The Board received copies of a recorded dam registration permit for the Ledges Golf Course.

The Board received copies of the newsletter from Councilor Shea.

The Board received copies of a notice on Controlling Contaminates in Surface Water seminars.

The Board received copies of a notice on training on Auto Salvage Yards.

The Board discussed the Capital Reserve Fund and Expendable Trust Fund information with audience member John Plummer.

The Board discussed road issues and agreed that they would like to have a consultant review any paving or road upgrade projects to be sure that there is an inspection prior to the paving and inspection after the paving to be sure that the project meets standards.

Selectman Ives moved to adjourn the meeting at 7:33 p.m. Seconded by Selectman Bowles. All in favor. Meeting adjourned.

THE LOUDON BOARD OF SELECTMEN

Roger A. Maxfield, Chairman

Steven R. Ives, Selectman

Dustin J. Bowles, Selectman

**The Deadline for the April 2008
"Loudon Ledger"
is Friday, March 14.**

Selectmen's Final Budget Hearing Minutes — February 7, 2008

Present: Selectman Maxfield, Ives, and Bowles.

Chairman opened the Town of Loudon FY 2008–2009 final Budget Hearing at 7:00 p.m.

Chairman Maxfield reviewed the changes to the budget since the first hearing on January 22, 2008 as follows:

Historical Society: This line is increased to \$2,500.00 due to the justification of the Historical Society members for new computer equipment and software.

Police Department: Regular Salary line is increased to \$336,313.00.

Health Department: Health Dept. Wage line is increased to \$2,694.00.

Compliance: Compliance/Code Enforce Wage line is increased to \$27,240.00. Compliance/Code Asst. Wage line is increased to \$9,385.00 due to an increase in the amount of hours for that position.

Capital Reserve Funds: Library Collection Maintenance Fund is increased to \$7,000.00 due to the minutes of the budget workshop with the Library Trustees. Janice Morin asked what the purpose of this fund was for. Selectman Bowles stated that this fund was established in 1994 to increase the volume of books due to the expansion of the Library. Ms. Morin asked how long this

Selectmen — cont. on 26

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Selectmen — cont. from page 25

fund was going to be included in the budget when there are line items for books and reference materials. Selectman Bowles stated that he has been trying to cut this line back or do away with it but the minutes of the budget work session reflect that it was to remain at \$7,000.00. He said the Board decreased it to \$5,000.00 after meeting with the Trustees and have since readjusted the figure to the \$7,000.00 based on the findings of the minutes. Selectman Bowles stated that unless someone amended the figure from the floor at Town Meeting, this fund will remain in place. Deb Kardaseski stated that the Library spends down the fund every year. The Selectmen stated that typically the money is spent every year; however, sometimes money is carried over to another fiscal year. The Board stated that the Trustees are named as agents to expend the funds so they do not have to wait until Town Meeting each year to request the monies. Ms. Morin asked why the money was not in as part of their regular budget lines for the same purpose. Selectman Bowles said that it was an established Capital Reserve Fund and unless someone proposes at Town Meeting to eliminate this Capital Reserve Fund, then it will remain in effect until such time as it is revoked.

Selectman Ives moved to amend the account #01-42190-100-125 Ambulance Wage — FF/EMT's line from \$86,511.00 to \$91,129.00 and account #01-42190-100-130 Ambulance Wage — OT Wages

FF/EMT's line from \$14,032.00 to \$14,238.00 due to changes in fulltime Fire Department personnel. Seconded by Selectman Bowles. All in favor. Motion carried.

Chairman Maxfield began the review of changes to the proposed Warrant Articles.

Chairman Maxfield stated that at the recommendation of the DRA, the Board has removed the line at the end of the proposed Warrant Articles that states "The Selectmen recommend this article," with the exception of Article #6 as suggested by DRA. He said that DRA advised the Board that only Special Warrant Articles and Collective Bargaining Units Articles need the Selectmen's recommendation.

Chairman Maxfield stated that Article #5 has been reduced to \$185,940.00 and that they have removed Storrs Drive and Hollow Route Road from the list of roads to be repaved.

Chairman Maxfield stated that DRA has recommended that the wording of Article #8, pertaining to the adoption of the budget, be worded to have the exact budget amount listed. It was discussed that if there are any changes to the budget at Town Meeting, the amended figure needs to be calculated and included in the motion to approve Article #8.

Ms. Morin asked why the Board made the change to Article #5. Chairman Maxfield stated that the Board is planning to have the Road Agent fix all the culverts and headers on Hollow Route Road this year and then next year pave the road. He said that a portion of Storrs Drive will be paved with the funds from the Highway Depart-

ment Road Maintenance budget. Selectman Bowles stated that the Board looked at the proposed projects and felt that they were getting spread out throughout town too much, and decided that ditch work and drainage work needed to be addressed. He said that if the Town is hit with damaging storms, it will make it difficult to keep up with additional projects previously proposed. Deb Kardaseski asked if Storrs Drive was going to be paved with the money from the regular operating budget. Selectman Bowles said it was not going to be paved; it would probably be graded, shimmed, and oiled as would some of the other roads. He said there are several roads that need to have cracks sealed. The Board stated they are trying to do some preventative and maintenance projects. Chairman Maxfield stated that there is \$55,000.00 in the Road Maintenance line, approximately \$140,000.00 in the Highway Block Grant from the State, and the Oil and Asphalt line has \$50,000.00.

Transfer Station Manager Steve Bennett gave a brief overview of the Household Hazardous Waste Day. He stated that the Town would contract with Clean Harbors to come in and provide a turn-key operation. Mr. Bennett said that by having the information of what items are accepted available prior to the day of the event, it helps keep the costs down. He said there are already some items that the Transfer Station accepts such as waste oil and some household cleaners. Mr. Bennett stated the projected cost is between \$4,000.00–\$5,000.00 so the Town has to have the \$5,000.00 figure in the War-

rant Article just in case the final cost is over \$4,000.00. He stated that some town's hold events in the spring and in the fall. Mr. Bennett said that the most asked question at the Transfer Station is when Loudon is going to have a Household Hazardous Waste Day. He stated the event will be for Loudon residents only and they will probably need to have proof of residency. Mr. Bennett stated that there would need to be at least one Transfer Station attendant on site to tend to this event.

