

# Business

## Amherst Resident is Promoted to General Counsel

Richard M. DeWaele, associate general counsel for Tele Atlas, was recently promoted to general counsel for Tele Atlas worldwide. Tele Atlas is the digital mapmaker for GPS devices, web sites, government agencies and other applications and has its U.S. headquarters in Lebanon. Tele Atlas with more than 2000 employees around the world including Belgium, Germany and The Netherlands was a public company until acquired in June, 2008 by Tom Tom N.V., the maker of the popular GPS device, headquartered in Amsterdam, The Netherlands.



Richard M. DeWaele

## Freudenberger Promoted to Assistant Vice President at First Colebrook Bank

First Colebrook Bank has promoted Bridget Freudenberger to Assistant Vice President/Commercial Loan Officer at the bank's Colebrook, New Hampshire, office. "Bridget moved to commercial lending in 2004," says bank President and CEO Jim Tibbetts, "and since then has gained invaluable experience. She's proven herself to be a top-notch commercial lender."

A First Colebrook Bank employee since high school, Freudenberger became a Consumer Loan Officer in 2002 and was an integral part of the bank's massive data processing conversion. She moved to commercial lending as an Assistant Commercial Loan Officer two years later. Freudenberger holds an MBA from Plymouth State University in Plymouth, New Hampshire, and has completed study at the American Banking Association's National Commercial Lending School in Dallas, Texas.

A board director and loan committee member of the Business Enterprise Development Corporation in Berlin, New Hampshire, Freudenberger is also a board and finance committee member of Colebrook's Indian Stream Health Center. She has served on the area's North Coun-



Bridget Freudenberger

try Chamber of Commerce Board of Directors and performed committee work for the annual North Country Moose Festival. Freudenberger is a past Library Trustee/Treasurer and a past Supervisor of the Checklist, both for the Town of Colebrook. She is also a PSIA Level II certified ski instructor who for several years helped coach The Balsams Wilderness Ski Team in nearby Dixville Notch.

## 2009 Brings Transition to Amherst Yoga

AMHERST – Michelle Luks and Barbara Landry are pleased to introduce themselves as the new owners and operators of Amherst Yoga, 17 Old Nashua Road, Amherst, NH. In addition to overseeing day to day operations, Luks and Landry will also bring their teaching experience and enthusiasm to the mat. Offering classes in vigorous, moderate

and gentle vinyasa (flow), they plan to introduce prenatal yoga, yoga for cyclists, teens, and much more. Extending a policy of "trying the first class for free" Luks and Landry will also be offering free classes to the public on January 18, 2009. For more details, visit the website at [www.amherstyoga.com](http://www.amherstyoga.com).



Michelle Luks



Barbara Landry

## B&G Club of Souhegan Valley Welcomes New Board Members

MILFORD - The Boys & Girls Club of Souhegan Valley is pleased to announce the recent election of three new members to its Board of Directors – each of whom brings considerable talent, knowledge, and experience to the organization.

Don Brezinski of Milford, N.H. currently serves as the Vice President for Institutional Advancement at Southern New Hampshire University. In this capacity he oversees SNHU's fundraising, alumni relations, and grant writing activities. His other current volunteer activities include serving on the Board of Directors at the Pine Hill Waldorf School in Wilton and as a volunteer for the Capital Campaign for the Bedford, N.H. Chapter of the Amer-

ican Cancer Society.

Tom Quinn of Amherst, N.H., is an attorney engaged in general practice of law with concentration in residential and commercial real estate. Attorney Quinn is also a member of the Board of Directors for the Amherst Soccer Club and has been active as coach for youth soccer for the past 15 years.

Joe Pestana of Bedford, N.H. is the current President and co-owner of JP Pest Services. Mr. Pestana been involved in coaching many recreational sports in Bedford and is currently a member of the Quality Pro Board of Directors for the National Pest Management Association.

Visit [www.svbgc.org](http://www.svbgc.org) for more information.

## State Appointment



On December 18th Len Gerzon of Amherst was appointed by the New Hampshire Executive Council to serve a three year term on the State of New Hampshire Real Estate Appraiser Board. Mr. Gerzon has also been appointed to three terms on the New Hampshire Assessing Standards Board where he is presently serving as vice chairman.

