

## Business / Health



Paul Zografos and Jon Haeck at the new Anytime Fitness Club in Amherst

### Anytime Fitness Members Have Burned Nearly 750 Million Calories

Local club celebrates opening with special offer January 27-29

AMHERST – Local member Carletta Nichols realized it was time to get to a healthier place when her doctor diagnosed her as borderline diabetic. “My Husband and I had to do something after I got my diagnosis, Paul and Jon were there for us. Couldn’t be happier about joining Anytime!”

Anytime Fitness is making it easier for local residents to start changing their lives. From January 27-29, new members can join the club, located at 123 Route 101A, for just \$1. New members can also add Fit ‘15, two hours with a fitness professional, for free to ensure that they reach

their goals. Call 603-594-0066 or stop in for more details.

“Our mission is to help our members get to a healthier place – physically, mentally, emotionally – so they can enjoy life to the fullest,” said Paul Zografos, owner of the Anytime Fitness club in Amherst. “At Anytime Fitness, we genuinely care about our members and want to help them achieve the results they’re seeking – whether it’s losing weight, increasing strength and endurance, or improving balance and flexibility.”

### Brian Cullen Elected President of Nashua Soup Kitchen & Shelter

NASHUA – CullenCollimore, PLLC is pleased to announce that Brian Cullen has been elected President of the Nashua Soup Kitchen & Shelter. The Soup Kitchen recently moved to its new facility at 2 Quincy Street, just down the street from CullenCollimore’s East Pearl Street offices, following a successful capital campaign that allowed the long-standing non-profit to purchase and renovate the former VFW building. Cullen notes that he is honored to follow the leadership of Linda Kipnes and all of those who spearheaded that effort and looks forward to continuing the work of the Board to raise funds and awareness of the efforts of the Soup Kitchen. “On days when the temperature is 5 degrees as it already has been this year, it is critical that all of our residents have a warm and inviting place to get a hot meal, supplemental food, and access to employment and advocacy



Brian Cullen, CullenCollimore, PLLC

programs. For nearly 35 years the Soup Kitchen – with the help of the entire community – has filled that need.”

### Lunch & Learn at the Souhegan Valley Chamber of Commerce

Basics of Computer Maintenance on February 3, 12-1 PM

AMHERST – Join us on Tuesday, February 3 from 12-1 PM for Basics of Computer Maintenance with Pollitt Enterprises, Tuesday, February 3 from 12-1 pm at the SVCC office. We all know we should maintain our computers regularly, but we don’t – until it’s too late. Brush up on what needs to be done and how to do it. IT Specialist Derek Pollitt will give us a refresher course

on keeping our computers updated, clearing cookies, updating antivirus software and backing up our computers. For most businesses, your computer IS your business lifeline – don’t let it slide! This event is free to Chamber members, \$10 nonmembers, includes a light lunch. Telephone 673-4360 to RSVP or email beth.boggis@souhegan.net.

## Final Week for “Learn to Ski & Snowboard”

LINCOLN, NH - This January ski areas across New Hampshire encourage people who have never skied or snowboarded before to embrace winter and try something new. January is Learn to Ski & Snowboard Month, and there are a variety of learn-to deals available for anyone who has ever had an interest in trying a new snow sport or improving their skills.

As part of the Learn to Ski & Snowboard Month celebration, thirteen alpine and six cross-country ski areas are offering special packages for first-time skiers and snowboarders. At the alpine ar-

reas, which include Black Mountain, Bretton Woods, Cannon Mountain, Cranmore Mountain Resort, Dartmouth Skiway, Granite Gorge Ski Area, Gunstock Mountain Resort, King Pine Ski Area, Loon Mountain, Mount Sunapee, Pats Peak, Ragged Mountain Resort and Waterville Valley, the package costs \$29 dollars and includes a first-time lesson, rentals and lift ticket. The cross-country package includes a trail pass, first-time lesson and rentals for \$19, and is available at Bretton Woods XC, Granite Gorge XC,

Great Glen Trails, Gunstock XC, Jackson Ski Touring, Loon Mountain XC, and Windblown XC. Future skiers and riders should go to SkiNH.com’s Learn to Ski & Snowboard Month webpage to find links to each resort’s program. Specials start on January 2 and guests should reference each resort for lesson times, how to register, and more.