Selectman Ives moved to adopt the proposed operating budget for FY July 1, 2008–June 30, 2009 in the amount of \$4,297,718.00. Seconded by Selectman Bowles. All in favor. Motion carried.

Janice Morin asked if the Board knew what the overall affect of the tax rate would be. Chairman Maxfield stated he has not recalculated the figures but it appears to be a 1% increase over last year's budget.

John Plummer asked about the funds for Article #6. The Board stated that this is for the future purchase of a road grader. They are not planning on the purchase this year. Selectman Ives stated the fund is being established so if in the future, the Town is able to obtain a used grader, with low usage, there will be funds available.

Chairman Maxfield closed the Budget Hearing at 7:30 p.m.

THE LOUDON BOARD OF SELECTMEN

Roger A. Maxfield, Chairman

Steven R. Ives, Selectman

Dustin J. Bowles, Selectman

Planning Board Minutes — January 17, 2008

Meeting called to order at 7:20 p.m. by Chairman Tom Dow.

Attendance:

Chairman Tom Dow, Tom Moore, Stan Prescott, Steve Jackson, Gary Tasker, Henry Huntington, Ex-Officio Dustin Bowles, and Alternate Jeff Green were present.

Selectman Roger Maxfield was present.

Acceptance of Minutes:

December 20, 2007. GMO Presentation. Henry Huntington made a motion to approve the minutes; seconded by Dustin Bowles. All were in favor.

December 20, 2007. Regular Meeting. Dustin Bowles made a motion to approve the minutes; seconded by Tom Moore. All were in favor.

December 20, 2007. Zoning Workshop. Tom Moore made a motion to approve the minutes; seconded by Dustin Bowles. All were in favor.

Old Business:

Application #07-04, Debra Rattee-Major Subdivision, Located on School Street, in the RR District. Map 38, Lot 7. Steve Jackson recused himself from the case due to a business relationship with the applicant. Alternate Jeff Green was appoint-

ed as a voting member. There were no abutters present. Mark Sargent of Richard Bartlett & Associates submitted the state subdivision approval number. *Tom Moore made a motion to accept the application as complete and move to the public hearing; seconded by Stan Prescott. All were in favor.*

Mr. Sargent explained that this application began as six lots and is now three lots. He said that the process was held up for a wetlands permit for a driveway crossing on one of the lots. Mr. Sargent said that they had asked for a waiver of the full acreage delineation but were denied by DES. He said they went 200' past the property with the wetlands delineation at the request of the Conservation Commission. Mr. Sargent pointed out the changes to the plan, noting that the area that had the proposed wetland crossing has been incorporated into Lot 3. He said that the new plan has Lot 1 at 2.54 acres, Lot 2 at 4.06 acres, and Lot 3 at 5.54 acres. He pointed out that they have left a strip between Lots 1 and 2 for a future roadway and used 50' setbacks on the corner lots as instructed by the Board. Mr. Sargent stated that they have the required frontage on the remaining piece, have state subdivision approval, and have had a site walk with the

Board. Tom Dow asked if the area to the east of these lots is still part of the main lot. Mr. Sargent said that was correct. Gary Tasker asked if this is four lots. Mr. Sargent said there are three new lots. Mr. Tasker asked if sprinklers and water supply have been discussed in previous meetings. Mr. Sargent said that when this was first discussed as six lots the fire department agreed to sprinklers. He said that it is now three lots and does not fall under the cistern requirement. Gary Tasker asked about driveway locations and Mr. Sargent pointed them out. Mr. Tasker asked if the recreational trail was relocated. Mr. Sargent explained that it is currently in the location of the driveway to Lot 1. He said that the applicant is willing to talk with the snowmobile club about relocating the trail. Mr. Tasker asked why they had to combine lots. Mr. Sargent said that DES wanted the full 179 acres delineated. Stan Prescott asked if there are any wetland violations on the property. Mr. Sargent said there are not on this piece. Chairman Dow closed the hearing to the public and opened it to the Board only.

Mr. Sargent said that there are two waivers requested on this application. Dustin Bowles said that there has been some

discussion of a steep banking by one of the driveways. Mr. Sargent said that the ZBA required some improvement to the banking to be done at the time of the construction of the driveway.

Chairman Dow read the first waiver for the natural and man-made features. Mr. Sargent said that this had been discussed with the Conservation Commission and they had requested that the plan go at least 200' past the proposed property line. He said that has been done. *Henry Huntington made a motion to approve waiver #1; seconded by Jeff Green. All were in favor.*

Chairman Dow read the second waiver for sufficient data to determine the location, bearing and length of all lines. Mr. Sargent explained that they have surveyed the front and down the sides but have not done the metes and bounds at the rear. *Stan Prescott made a motion to approve waiver #2; seconded by Dustin Bowles. All were in favor.*

Stan Prescott asked when the applicant anticipates to continue with this property. Mr. Sargent said it would probably be 2009 before they would be coming back. He said they would do a concept of the remainder

Planning — cont. on 27



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Planning — cont. from page 26

and it would probably be some sort of cluster development.

Henry Huntington made a motion to approve application #07-04. It was noted that the number of lots have changed since the application was initially submitted. Henry Huntington changed his motion to approve application #07-04 as amended; seconded by Jeff Green. Gary Tasker asked if they should say as amended to three lots. There was discussion that the application had not been accepted until this meeting so it did not need to be amended. Henry Huntington said that he would change back to his motion to approve the application. Gary Tasker asked how many lots are on the application. Donna said that the fees for an application are based on the number of lots and this one was submitted as six lots. Mr. Tasker said that would mean that the Board would be approving six lots if it is stated that they are approving the application. Henry Huntington said they would be approving the current plan so should revise the application. Mr. Sargent revised the application to four lots. Henry Huntington made a motion to approve amended application #07-04; seconded by Jeff Green.

