HOMETOWN NEWS FOR THE TOWN OF HUDSON NEW HAMPSHIRE

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Members of the Alvirne High School Junior Reserve Officers' Training Corps helped in the open the School Deliberative Session on Saturday morning, Feb 10, by presenting the colors. Photo by Chris Paul

Voting Date Change Receives Heavy Criticism at School Deliberative

PAUL CONYERS HUDSON TIMES

Article 30 for the town Deliberative Session and Article 9 for the School Session proved to be two of the more consequential petition Warrant Articles. If approved, the Articles would move the date of the yearly budget election forward one month from the second Tuesday of March to the second Tuesday of April.

"Working with, maybe slightly outdated numbers, we average 3-4 thousand voters out of the 16,000 voters in

Hudson that show up for the town elections," said Mike Tranfaglia of 24 Woodcrest Drive and petitioner for both Warrant Articles. "We're hopeful that the date change will bring an increase in voters. Some quick research has shown that voter turnout is slightly higher in warmer weather."

Bad weather forced the town to push back March elections twice in the past.

Tranfaglia contended this delay contributed to the low turnout, though continued on page 2

Unamended Feasibility Study Article Moves to March Ballot

PAUL CONYERS HUDSON TIMES

Warrant Article 10, or the Circumferential Highway (officially Hudson Boulevard) proposal, brought a number of speakers to the mic at the Feb. 3 Deliberative Session.

The Article proposes a \$1,000,375 study to assess the feasibility of the decades-old highway plan, with the town of Hudson responsible for \$200,075 of that cost

"The study will look at Lowell Road to Route 111 segment of the proposed highway to determine if it is environmentally and economically feasible to move forward," said Selectman, Dillon Dumont. "The Board of Selectmen put this for-

ward to the voters to give ting off a new debate over you guys a choice." Article 10 was not rec-

ommended by the Budget Committee.

"I rise against this Warrant Article, my back of map, napkin math states that we're looking at, if all the Warrant Articles are approved, a 14% increase in our town taxes this year," said Alex Woodward of 14 Pasture Drive. "To me, a feasibility study should be the back of the napkin."

Town officials were unable to confirm Woodard's numbers.

James Crowley of 4 Fairway Drive expressed his opposition by trying to amend Warrant Article 10 by changing the appropriate sum for the study to \$0, set-

whether such a move was appropriate.

"I'm sure everyone has their opinions concerning traffic, future development impacts in Hudson, and environmental issues. I want you to understand there are other issues that need to be considered," said Crowley.

He asked why Hudson should cover any part of a study he saw as a "regional impact transportation project."

"What's the rush to spend tax dollars on something that's been thought about for decades?" he asked. "Why not get an updated March voter consensus first to gauge the continued on page 4

Article 32 Looks at Changing to Town Manager Style of Governing

PAUL CONYERS HUDSON TIMES

Local government could be set to change with Warrant Article 32, which would have Hudson replace the elected position of Town Administrator with an appointed Town Manager. Under state law, the Board of Selectmen would choose a Town Manager based on specific experience and educational qualifications.

"I rise in opposition for Article 32," said Budget Committee member, Shawn Jasper. "What you are doing, is you are creating an unelected head of government. Now, we went there before in the late 70s or 80s. and I know that was a lifetime ago, but human nature Town Manager? A Town

lems are likely to persist."

He worried that an unelected officer would limit the access Huson residents have to local government officials.

"This does not guarantee that we get some sort of super-human, I want to be able to vote for the five people and hold them accountable," Jasper added.

There were mixed reactions to the proposal from members of the public.

"I'm not sure where I stand. Based on our population, are we in the right form of government, or is there a different form of government? Should we be a city? Should we have a evolve," said Walsh.

is the same, and the prob- Administrator? All of that." said Gary Gasdia of 4 McCann Road. "My concern is simply that we're not doing the research to decide what's best."

Kevin Walsh of the Budget Committee worried that Article 32 had the potential to interact with Hudon in unexpected ways, as he noted that the 2025 budget is worded to include an assistant specifically for the Town Administrator.