Learning how to ski or ride isn’t limited to just January, however. All ski areas offer lessons throughout the season, seven days a week. Several ski areas have special incentives whereby new skiers and riders who take beginner lesson packages are rewarded with discounted lift tickets and rentals, a season pass, or even a pair of skis. Guests can find more information and links to specific resort learn-to webpages in the “Learn To” section of SkiNH.com.

“Taking lessons with a professional ski instructor is the best way to learn to ski or ride,” said Jessyca Keeler, executive director of Ski NH. “I learned to ski in my late teens and learned to snowboard in my late twenties, and taking lessons made such a huge difference in my results. You learn the correct techniques right off the bat, which means you’ll become better faster, and have fun from the start.”

The Learn to Ski & Snowboard Month is a national initiative that includes efforts on the part of the National Ski Areas Association, SnowSports Industries America, and the Professional Ski Instructors of America-American Association of Snowboard Instructors, along with many national, regional and state associations and businesses throughout the country. Learn more at [www.LearnToSkiandSnowboard.org](http://www.LearnToSkiandSnowboard.org).

Tom McKinney  
Mont Vernon

## Mont Vernon

### Time for FY16 School Budget Hearings, Deliberative Sessions and The Vote

To the editor:

Here it is again, time for FY16 school budget hearings, deliberative sessions and vote. The Mont Vernon Village School (MVVS) Board and Administration are asking taxpayers to support a total budget of \$4,725,302 next year versus an FY15 approved default budget of \$4,241,108. This represents an increase of \$484,194 or 11.42% over this year’s budget. And because of several increased costs next year, \$4,637,058 will be the FY16 adjusted default budget. This still represents a \$395,950 increase over last year. Either budget has a large impact on real estate taxes: \$744 or \$648 on a \$300,000 house.

The biggest drivers to the FY16 MVVS budget are: the Amherst Middle School (AMS) at \$271,040 and Special Education at \$140,795. Although AMS student enrollment is projected to decline another 19 students, AMS proposed costs are still increasing.

Using the NH State Department of Education (NHDOE) MVVS FY14 (the latest available) cost per student is: \$15,166. Compare this to the Hollis Elementary FY14 cost per student: \$15,352. The MVVS is slightly less than that year, but Hollis was a National Blue Ribbon school in 2013 and MVVS has yet to achieve this award.

If we look at the MVVS student numbers, we see that K-6 student enrollment reduced from 231 in FY12 to 187 this year (FY15) and is projected to decline again next year (FY16) to 177. This is a 23% drop. The MVVS teachers and professional staff has also declined some 8.5%, not matching the student drop over this period. The staff reduction has reduced from 23.5 in FY12 to 21 this year and increasing to 21.5 staff next year.

Another note on last year’s MVVS default budget. The school had enough money left over to fund asphalt paving of the loop road behind the school by June 30th.

What about the SHS FY16 budget? The proposed FY16 budget is \$18,161,347 versus a default budget of \$17,992,362. This is almost a \$170,000 increase. Doesn’t seem like much, but let’s do some comparison with Hollis. The FY14 NH state cost per student at Hollis/Brookline High School was: \$12,686. (This number is from the NHDOE web site, and does seem low. Bedford HS is even lower.) At SHS it was: \$19,012. Wow, \$6000 more per student. And Hollis/Brookline (H/B) is a National Blue Ribbon school, a Newsweek best high school, plus other honors SHS has yet to achieve.

The number of students is projected to reduce at SHS from 842 this fiscal year to 815 next year. And although SHS has reduced their staff the last couple of years by almost 14 people, they’re not planning any staff reductions for this projected 27 student decline. The SHS professional staff is currently at 94 (estimated) persons and teaching staff at 80 (estimated). The H/B professional staff is at 83, with 65 teachers for 832 students. The SHS ACT scores are at 23 and the H/B higher at 26.5. The SHS SAT scores are at 533 and the H/B scores are higher at 570.

In summary, I believe we are still paying too much for our children’s education quality, so I hope you’ll join me in voting yet again for default budgets for MVVS, SHS and AMS!