Stan Prescott asked about the matter of the cistern. There was discussion about the cistern to go in across the street. Mr. Sargent said that he has a letter from the fire department that sprinklers would be acceptable. He said he could put a note on the plans as he had originally done. The letter from the fire department was noted in the minutes of June 2007. Stan Prescott said that not all are in favor of sprinklers. There was discussion about the requirement for sprinklers or the cistern within 1000 feet of the property, when the cistern would have to be in place (when building permit pulled or before CO issued), and the need to have something in writing on the plans. Tom Dow stated that a note on the plan that says the houses will have sprinkler systems would meet the regulations. Henry Huntington asked if the application could be approved conditional that the note is on the plan and that the letter is submitted to the Board. Stan Prescott said that he would rather see the cistern than sprinklered houses. Chairman Dow said that they could have Mr. Sargent submit a letter stating that the applicant would participate in the cistern across the street or sprinkler the houses. Mr. Prescott said he would be in agreement with that. Mr. Sargent said that he had discussed this with his client and she would like to have the option. He said that he has the letter from the fire department and has no problem with putting a note on the plans. The wording of the note was discussed. It was stated that it would have to be determined if they would use the cistern or sprinklers by the time of the issuance of the building permits. Henry Huntington made a motion to approve the application as amended conditional upon a note regarding fire suppression be put on the plan and a letter from the fire department be submitted to the Planning office; seconded by Jeff Green. All were in favor.

Steve Jackson returned to the table.

New Business:

Application #07-18, Loudon Woods Estates, LLC-Amended Subdivision Plan, Located on Chichester & Bee Hole Roads, in the RR District. Map 2, Lot 23. Dan Aversa explained that he would like to take the notes about removing the existing buildings off the approved subdivision plan. Gary Tasker recused himself as an abutter. Alternate Jeff Green was appointed as a voting member.

Chairman Dow explained that Mr. Aversa will be going to the ZBA for a reduced

setback. He said once that approval is granted he would then sign the agreement to remove the notes. Henry Huntington said that the Board could vote to remove the notes subject to ZBA approval. Stan Prescott said that Mr. Aversa would need to know that the property has to meet setbacks if the house was to be torn down and rebuilt. Jeff Green said he would like to state for the record that he was under the understanding that Mr. Aversa had to get a special exception or do a lot line adjustment. He said that he does not think that a special exception should be granted because this is not a grandfathered lot as it was a newly created lot as part of the subdivision. He said that Mr. Aversa was given the option of a lot line adjustment or special exception. Mr. Green said he feels that it should be a lot line adjustment. Mr. Aversa said he would have done a lot line adjustment but had sold the new abutting lot to a new individual and that person does not want to do a lot line adjustment but was alright with the reduced setback.

Henry Huntington said that the Board sent Mr. Aversa away with a message last month and he came back as instructed. Tom Dow asked if the Board wanted to vote on it before he signed the agreement. Stan Prescott said that the Board has an application to act on. Henry Huntington made a motion to accept the application and move to public hearing; seconded by Tom Moore. All were in favor. Chairman Dow said that Mr. Aversa brought the application in based on what he was told last month. He explained that there would be the same type of agreement signed as was done with the note about being able to sell lots on Chichester and Bee Hole Roads. Mr. Dow said he is proposing that Mr. Aversa go to the ZBA for a special exception and as long as the ZBA approves that there is no reason for Mr. Aversa to come back next month. Jeff Green said that he does not agree. He said that he does not feel that the Board told him if he got the special exception but that they told him to do a lot line adjustment or get a special exception. Mr. Dow said the Board could vote that it is contingent upon the special exception. He said if the special exception is denied then the agreement does not get signed and Mr. Aversa would have to do a lot line adjustment. There was discussion about the best way to handle the application and situation. Dan Aversa said that this was discussed at the last meeting and it was decided that there would have to be a public hearing. He said he was asked to come back for a public hearing, of which abutters were notified, and he has applied to the ZBA as directed.

Chairman Dow closed the hearing to the public and opened it to the Board only. He asked if there were any other thoughts on how this was to be handled because he wanted to make sure everyone was on the same page so they were not misleading anyone. Dustin Bowles said that the Board was

mislead because the original subdivision plan said that those buildings would be removed, not maybe, and that is what the approval was based on. He said the Board is now being bombarded with this and being backed into a corner to help clean up the mess because someone wants to buy the property and keep the house. Mr. Bowles said that the ZBA has the free will of looking at the situation as a new subdivision and not have to grant an exception which would bring it back to a lot line adjustment or taking the house down. Tom Moore said that he would agree and feels that it would be tough to sell this as a hardship. Henry Huntington said that the minutes pretty clearly say that the Board's feeling was if Mr. Aversa got a special exception, the Board would approve the change. Jeff Green said that Mr. Aversa did not come back with either option, therefore he has not met the options. Henry Huntington said that a motion could be made as contingent upon ZBA approval which is exactly what the Board said they would do. He said the motion could be made or they could have Mr. Aversa come back next month. Steve Jackson said that the Board is involved because the applicant needs the plan changed by taking off a note. He said an approval could be contingent upon the special exception and if that condition is not met then there is no approval.

Steve Jackson made a motion to approve this application with the condition that they receive approval for the special exception from the ZBA; seconded by Henry Huntington. Stan Prescott said that several years ago the Board discussed conditional approvals. Henry Huntington said that he agreed, however, he feels that it would be appropriate to do it when it is a minor issue such as a note change. Tom Moore asked to bring it to a vote. Chairman Dow called for the vote which was three ayes and three nays. The chairman said that he would be in favor of the approval, making the vote 4 to 3. Majority approves motion.

Gary Tasker returned to the table.

Application #08-01, Richard G & Joan A Malfait and Melvin W & Dorothy A Mulkhey — Lot Line Adjustment, Located on Lovejoy Road, in the Village District. Map 29, Lots 69 & 70. There were no abutters present. Stan Prescott recused himself as the agent for the applicants. Alternate Jeff Green was appointed as a voting member. Mr. Prescott stated that this adjustment takes 905 SF from the Malfait property and puts it with the Mulkhey property. He explained that the bound for the property has been in the middle of the driveway for years and the owners want to make the adjustment so that all lines are clear. Jeff Green noted that the square footage of the lots should be on the plan. Mr. Prescott said that he would add that information. Tom Moore made a motion to accept the application as complete and move to public hearing; seconded by Henry Huntington. All were in favor. Hearing no questions from the

public, the chairman closed the hearing to the public and opened it to the Board only. The Board reviewed the plan and there was no further discussion. Gary Tasker made a motion to approve the lot line adjustment with the square footage added; seconded by Tom Moore. All were in favor.

Stan Prescott returned to the table.