"The devil is in the details, there's a lot of things that need to be addressed in terms of how the Board of Selectmen want to see a Town Manager form of government

A FREE Weekly Publication

School District Looks To Secure Capital Reserve Fund For Alvirne Farm

ALEX MALM HUDSON TIMES

One of the warrant articles that drew discussion during the School District Deliberative Session on Feb. 10 was in regard to establishing a Capital Reserve Account for the Alvirne Farm.

The warrant article reads:

"Shall the Hudson School District vote to establish an Alvirne Farm Capital Reserve Fund under be coming from the unas-

the provisions of RSA 35:1 for the purpose of repairing, improving and maintaining the farm's buildings and grounds, furthermore to raise and appropriate the sum of \$150,000 from the June 30 year end undesignated fund balance available for transfer on July 1 to be placed in this fund, and to name the Hudson School Board as agents to expend from the fund?"

Since the funds would

signed fund balance, there reserve fund to support wouldn't be a tax rate impact. The School Board voted 5-0 to recommend it, and the Budget Committee recommended it on a 6-3 vote.

School Board member. Mike Campbell, explained that it was recommended that they establish one by the Alvirne Trustees.

"A recommendation was made by the Alvirne Trustees to the School Board about setting up a capital

maintenance and improvements to the Alvirne Farm buildings and grounds," he told the audience.

He explained that they have supported various farm projects over the years, and the school also has funds budgeted annually for the "basic maintenance of the farm."

"Establishing this fund would provide a resource to support the future needs of the farm," Campbell said.

Campbell said he has been on the Trustees for the past few years and stated, "I think this is a fair thing for the school to do to support the farm... I hope the community will support this,"

Patty Langlais, who is an Alvirne Trustee, said she was the one who went to the School Board and asked for them to support it. "We have been giving to the farm for the last two years," she said, noting that they do a lot of things to help with the farm. She added that the big project they need to do is replace the structure that holds all of the equipment for the farm, saying that the cost is over \$200.000.

"The Trustees are more than happy to help pay for some of the costs," Langlais said, but thinks the School District should also contribute. She also said that it's one of the last, if not the only, remaining dairy farms at a high school.

Ballot Date continued from page 1

he also acknowledged that town and school elections have "historically much lower turnout" compared to state and national elections.

"The Deliberative Sessions would be at the beginning of March, instead of February like we are now," added Town and School District Moderator, Paul

Inderbitzen, pointing out that more than just the vote would move forward.

Article 30 was recommended by the Board of Selectmen, but SAU Article 9 was unanimously not recommended by the School Board.

"I am opposed to this," said School Board Chair Budget Committee and Liaison, Gretchen Whiting. "The administration noted

that by moving the voting by a month, could impact the ability to successfully recruit and hire candidates in some cases, particularly for positions that would be newly added to the proposed operating budget." With how salaries are

negotiated and the budgeting process, she claimed the new voting date would delay the ability of the district to make final employ-

ment offers.

"The timing at which jobs are posted and associated income with those postings has to be in alignment with colleges," added Debbie Putnam of 55 Ranger Drive. "Hudson is going to be left with employees that could not find placement with other towns. That is not the position we want to be in, we want to be in the position to hire the best candidates."

Postponed town elections occur two weeks after the original date.

"The problem I see, and what I want to address is how, specifically, the School Board gets the word out to the 3,850 people or so who are going to vote, that aren't here to see Whiting explain the ramifications of this and, with all good intent, say 'Yeah, I don't

want to go out and vote in the snow!" said Lyn Segal of 6 Beechwood Road, also speaking against the Article. "You need to educate people on the ramifications."

Since it impacts the town and school budgets, the matter is set to appear twice on the upcoming March ballot as Warrant Article 30 and SAU Warrant Article 9, and both must pass for the change to take effect.

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Capital Reserve Changes and Contributions See Little Opposition

PAUL CONYERS HUDSON TIMES

The Town Deliberative Session included several contributions to Hudson's many capital reserve funds. Under NH law, these funds exist to allow different public bodies to make repairs and replace equipment as needed, with annual contributions from the town.

Warrant Article 11 was an example of this, with a proposal to move \$105,000 from Hudson's unassigned fund for the police equipment.

"This capital reserve fund was established for the purpose of purchasing new and replacement tasers, bulletproof shields, and bodyworn cameras for the police department," explained Board of Selectmen Chair, Marilyn McGrath.