## Local Trash Company Recycles Over 163 Tons

### H2O Waste Disposal Services Recycles 328,720 Pounds of Materials in 2008

MILFORD — H2O Waste Disposal Services of Milford is proud to accept the congratulations of the Northeast Resource Recycling Association for being active recyclers in 2008. H2O collected 163.2 tons of recyclable materials over the course of 2008 and the company anticipates doubling that amount in 2009.

With the help of their customers, H2O collected enough paper to save 1981 trees and conserved over 9634 pounds of coal by recycling ten tons of scrap metal. The company also recycled 28.77 tons of commingled glass, tin, aluminum and plastic, as well as 18.5 tons of cardboard.

Though their customers are not required to recycle, H2O is one of the only waste removal companies

in the Souhegan Valley to offer a comprehensive recycling program where materials are actually recycled and not incinerated.

"More than half of our customers have come to us because of our dedication to recycling," said co-owner Martin O'Brien. "Our recycling program allows our customers to recycle even more material than they could through their municipal facilities and we allow our customer to mix their commingle recyclables in one bag. We take all plastics, #1's through #7's, and can take all types of paper including glossy magazines and junk mail in addition to newspapers and office paper.

"Our all-inclusive \$9 per week service has proved to be very popular," said H2O co-founder Ryan

Hansen. "Our customers are very excited to hear that they can take back a couple of hours in their week for just a few dollars and can recycle for no additional charge."

Established in 2007, H2O Waste Disposal Services is a Milford, NH-based company services of 600 residential, commercial and multi-unit customers the Souhegan Valley towns of Amherst, Brookline, Greenville, Hollis, Lyndeborough, Mason, Milford, Mont Vernon, New Boston and Wilton with curbside trash pick-up. For more information about H2O Waste Disposal Services, call (603) 732-0961 or visit the company's web site at [www.bye-byedump.com](http://www.bye-byedump.com).

## New Tools in Recession Busting from SV Chamber of Commerce

AMHERST - An aggressive effort is underway by the Souhegan Valley Chamber of Commerce to provide opportunities to strengthen the business community of the Souhegan Valley area. "The year ahead will be challenging for our local economy. Our businesses and organizations of every size are going to need to work together to get through some difficult times ahead. We are taking a new direction with offering valuable tools to help," says Rick Boyd, Chairman of the Board of Directors and owner of Beard & Boyd Insurance Agency in Amherst.

Shop local, think local, do business locally has been the theme for the Chamber going into 2009. New directions announced by the Chamber Board to expand on these efforts will open the door for more participation and give an added boost to local businesses. First will be the launch of a one-time, limited offer to encourage new memberships. For January through March

only, five month trial memberships for a special rate of fifty-five dollars will be available. Benefits will include company listing in the newsletter and website directory, direct links from the website, and admission to all Chamber after hours, breakfasts and meetings at member rates. But, more importantly, is the networking that can result in a broader member base and opportunity to find and build local relationships.

Making those connections will be maximized with the new Souhegan Valley Directory that is being published in partnership with Minuteman Yellow Pages. The book will cover all the phone and contact listings throughout 19 communities and will be mailed to over 30,000 residences and businesses. The directory will be the "go to" resource not just for phone numbers, but to find local services, companies and essential information about the community agencies and government offices. Over the next couple of months, Cham-

ber members will be given the first chance to be part of this all encompassing community book at special discounted rates. More information will be available on the Chamber website, newsletter and emails. Those who remember the Amherst Lions Club phone book will look forward to this expanded publication.

"Wall Street isn't the answer nor is the government going to bail out the Souhegan Valley. Our 'main streets' and local business community is what will make the difference in 2009," says May Balsama, Executive Director of the Chamber. "Orientations, informational sessions, lead and networking events will all add up to getting connected." To participate in the trial membership or for questions about the new directory, you can call the Souhegan Valley Chamber office at 673-4360 or email the Executive Director at [may@souhegan.net](mailto:may@souhegan.net).

## BPW Meeting, Women & Money - Life Long Income Planning

NASHUA – Do you worry about outliving your income and not being able to take care of yourself and your family? Attorney Colleen O'Connell, CPA Carolyn Madden, and Financial Advisor Susan Cooke will host a panel discussion on ways to manage your finances, protect your income and assets, utilize tax advantages, and prepare accurate estate planning to help you in these areas at BPW's January 15 meeting.