Board Discussion:

Stan Prescott said that he has been working on cul-de-sac designs for the Land Development Regulations. He said that the cul-de-sac requirements seem fine and that it is the approach that is the problem. He showed the members different designs and said that he would get them to Donna to use in the updated LDR.

Tom Dow said that he has been the Board's representative to the Board of Permit for 8 years and he would like to step down from that duty. He said he would like someone to volunteer to take the position or he will appoint someone. Henry Huntington said he is supposed to be the second person to the Board of Permit but has not been able to attend many of the meetings. Steve Jackson asked what the commitment would be. Mr. Dow explained that the Board of Permit meets once a month, usually for 1/2 hour at the most. Dustin Bowles said the Board of Permit is important because all of the town boards and departments discuss and decide on the best way to handle some situations. Mr. Dow said that he will continue in the position through March.

Report of the ZBA:

Donna reported that there is a request for a building permit extension, an application for a reduced setback, an application for a major home occupation, an application for a special exception for a wetland crossing for a driveway, and discussion on an illegal apartment.

Report of the Board of Permit:

Chairman Dow reported that there was no Board of Permit meeting this month.

Adjournment:

A motion to adjourn at 8:45 p.m. was made by Steve Jackson; seconded by Henry Huntington. All were in favor.

Respectfully submitted,
Donna White

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 7:30 p.m.**

**Both Boards meet at the Community Building.
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Zoning Board of Adjustment Minutes — Jan. 24, 2008

REGULAR HEARING

Chairman Dave Powelson called the Loudon Zoning Board of Adjustment meeting of January 24, 2008 to order at 7:00 P.M. at the Loudon Community Building.

ROLL CALL:

The following members were present: Howard Pearl, *Chairman* Dave Powelson, *Vice Chairman* Ned Lizotte, George Saunderson, and *Alternate* Jim Venne.

Jim Venne was appointed to sit as a voting member in the absence of member Roy Merrill.

ACCEPTANCE OF MINUTES:

Regular Hearing. *Ned Lizotte made a motion to approve the minutes of December 27, 2007; seconded by Howard Pearl. All were in favor.*

DISCUSSION:

Jerry Laurent & Susan Gonthier — Building Permit Extension. Mr. Laurent said that they have been waiting for their final plans from their architect and now have the plans and are lining up their contractors. He said that they plan to have the foundation in this summer. George Saunderson stated that the Board has been granting one year extensions, asking the applicants if that would be sufficient. Mr. Laurent said that would work since they plan to begin this summer. *George Saunderson made a motion to extend building permit #07-008 for one year; seconded by Ned Lizotte. There was no further discussion. All were in favor.*

Debra Rattee — Building Permit Extension. Steve Jackson spoke on behalf of Ms. Rattee. Mr. Jackson gave a brief history of the permit and lot on which it is located. He explained that the permit is on Lot 1 of the recently approved subdivision. Ned Lizotte asked if this is the area that the Board saw for a wetland crossing and there were steep ditches along the road. Mr. Jackson said that was correct. He said that he had reviewed the septic design for this permit and it is on Lot 1. *Ned Lizotte made a motion to extend building permit #07-028 for one year; seconded by Howard Pearl. There was no further discussion. All were in favor.*

Robert Labonte — Unauthorized Apartment. Mr. Labonte explained that he lives on Currier Road and has a 73' x 35' barn in which he built an apartment on the upper level. He said it has a proper heating system, smoke and carbon monoxide detectors, insulation, and sheetrock. Mr. Labonte said that the apartment was put in for his daughter while she was going to college so she could have her own place. He said that she

has since completed school and moved out so his brother is living there while going through a difficult personal situation. Mr. Labonte said that he would like to figure out how to make the apartment legal if possible. George Saunderson asked if the apartment has its own septic system. Mr. Labonte said it goes into the main septic with a 1,500 gallon tank but he is willing to try something else if need be. Ned Lizotte stated that the use is not permitted in the Zoning Ordinance, noting other situations in the past. Dave Powelson stated that the Ordinance would allow a two family dwelling. Mr. Lizotte said that the plumbing being pumped into his septic is not code. Mr. Labonte said that he would be willing to get a septic permit and do a system for the apartment if that would rectify the problem. Howard Pearl said that the Ordinance has a list of permitted uses and this is not one of them. Mr. Labonte mentioned that two family dwellings are permitted in the RR District. Mr. Powelson said that was correct but these are two separate structures. Ned Lizotte said that this is one residence with a barn, not a two family house situation. Dave Powelson asked Board members if they would consider allowing it if it was one large structure. Ned Lizotte said that they would need to do a site walk and discuss the situation before coming to a conclusion. Mr. Powelson asked Mr. Labonte how far it is between structures. Mr. Labonte said it is 50' between the buildings. He said that he is just trying to help his brother through a hardship. Ned Lizotte said that Mr. Labonte's intentions are good but this sets a precedent. There was discussion about how long Mr. Labonte's brother would need a place to stay, the ordinance, and that this use is not allowed.

Dave Powelson stated that Mr. Labonte has the right to apply for a variance, noting that he would have to make a very strong case that there is something special about the lot that would make it alright to have an apartment on the lot. Mr. Labonte said that he may be putting the house on the market this summer but in the meantime he wanted to come in to try to make it legal. Ned Lizotte said that he would propose that this be tabled until next month. Dave Powelson said that there is no application before the Board and that there is nothing in particular that the Board can do at this time. He said it is up to Code Enforcement to enforce but it is not within the realm of the ZBA. Howard Pearl told Mr. Labonte that he has the right to come in with an application for a variance and take that to Code Enforcement to show

that he is trying to correct the situation. He said he understands Mr. Labonte's situation and intentions but the Board's actions are dictated by the Zoning Ordinance. Ned Lizotte said that filing an application would give Mr. Labonte some time to consider his options. Mr. Labonte said that he does not understand how the apartment is hurting anything or anyone. There was discussion of his options and the application process.