Warrant Article 11 and

similar proposals to fund the property revaluation process, VacCon truck replacement, and fire equipment drew little debate from the public.

Beyond reinforcing existing reserve funds, the Board of Selectmen also pushed Warrant Article 19, which would set \$100.000 aside for drainage.

"This is a new capital reserve fund," explained Selectmen Vice Chair, David Morin. "There are approximately 100 miles of storm drainage in town and much of it predates 1970. The recent heavy rain has highlighted the need to invest in critical infrastructure."

Debbie Putnam of 59 Rangers Drive expressed her strong support for the proposal.

'We have a French drain

system underneath our homes, we have the detention area two houses away from us, which was poorly designed from the beginning back in 1985. The establishment of this capital reserve fund is a great encouragement to those in town, especially in this last terrible rainstorm when there were people experiencing wet basements that had never experienced wet basements before."

By contrast, Article 20 would discontinue the Ambulance Capital Reserve Fund, transferring all remaining money to the general fund.

"Associated equipment and EMS supplies are now being bought and replaced through the EMS Revolving Fund, which was approved by the voters in 2019," said Morin.

Hudson Fire Chief, Scott Tice, went into more detail

"Up until a few years ago, we funded all EMS operations through the operating budget, and then we funded the ambulance replacements through the capital reserve," said Tice. "But the money, for several years, has just been sitting in this capital reserve fund. Our original intent was to move that money into the EMS Revolving Fund to go toward our next ambulance. but apparently, that was not the proper way to dissolve the fund. There's no reason to have that money just sitting there."

The EMS revolving fund is 100% supported through ambulance fees and appears as \$0 on the annual budget.

Articles 21, 22, and 23

oversee revisions for existing property tax exemptions for elderly, disabled, and blind residents of Hudson following changes made by the state legislature.

"Every time the state of NH votes to allow us to change the exemption, we have to put in on the Warrant Article or it doesn't go through to the state. Unless we take action, it stays at the previous level," said Town Moderator, Paul Inderhitzen

If approved, exemptions would take effect during tax existing signal. If there's 5G assessments next year.

Article 25 will ask whether to ratify the lease for a part of the South Water Tank at 12 Groves Farm to Verizon Wireless. The company would pay \$28,000 for the first year of rent, with a 2% annual increase, and would last at least five

years. All money raised would go to Hudson's Water Utility Fund.

"What exactly is the communication equipment? And what recourse do we have if that equipment causes issues within the neighborhood or with any others?" Heidi Jakoby of 94 Gowing Road.

Town Engineer, Elvis Dhima, clarified that the lease was for a "booster station" for Verizon equipment already in the area.

"It's to boost already out there, and there is, it's only going to boost the signal," said Dhima, adding that the project won't include a separate tower but will utilize the height of the water tank. Verizon, not the town, will maintain the equipment.

Zoning Approves Homestead Lane Equipment Storage

PAUL CONYERS HUDSON TIMES

The Jan. 25 meeting of the Hudson Zoning Board of Adjustment heard a variance request from Patrick Russell of 5 Homestead Lane to allow him to continue using his residence as a contractor's yard while storing equipment related to his business in a garage at his home.

"I'm using the property to store my equipment that's not in use. I'm an excavation contractor and a finished grading service, onsite, none of the cus- using it for transactions?" tomers come to the shop. I don't sell anything at the shop, I don't store anything at the shop," said Russell. "My company is very sim-

603-886-3411

ple, I have two pickup storage. trucks, we tow five different trailers, we go to and from the job site, and when we're busy in the Summer, the equipment typically stays on-site."

He claimed the property was relatively isolated, technically with seven abutters, but only one close enough to be bothered by using the residence for work purposes. Russell has lived in the area with his garage for "18 years" without any complaints.

"So, the business use is and all of our jobs happen just storage? You're not asked ZBA Chair, Gary Daddario. He got confirmation that apart from some maintenance over the Winter, the garage is solely for

Ask about 0% Interest for 12 months

30 Lowell Rd, Brook Plaza, Hudson, NH

Al Simoneau of neighboring 4 Homestead Lane came to the meeting to speak in favor of Russell's variance request.

"I have no issues with Pat at all, he keeps a beautiful yard, he's a great neighbor, and I hope you grant the variances," said Simoneau, who had a similar request granted last November.