LEGAL NOTICE LEGAL NOTICE LEGAL NOTICE

**TOWN OF MONT VERNON**  
**NOTICE OF PUBLIC HEARING**

The Board of Selectmen will hold a Public Hearing on Monday, February 09, 2014, at 7:00 pm in the Town Hall Meeting Room to discuss: (Inclement weather date February 10, 2014)

**2015 Proposed Operating Budget and Warrant Articles**

Also of note: Voting will be held Tuesday, March 10 from 7:00 AM to 7:00 PM and Town Meeting on Saturday March 14 at 10:00 AM

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**MAIN STREET**

[www.mainstreet-nh.com](http://www.mainstreet-nh.com)

Next Issue: February 10  
Deadline: February 4

**THE TOADSTOOL BOOKSHOPS**

**SAT, FEB. 7, 1 P.M.**  
Editor Elaine Isaak and contributors read from volume 4 in the New Hampshire Pulp Fiction series, *LOVE FREE OR DIE!* (See our website for more info.)

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## January is Learn to Ski & Snowboard Month in New Hampshire

Many New Hampshire ski areas are celebrating Learn to Ski & Snowboard month this January by offering a \$29 lift, lesson and rentals beginner package for downhill skiing and riding, and a \$19 trail pass, lesson and rentals beginner package at cross-country ski areas. Taking a lesson your first time on skis or a snowboard can make all the difference in the world in terms of having a great experience, and our Learn to Ski & Snowboard month special is a great and affordable way to try a new sport. For details visit: [www.skinh.com](http://www.skinh.com), or visit each area’s website included below.

**Participating Alpine Areas:**

- Black Mountain** Jackson, NH 603-383-4490 [www.blackmt.com](http://www.blackmt.com)
- Cannon Mountain** Franconia, NH 603-823-8800 [www.cannonmt.com](http://www.cannonmt.com)
- Cranmore Mountain Resort** North Conway, NH 603-356-5543 [www.cranmore.com](http://www.cranmore.com)
- Dartmouth Skiway** Lyme Center, NH 603-795-2143 [skiway.dartmouth.edu](http://skiway.dartmouth.edu)
- King Pine Ski Area & Purity Spring Resort** East Madison, NH 603-367-8896 [www.kingpine.com](http://www.kingpine.com)
- Loon Mountain Resort** Lincoln, NH 603-745-8111 [www.loonmtn.com](http://www.loonmtn.com)
- Mount Sunapee Resort** Newbury, NH 603-763-3500 [www.mountsunapee.com](http://www.mountsunapee.com)
- Pats Peak Ski Area** Henniker, NH 603-428-3245 [www.patspeak.com](http://www.patspeak.com)
- Ragged Mountain Resort Ski Area** Danbury, NH 603-768-3600 [raggedmountainresort.com](http://raggedmountainresort.com)
- Waterville Valley Resort** Waterville Valley, NH 888-467-5498 [www.waterville.com](http://www.waterville.com)
- Bretton Woods** Bretton Woods, NH 603-278-3320 [brettonwoods.com](http://brettonwoods.com)

**Granite Gorge Ski Area** Keene, NH 603-358-5000 [www.granitegorge.com](http://www.granitegorge.com)

**Gunstock Mountain** Laconia, NH 603-293-4341 [www.gunstock.com](http://www.gunstock.com)

**Great Glen Trails** Gorham, NH (603) 466-2333 [greatglenhills.com](http://greatglenhills.com)

**Jackson Ski Touring Foundation** Jackson, NH 603-383-9355 [www.jacksonxc.org](http://www.jacksonxc.org)

**Windblown XC Ski Area** New Ipswich, NH 603-878-2869 [windblownxc.com](http://windblownxc.com)

**Participating Nordic Areas:**

- Bretton Woods at Mount Washington Resort** Bretton Woods, NH 603-278-3320 [brettonwoods.com](http://brettonwoods.com)
- Granite Gorge Ski Area** Keene, NH 603-358-5000 [www.granitegorge.com](http://www.granitegorge.com)
- Gunstock Mountain** Laconia, NH 603-293-4341 [www.gunstock.com](http://www.gunstock.com)

**Final Week!**

**LEARN TO SKI & SNOWBOARD**

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