George Tombarello — Accessory Building. Mr. Tombarello explained that he owns 123 acres on Bear Hill Road where he plans to put in some food plots and hunt. He said he would like to have a barn there for his tractors because he wants to maintain the cleared land and manage the trees. Mr. Tombarello said that he talked with Donna about this and she felt that it was an accessory use of the land and advised him to see the building department. He saw Mr. Fiske and was advised that he cannot do an accessory building without being on the residential building permit list. He said he has no intentions of building a house on the property. There was discussion of the proposed use of the land and the possibilities of which section of the Ordinance may apply. Mr. Tombarello said that he is in the process of trying to buy the 220 acres behind his parcel which is already a tree farm. Tony Merullo asked what would happen if someone applied for a building permit with septic design and all other relative information, put up an accessory building, and then when the time came to build the house they were unable due to finances or some other reason. It was stated that that was a loophole that was not considered when the ordinance was last revised and that it may need to again be revisited to allow structures in this type of situation. Howard Pearl said that he would think that Section 204.2 K and L would be appropriate for this situation and would require no action from the Board. Ned Lizotte asked Mr. Pearl to clarify his reasoning. Mr. Pearl said that Mr. Tombarello needs a building to store his tractor and other equipment necessary to pursue forestry and wildlife preservation activities which is a permitted use. George Saunderson said that Mr. Tombarello would have to have a specific plan drawn out and the uses of the property and building. Ned Lizotte suggested that Mr. Tombarello tell the building department of his plan to acquire the tree farm behind this piece. He said this would be a shed for forestry, an accessory building for accessory use. Mr. Tombarello said he would like to put up a 24' x 36' barn for his two tractors and half dozen implements. He would keep his trimmers, chainsaws, etc on the second level. Mr. Tombarello explained that he wants the building so that his equipment is under cover and safe from vandalism and so that he does not have to truck his tractors back and forth from the eastern part of the state where he lives.

Howard Pearl said that he would caution Mr. Tombarello that if the use changed there could then be a legitimate complaint. Mr. Tombarello showed the members pictures of the proposed barn and said that there would be no electricity. Dave Powelson said that it was looking like a building that could be converted. Howard Pearl said that it comes down to the use, not what the building is. Mr. Powelson said that the structure seems a bit much for the use. Mr. Tombarello explained why he wants that size building. Mr. Pearl cautioned Mr. Tombarello again about keeping it customary with that use. Mr. Powelson stated that the building is something bigger than a tractor barn. Jim Venne said that he does not think that 24' x 36' is out of the ordinary for the intentions. He said that he would suggest that Mr. Tombarello could go back to Code Enforcement with Section 204.2 K and L. Mr. Tombarello said he would get a copy of the minutes and go to Code Enforcement.

PUBLIC HEARINGS:

Case #07-18, Jason & Amanda Masse — Special Exception for wetland crossing, Map 59, Lot 5. It was noted that the Board received a letter from the Conservation Commission with their review and comments on the proposed crossing. Ned Lizotte said that the biggest hurdle has been overcome with that letter. The chairman asked if there was anyone from the public who wished to speak in favor of the application. Hearing none, he asked if there was anyone who wished to speak against the application. Hearing none, he closed the hearing to the public, to be brought up under Unfinished Business.

Case #07-19, Loudon Woods Estates, LLC — Special Exception for reduced setback, Map 2, Lot 23-12. Abutters have been notified. Dan Aversa said that he has spent the last couple of months with the Planning Board to get notes about removing the existing buildings from this lot off the recently approved subdivision plan. He said that he was not aware of the notes until they were discovered when the current renter of the house was trying to purchase the property. He said that Stan Prescott had pointed out that the current house is within the side setback of the lot and that a lot line adjustment had been suggested. Mr. Aversa said that the new owner of the abutting property did not want to do the adjustment but was alright with the reduced setback. Dave Powelson asked if Mr. Aversa had cleared up the issue with the notes with the Planning Board. Mr. Aversa said that the Planning Board would sign the agreement to remove the notes if the special exception is approved. He went through the points of the application.

Chairman Powelson asked if there were any questions from the Board. Ned Lizotte said he would like to hear from the public first. The chairman asked if there were any

Zoning — cont. on 29

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abutters who wished to speak in favor of the application. Hearing none, he asked if there were any who wished to speak against the application. Hearing none, he asked for questions from the Board. Ned Lizotte said that he had done some research and had some findings that he would like to put forth to the Board. He said, in rebuttal to #3, page 2 of the application, "This is a conflicting statement and false. Joe Bohi, Dan Aversa, Gary Vermette are all partners/owners of this project as a whole together. Who owns what particular piece is immaterial as they are partners in this project together. They knew this property line was close when they did the subdivision — which is why they had the note put into their plans to take any existing buildings down. They originally had planned on building a more valuable home elsewhere on this lot. Now the renter wants to buy the current house as is." He went on to say, in rebuttal to #6 and #7, pages 4 and 5 of the application, "Does not meet criteria for #6 and #7; This is a brand new subdivision! This is not like any existing homes or housing developments that are next to or neighboring this particular project on Bee Hole Road and Chichester Road. A new subdivision can and should create conforming lots to planning and zoning ordinances. This partnership has changed their plan midstream because they have a renter who wants to buy this property from their original plan submitted to the planning board, [Note: '...the removal of existing buildings'...] Even though the abutting property to the 'A-frame' changed hands to Joe Bohi, Sr. back in November [of 2007] there is NO hardship because they have another option in doing a 'lot line adjustment' which doesn't require a special exception from the ZBA or remove the building like they agreed to with the planning board. They created the setback problem."

Mr. Aversa said that was simply not true because when they spoke with the surveyor they were not sure if the house would stay or go. He said that he had no idea that the surveyor had come across the corner of the house and had he known, he would have stopped it and changed it. Mr. Aversa said if he could do a lot line adjustment he would have but he did explore the lot line adjustment and the new owner is not receptive to the idea. He said that they did not agree to take down that house unequivocally and they did not know that the surveyor had encroached that line until Stanley Prescott pointed it out at a recent Planning Board meeting. Mr. Aversa said that the Planning Board mentioned the options of a lot line adjustment or a special exception, noting that this special exception is not unlike other similar requests of even greater reductions.