No abutters spoke against the application.

"I've driven down there, and it's very secluded, it's very quiet, there's not much going on down "Based on a direct neighbor's case we had not too long ago, it's effectively

there," said alternate Board member, Tristan Dion. CARPET CREA FLOORING SPECIALISTS Carpets • Vinyl • Ceramic • Hardwood Vinyl Plank • Window Treatments • Custom Showers

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see any reason why it's going to affect any safety or health issues."

Dion also argued that it did not make much sense to have such a secluded resident in a restricted zoning area.

The rest of the Zoning Board was generally in agreement with this sentiment.

"It's a rural area, it's unanimously voted to grant

the same thing, and I don't quiet," said Zoning Board both variance requests. member, Tim Lanphear. "He's got 200 to 300 acres of conservation land next to him that will probably never be used for anything but a bird sanctuary or deer sanctuary, it will help him to continue his business. I don't think it's going to diminish the value of the

> properties up there." The Zoning Board

Separately, the Engineering Department asked Russell to make drainage and water quality improvements to reduce stormwater runoff.

The next regular meeting of the Hudson Zoning Board is scheduled for Thursday, Feb. 22, at 7 p.m. in the Buxton Room of Town Hall.



Editorial Presidents Day Reminds Us of Our Democracy

From an early age, many Americans begin to associate Presidents Day as nothing more than the third day of a long weekend since schools are closed to observe the holiday. Although the importance is taught in schools, it seems that so many still don't fully comprehend the meaning behind Presidents Day.

Two of America's greatest national leaders were born in the month of February, and a big part of the national holiday is to celebrate these two figures. George Washington and Abraham Lincoln are celebrated together each year in the month of February. Not just for their dates of birth, but also for their demonstration of strength during turbulent times in our nation's history.

George Washington was a model for, "Integrity, self-discipline, courage, absolute honesty, resolve, and decision, but also forbearance, decency, and respect for others". Not everyone agreed with Washington's viewpoints and qualities, but many honored, respected, and trusted him nonetheless. Furthermore, Washington had no need to tell his fellow new Americans how strong and capable of a leader he was, his actions were the proof.

Abraham Lincoln was born into a poor family, but he fought and persevered until he became a country lawyer, and eventually President of the United States. He received little formal teaching, and instead educated himself and gained a command of the English language, developing a way with words that would humble speechwriters of today. During a time when a large national party had intentions to reject the Irish Catholics and Germans pouring into the country, Lincoln voiced praise for immigrants. When Southern leaders threatened secession, he stood firm against the expansion of slavery.

These two men served as examples for future generations, along with their actions and messages that should be preserved and followed to keep our nation strong.

It is sad that this holiday in honor of these two great men has been reduced to just another day off to go shopping. This isn't to say that there is anything wrong with enjoying oneself on a national holiday, but we believe that Presidents Day deserves recognition for keeping the virtues of two great leaders alive.

We should never forget that as a Nation we must be grateful to live in a Country that allows us freedom; a voice in our government and a choice of our leaders. Keep in mind that the day means so much more. "We The People" Done!



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Vote YES on Infrastructure study Article 29

To the editor,

After watching the town's deliberative session on Feb. 3, it only reinforced the critical need that Hudson must do a comprehensive infrastructure study. Developments that have been approved over the last 3 years will be turning Hudson into a Commercial/ Industrial center with more traffic and more incidents than we can handle. Our leadership has failed us with what I can only describe as poor planning and now they are trying to push through the "Hudson Blvd" which will only make things worse. It will open hundreds of acres of land owned by developers who are anxious to develop all that G and G1 zoned land. A lack of critical thinking has existed on our Select, Planning, and Zoning Boards for the last decade that has caused the issues we see today.

Letters Why are they so afraid

of doing an infrastructure study? This study will help us create a town vision and support a master plan that meets what the residents want and not the developers or some on our select, planning or zoning boards. I listened to some of them pontificate about what this would cost yet they are willing to support a \$200,000 Hudson BLVD study that is not about traffic but development.