Colleen D. O'Connell focuses her practice in estate planning, trust and estate administration, and federal taxation. Colleen is a member of the New Hampshire Bar Association, the Massachusetts Bar Association, the Nashua Bar Association (President-2006), the New Hampshire Estate Planning Council (Executive Committee Officer), and is a Fellow of the American College

of Trust and Estate Counsel. She has also been recognized in New Hampshire

Carolyn J. Madden has been working in public accounting for over 12 years. In 2007 she founded Carolyn J. Madden, CPA, PLLC, a CPA firm located in Hollis, New Hampshire specializing in tax and accounting services for small businesses and individuals. Ms. Madden is a member of the New Hampshire Society of Certified Public Accountants and the American Institute of Certified Public Accountants.

She is licensed as a CPA in the state of New Hampshire and a Certified QuickBooks ProAdvisor.

Susan Cooke began her financial services career in 1987 with New England Financial in Burlington, Vermont. In 1992 she expanded her

practice by transferring to the Parks-Tuttle Financial Services, Inc., agency in Bedford. She has recently joined Granite State Financial Services in Nashua, New Hampshire. Susan prides herself on developing long term relationships by providing quality service and offering objective solutions to meet both the short and long term needs of her clients.

The luncheon takes place on Thursday, January 15th, from 11:00 am - 1:00 pm at the Crowne Plaza, Exit 8, Nashua, NH. The cost is \$16 for members and \$26 for non-members. An RSVP is not required. The meeting includes networking, buffet lunch, and speaker.

For additional information contact Julia Manlogon at [membership@bpwnashua.com](mailto:membership@bpwnashua.com) or by visiting the web at <http://www.BPWNashua.com>.

## Health Notes

## Dr. Kyle Mannion Joins the New England Center for ENT Surgery

NASHUA – Kyle Mannion, MD has joined Laurie Porter, DO, John Romanow, MD and Sarah Lynch, PA at the New England Center for ENT Surgery located at 10 Prospect St. in Nashua. Dr. Mannion is affiliated with Foundation Medical Partners and is on the active staff at Southern New Hampshire Medical Center.

A graduate of the University of North Carolina at Chapel Hill, Dr. Mannion earned his medical degree at the University of Connecticut School of Medicine. He completed his residency in Otolaryngology at the University of Connecticut Health Center in Farmington and served a Fellowship in Head and Neck Surgery/Microvascular Reconstruction at Vanderbilt University Medical Center in Nashville, TN.

Dr. Mannion is board certified in Otolaryngology and is a member of the American Academy of Otolaryngology, the American Rhinologic



Dr. Kyle Mannion

Society and the American Academy of Facial Plastic and Reconstructive Surgery.

To make an appointment call 603-577-3190 or visit us on the Web at [www.snhmc.org](http://www.snhmc.org);

## Endowment for Health Elects Three New Board Members

CONCORD, NH - The Endowment for Health, New Hampshire's largest health foundation, has elected three new members to its Board of Directors who bring a wealth of nonprofit, business and government experience to the foundation.

Joining the Endowment for Health Board are:

**Sandra Pelletier**, CEO and President of Gateways Community Services, a nationally recognized nonprofit organization based in Nashua, NH with a focus on services to children and adults with disabilities. Ms. Pelletier resides in Amherst.

**Margaret Franchhauser**, Executive Director of Community Health & Hospice, Inc., a home care hospice and community service agency in Laconia. Ms. Franchhauser resides in Meredith.

**Frederick W. King Sr.**, Coos County Treasurer, former State Sen-

ator and long-time business owner. Mr. King resides in Colebrook.

"We are pleased to welcome these leaders to our Board of Directors," said Dr. James W. Squires, president of the Endowment for Health. "Their expertise and service to our state make them invaluable advisors to the Endowment as we work to improve the health of the people of New Hampshire."

The Endowment for Health was established in 1999. Since 2001, the Endowment has awarded nearly 621 grants totaling more than \$27 million to support a wide range of health-related programs and projects in New Hampshire. For more information about proposal guidelines and funding priorities for the 2009 program year, visit [www.endowmentforhealth.org](http://www.endowmentforhealth.org).

# Real Estate

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