Ned Lizotte said that he would have to disagree and that he had talked with Dustin Bowles of the Planning Board and has been doing some fact finding. He said that the notes on the plans state that they agreed to take the buildings down. Mr. Aversa said that was if they were to put a new house

there. Mr. Lizotte said that the note states that the buildings would be removed. He said the whole issue of Mr. Aversa coming to the ZBA was because the Planning Board agreed to do something if the ZBA gave him a special exception. He said Mr. Aversa was given two options but he does not have a hardship so his other option is a lot line adjustment. Chairman Powelson pointed out that hardship has nothing to do with a special exception. He stated that a special exception is the right of a property owner provided he can meet the requirements of the special exception. Mr. Lizotte said that in this case this property is not matched by anything else on Chichester or Bee Hole Roads so there are no neighboring properties that conform to a special exception for reduced setbacks. He said that everything there has existed for some time and any new developments have been laid out with the correct setbacks all the way through. Mr. Lizotte said that the person that Mr. Aversa sold the property to happens to be working with him and his partners so it is to all of their benefit to get it addressed and a lot line adjustment is a perfectly reasonable thing to do without having to come for a special exception. Mr. Aversa stated that he has said at least four times that Mr. Bohi, Sr. is not receptive to doing a lot line adjustment and that is why he is here before the ZBA. He said that he takes offense that this board is being coached by the Planning Board before coming here, saying that this is supposed to be a matter before the ZBA. Mr. Lizotte said that he went to the Planning Board while researching the matter so as not to have one thing said at one board and another thing said at the other board. Mr. Aversa stated that no one has ever said that the building would definitely come down but it was said that it more than likely would be, and asked who would close a door on something like that. He said if that is the interpretation that Mr. Lizotte wants to take that is his prerogative but it is not the case. Mr. Lizotte said this is a new subdivision that has room to work with. Howard Pearl asked how many lots are in the subdivision. Mr. Aversa said that there are thirteen lots. Mr. Pearl asked if there are any others that will need setback reductions. Mr. Aversa said that there are not as this is the only one with an existing house. Jim Venne asked where this lot is in relationship to Chichester Road. Mr. Aversa explained the location, size and shape of the lot. He said that 6' is not that big of a reduction. George Saunderson asked about the size of the abutting lot. Mr. Aversa said he was not sure because he did not have a plan in hand. Donna said that lot is 2.009 acres. Mr. Saunderson stated that this is a brand new subdivision and it is Mr. Aversa's mistake. He asked Mr. Aversa if he had offered Mr. Bohi the second lot at a very much reduced price in return for a lot line adjustment. He said that the town made Mr. Davis take part of a building down because it was in the wrong spot. Mr. Saunderson said that if these were older lots then it might be alright, but this is a brand new situation and they should not have to do this. He suggest-

ed that Mr. Aversa needed to be more proactive creatively and figure out a way to make Mr. Bohi happy by offering a better piece of land or make some deal. Mr. Aversa said that he relied on his surveyor, noting that there are many pages of plans and it is hard to catch everything. Mr. Saunderson said that he understands that but it is hard to set a precedent of offering lot line adjustments on a brand new subdivision. Mr. Aversa said that he will take the blame that the note was not caught but he is in a tight spot. Howard Pearl said that he would feel differently if this was a new foundation rather than an arbitrary line. He asked Mr. Aversa what made him change his mind about taking the house down. Mr. Aversa said that the lady living there wants to buy the house. He said that when the town needed some of his land for the bridge on Chichester Road, he gave it. He said he has since been required to make major improvements to the intersection of Chichester and Bee Hole Roads. Mr. Aversa said that he is now asking for a 6' reduction in a setback and that does not seem unreasonable for all that he has given.

Ned Lizotte said that Mr. Aversa could have an argument if this was an existing neighborhood but it is not, it is a brand new development. Howard Pearl said that mistakes do happen and he is not sure who is ultimately responsible to hold them accountable. Dave Powelson said that the question originally came up at the December Planning Board meeting about what to do about changing their mind and wanting to keep the house. He said in his perspective he does not care if it is old or new since the plan approved by the Planning Board said that the house has to come down. Steve Jackson said that there had been very minimal discussion about the lot because of the notes that were on the plans. Ned Lizotte said it was not an issue because of the notes but now someone wants to buy it. Dave Powelson said as a lot that has a house and a setback issue that is a different case and is a special exception that has been applied for which is different than a case of whether or not the Planning Board intended for the house to be torn down and a new house built. He said that he did not know if the Board has any authority over whether it is a new house or an old house or even any particular concern. Mr. Aversa said that the Planning Board never had any concern whether it is new or old but was more his concern of whether they were going to take it down or not. Dave Powelson asked if the Planning Board has so far agreed to take the notes off the plan. Mr. Aversa said they had if the special exception is granted. Steve Jackson said that Mr. Aversa had come to the Planning Board for an amendment to the subdivision plans and a motion was made to remove the notes pending ZBA approval of the special exception. Mr. Powelson said that the Planning Board apparently has no issue with an old house in a new subdivision. Mr. Aversa said that was correct. Howard Pearl asked Steve Jackson if the Planning Board would have passed the subdivision without the notes. Mr. Jackson said

he was speaking only for himself and that he would have addressed the setback encroachment issue if he understood their intent to keep those buildings. Mr. Pearl said that the decision to keep the house came after the approved plan. Mr. Jackson said that the current plan as written very clearly states individually on every existing building that they would be removed and that is how the plan was approved.

Mr. Aversa said he should have caught the notes and setback encroachment. Howard Pearl said that Mr. Aversa created the situation by changing his mind. Discussion continued about the change of plans, options, and the need to make a decision. Dave Powelson asked the Board if they felt a site walk was needed or the plans seen to make a decision. Howard Pearl said that he feels that he has a pretty good understanding of the situation. Jim Venne stated that he does not have a problem with granting the special exception. There was no further discussion. The chairman closed the hearing to the public, to be brought up under Unfinished Business.

Case #08-01, AAM Builders, Inc — Special Exception for major home occupation, Map 38, Lot 8-2 (newly subdivided, no # yet assigned). Tony Merullo spoke on behalf of the prospective property owner who is out on the road driving. He explained that they had come before the Board to discuss a home occupation for tractor trailer parking a few months ago. Mr. Merullo said that there is a proposed 40' x 60' garage for light maintenance. He explained that the owner's plan is to grow to four tractors and should the business grow beyond four they would move to a commercial lot at that time. He said the owner currently has three trucks.

Mr. Merullo went through the points of the application. He said that they plan to do a lot line adjustment to 3+ acres and would follow all setbacks plus provide a natural buffer. He stated that there would be a 100' x 100' area for the garage and parking area for the tractor trailers. Mr. Merullo said that he has plans to purchase the remainder of the large parcel for residential development so it is in his best interest to do this project right. He explained that the trucks haul long distance, leaving on Monday morning and returning Friday afternoon. Mr. Merullo said that he initially built a house for the owners and has worked with them for five years. Ned Lizotte asked if these are the trucks that are currently located on Creekwater Lane. Mr. Merullo said that was correct, noting that the owners have two trucks and have just bought a third. He explained that the intended route of travel is out Hoit Road to exit 17 on Route 93. Mr. Merullo said that it is important to note that this is a stepping stone, saying that if it grows they intend to go to a commercial lot but that is too costly for a business of the owners' size at this time. He said that the trucks could be left offsite overnight if they were coming in late at night and then brought in the next day. Mr. Merullo noted that the trucks

Zoning — cont. on 30



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Zoning — cont. from page 29

would always be empty when traveling to and from the property.

Chairman Powelson asked if there were any questions from the Board. George Saunderson noted that the owner would be agreeable to an annual inspection. He asked how it would be remedied should there be a problem. Mr. Merullo said it is the owners' intention to have very well kept equipment and property and be good neighbors. He pointed out that the inspection is a requirement of the Ordinance and it could be stipulated that if there is a violation the owners would quickly remedy the situation.

Howard Pearl asked how the trucks would turn around on this lot. Mr. Merullo said he was not sure, only that the owner had said that is what he would need for area. Ned Lizotte said that he originally thought this was two to four trucks, not realizing that the trailers were part of the package. He said the trailers could be a touchy matter with traffic. Mr. Pearl said there is not a real issue there because they would always be empty but parking could be tricky. Mr. Merullo said that the owner may have to ask for it to be a bigger area based on Mr. Pearl's question. He again pointed out that the trucks would leave on Monday and return on Friday. Ned Lizotte said that the traffic could be less than others in town such as DS Cole and Pleasant View Gardens. Mr. Merullo said that he looked at the neighborhood and there is another general contractor with daily use of the road and a company that does foundations. He explained that the trucks are soft-sided canvas, not the big box trailers. The chairman pointed out that the special exception stays with the property even if the ownership changes. There was discussion about adding a clause specific to this business only and the approval becoming

void if the use was abandoned for a certain period of time.

Abutter Robert McCullen said that he just purchased three lots on School Street from Mr. Merullo and plans to live there. He said that light maintenance in residential and wet areas will be a potential environmental impact. He asked why the trailers could not be left offsite as they are now. Mr. McCullen stated that waste oil heaters require storage of the waste oil and give off smoke and odor. He talked about possible changes to the business plan based on the economy. He said a residential development is what he envisioned for this area and he has concerns of the impact on his property. Abutter Dan DeHart said that he and his wife purchased property to the west of this parcel. He said they thought it was just the tractors, not trailers as well. He asked how it could be regulated if the business changes and the owners want to do daily runs or if they want to park trucks by the road. Chairman Powelson said in fairness to what the application says, that would be the use that is permitted and 100 SF for parking would be the area permitted. Mr. DeHart asked if the Board would say that the owner could not change to daily runs after the owners had built the house and garage.

Mr. Merullo said what was applied for is somewhat specific and there may have been some misunderstanding. He said that the owners cannot continue to park the trailers offsite indefinitely and they do not want to offend any neighbors. Mr. Merullo said that he spoke with the DeHarts prior to the purchase of the property and he feels that the Maloons would be good neighbors as are the DeHarts and others. Mr. McCullen discussed the needs of a trucking company with regard to supplies and maintenance and said that he has impact concerns. Abutter Sharon DeHart asked if this parcel has 200' of frontage like their lot. She said she had

envisioned tractors, but not the trailers, and had thought that the garage would be housing the tractors. She said that she is concerned about their view being blocked by tractor trailers. Mr. Merullo said that he believes that they will be tucked out back enough so that they will not be a problem. Abutter Tim Smith said that he and his wife bought their land about 2-1/2 years ago, noting that they bought country living with a significant investment in the land and housing. He said that the last thing he wants to do is call the police department with complaints of weekend noise, etc. He said that it was stated that the maintenance would be done by dealers but he is not sure how many dealers are open on the weekend so he wonders how much would be done on this parcel. Mr. Smith said that the owners may be very nice people but he does not feel that this use is the right fit for the neighborhood.

The chairman closed the hearing to the public; to be brought up under Unfinished Business.

UNFINISHED BUSINESS:

Case #07-18, Jason & Amanda Masse — Special Exception for wetland crossing, Map 59, Lot 5. Ned Lizotte made a motion to approve the special exception for a wetland crossing; seconded by Howard Pearl. Mr. Pearl said it was a well presented plan and he appreciated the Conservation Commission's feedback. Mr. Lizotte said that the Conservation Commission's comment that Mr. Masse went well above and beyond to ensure protection of the area speaks well of the proposal. The chairman stated that the applicant and Board went through the points of the application at the last meeting. *A roll vote was taken: Jim Venne — Yes; Howard Pearl — Yes; Dave Powelson — Yes; Ned Lizotte — Yes; George Saunderson — Yes. Unanimous — APPROVED.*

Case #07-19, Loudon Woods Estates, LLC — Special Exception for reduced setback, Map 2, Lot 23-12. Howard Pearl said that he would like to see this continued because he would like to see the plans as originally submitted. The chairman stated that Mr. Aversa just found plans in his truck which are different from what was approved by the Planning Board. Mr. Aversa showed the Board the plans and said that the notes were not on the plans he was given by the surveyor. He stated that the renter's attorney brought it up so Mr. Aversa had pulled out his big set of plans. He said he did not see the notes until that time. Howard Pearl said that he would like to get a little more information and history before making a decision. Mr. Aversa said this seemed to be the easiest way to correct the situation because Mr. Bohi lives out of state and changing the lines, having to re-record the deed, etc seemed to be a lot of work for a 6' adjustment. The chairman said that there has been a suggestion to continue this case to the next month. Howard Pearl asked the Board how they felt about making a decision. George Saunderson said he was ready to make a decision or would be alright with continuing to next month. Mr. Aversa said that the renter has been waiting for three months to close on this property so he would like a decision. *Ned Lizotte made a motion to deny the special exception for reduced setback based on not meeting the requirements of section 2, #6 and #7; seconded by George Saunderson.*

Howard Pearl asked for Mr. Lizotte's reasoning. Mr. Lizotte said that the applicant does not meet the criteria for #6 or #7 on the second part of the application. He said that the request does not fit comparable setbacks and it establishes a new precedent in a new subdivision. He read from his notes again, stating that a lot line adjustment

seems simple enough to do. Mr. Lizotte pointed out that Mr. Aversa admits his oversight and responsibility to check his plans. The chairman said that they could clarify the matter by going through the points of the application. Mr. Pearl said that his main concern is that this is a self-created problem by changing the plan to leave the house. He said that he feels strongly that the Planning Board would not have approved the plan if the house was staying. George Saunderson said that 6' is a small issue but it would be setting a precedent. Mr. Pearl said that he would agree. Mr. Lizotte said that it is good that the renter wants to buy the house but he does not see letting this go as it would cause a lot of problems.

Chairman Powelson asked the Board to look at the second part of the application, page 4. Mr. Aversa said he could see where this was going and he would just have to go back and try to do a lot line adjustment. He said that the town was willing to take hundreds of feet of his property for the bridge and \$150,000 for the intersection improvements which was not his responsibility, yet this is only 6' that he is asking for and he is being made to do a lot line adjustment. He said he has done everything that the town has asked him to do and this is a very minor request. Dave Powelson said that the Board has to make a decision as that is their job. Mr. Aversa said that he would work on getting the lot line adjustment with Mr. Bohi Sr. but he feels strongly that this should be a ZBA decision, not a Planning Board decision. Ned Lizotte stated that there is a motion and second on the table. Mr. Aversa then left the meeting. The chairman repeated the motion and read #6 of part 2 of the application. He said that he was not sure what counts as a developed adjacent property, noting that the lot next door is vacant as is the one on the other side of this lot. He said he thinks that the closest developed lot is the Bigwoods' and that he thinks they have a reduced side setback. Howard Pearl called for the vote. *A roll vote was taken: Jim Venne — Yes; Howard Pearl — Yes; Dave Powelson — Yes; Ned Lizotte — Yes; George Saunderson — Yes. Unanimous — DENIED.*

Case #08-01, AAM Builders, Inc. — Special Exception for major home occupation, Map 38, Lot 8-2. Ned Lizotte made a motion to continue the hearing to February 28, 2008; seconded by Howard Pearl. Mr. Pearl stated that he would like more information and to have the owners attend. Mr. Merullo said that the abutters seem opposed to the application and that he will speak with the truck owners to see if they wish to pursue the application any further. Ned Lizotte said that he did not realize that any other lots in the area had been sold before coming in to tonight's meeting and that the abutters have made some good points. George Saunderson said that he does not see any harm in continuing the application. *All were in favor.* The application will be continued to February 28, 2008, 7:00 p.m. at the Community Building. There will be no further notification.

BOARD DISCUSSION:

Chairman Powelson informed the Board that he will not be able to attend the February meeting.

ADJOURNMENT:

Ned Lizotte made a motion to adjourn the meeting at 10:00 p.m., seconded by Howard Pearl.

All were in favor.

*Respectfully submitted,
Donna White
Administrative Assistant*



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March 2008 in Loudon						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 6:15pm•Aerobics @ LES 6:30pm•Happy Hill 4-H @ American Legion	4 6am•Aerobics @ LES 10:30am•Storytime @ Library 6:30pm•Selectmen's Meeting	5 2pm•Storytime @ Library 6:15pm•Aerobics @ LES 6:30pm•Girl Scout Vols. @ LES 7pm•Historical Society	6 6am•Aerobics @ LES 10:30am•Storytime @ Library	7	8
9	10 6:15pm•Aerobics @ LES 8pm•Loudon Fire Dept. Meeting	11 ELECTION DAY. POLLS OPEN 8 A.M.–7 P.M. 6am•Aerobics @ LES 10am•Young at Heart @ Com. Bldg. 10:30am•Storytime @ Library 7pm•Lions Club @ Library	12 2pm•Storytime @ Library 6pm•Conservation Com. @ Com. Bldg. 6:15pm•Aerobics @ LES 6–7:30pm•VOTE FOR SCHOOL BOARD MEMBERS. 7pm•SCHOOL DISTRICT MEETING @ MVHS	13 6am•Aerobics @ LES 10:30am•Storytime @ Library 6–8pm•LYAA Signups @ Library, downstairs 7pm•Planning Board @ Com. Bldg.	14 LEDGER DEADLINE FOR APRIL ISSUE	15 TOWN MEETING. 9 AM AT ELEMENTARY SCHOOL ST. PATRICK'S DAY 
16	17 6:15pm•Aerobics @ LES 6:30pm • Communications Council Meeting @ Com. Bldg.	18 6am•Aerobics @ LES 10:30am•Storytime @ Library 6:30pm•Selectmen's Meeting @ Com. Bldg. DARE PIZZA NIGHT AT LES. DINNER 5–6:30 FOLLOWED BY RAFFLE.	19 2pm•Storytime @ Library 6:15pm•Aerobics @ LES 6:30pm•MVMS PTO @ MVMS Library 6:30pm•Old Home Day Com. @ Kim Bean's 7pm•American Legion & Auxilliary Meeting	20 6am•Aerobics @ LES 10:30am•Storytime @ Library 7:30pm•Zoning Board of Adjustment @ Com. Bldg.	21	22
23	24 6:15pm•Aerobics @ LES 7pm•LYAA @ Library	25 6am•Aerobics @ LES 9–Noon•VNA Senior Health Clinic @ Com. Bldg. 10:30am•Storytime @ Library 6:30pm•Selectmen's Meeting /Work Session @ Com. Bldg. 6pm•LYAA Baseball Board Mtg. @ Library 7pm•LYAA Mtg. @ Library	26 2pm•Storytime @ Library 6:15pm•Aerobics @ LES 6:30pm•Recreation Com. @ Library	27 6am•Aerobics @ LES 10:30am•Storytime @ Library 7:30pm•Book Group at Library	28	29
30	31 6:15pm•Aerobics @ LES					

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**March 2008
Volume 10, Number 3**

POSTAL PATRON