Our Emergency Services (Police, Fire, and DPW), Schools, Roads, and Residents' quality of life are the focus points of this study to delivering on a vision. Our Police, Fire and DPW need to be staffed, equipped, paid, and trained to deal with what is coming. Hudson is like a business that must review and change to meet todays and tomorrow's needs. I have not seen nor heard any of those impact discussions take place on our Select or Planning Board over the year.

Hudson clearly has NO VISION of what we, the residents, want to be in the next 5, 10, or 20 years. This study will help guide us to make the right strategic choices to deliver on that. Let's stop the chaotic approach to planning and work to get it right.

Vote YES to support Article 29 so we can build a plan for the future. This leadership will not be able to ignore what the residents want. At the same time, we need to vote out the old guard and vote in new blood (like Heidi Jakoby) so we can make responsible and meaningful changes that benefit our residents and not developers or others in leadership that believe they know best. Hudson residents must take their town back from those that have caused today's issues. We can do this through warrant articles like this one and the election coming up.

Thank you James Dobens Hudson

The Hudson Times welcomes letters of up to 500 words on topics of local interest, and prints as many letters as possible. Please e-mail your letters to the Hudson Times at hudsontimes@nutpub.net. All letters must include the writer's name, address and phone number for verification if needed; name and town of residence will be printed.

The Huson Times reserves the right to reject or edit letters for content, length, and frequency. Anonymous letters will not be printed.

Feasibility Continued from page 1

current, overall compelling desire to proceed with a preliminary design before committing Hudson tax dollars?"

Despite extensive skepticism for the feasibility study, several residents questioned whether the zero-funding amendment would strip Hudson voters of their opinion.

"As far as the amendment goes, I think that it's fair that the voters decide that in March and not to deliberately zero out a Warrant Article, that basically makes it null and void," said Rich Weissgarber of 21 Flying Rock Road.

"To change this to a zero-dollar value renders this Article moot, and it takes away the voice of everybody in town," said Doreen Stickney of 14 McKinney Drive. "You don't solve a puzzle by taking away some of the pieces!"

Budget Committee member, Shawn Jasper, also challenged the amendment, saying opponents of Article 10 expressed "inaccuracies" in some of their criticism.

"The feasibility has got to be how this can wind through the wetlands and how this can be mitigated. The voters need to determine this," said Jasper. "If this town is not willing to put some money into it, I can guarantee you that the other reps and senators of this state are going to say 'no' to any more help."

Others reiterated their support for the zero amendment.

"It's common knowl-

edge that when these kinds of projects are engaged, it creates induced traffic, it doesn't alleviate traffic, it creates more traffic in the ensuing development," Dean Sakati of 11 Fairway Drive stated.

To clarify several issues, Town Engineer, Elvis Dhima, said the claim that the Hudson Boulevard project would create more traffic is "just not true" and that the study would include "an engineering, preliminary plan."

Hudson residents at the Deliberative Session voted the zero amendment, a similar one-dollar amendment, and an attempt to fund the study from the unassigned general fund balance down.

The amendments failed and Article 10 will appear on the March ballot under its original wording.

Radio Control Club Opposes Solar Site Lease at West Road Landfill

PAUL CONYERS HUDSON TIMES

A Lease Agreement Warrant Article between the Town of Hudson to place a solar farm on the West Road Landfill ran into heavy opposition from the Southern NH Radio Control Club on Feb. 3 during the Town Deliberative Session. The agreement had been contentious with the Board of Selectmen, only narrowly winning approval with a 3-2 vote.

"We looked into, and after finding out that Nashua, Manchester, and other communities around us are doing it, we went out to find firms that can do this," said Town Engineer, Elvis Dhima, defending support of the proposed solar farm. "It's the biggest green project this town will probably have if this is moved forward."

He pointed to the possibility of cheaper electricity for the school and other public buildings along with town revenue from the lease. There would be no tax impact on the town.

Edward Van der Veen of 9 Hudson Street tried to amend the proposal, highlighting the impact using the West Road site would have on the RC Club.

"A yes vote breaks a 24year positive relationship between the town and the Southern New Hampshire Radio Control Club, likely causing the closure of Wagner Field, an FAA-recognized site," said Van der

Veen. "Alternative solar sites are available."

According to Town Moderator, Paul Inderbitzen, "there is no provision" in the town codes allowing town meetings or voters to change a lease agreement.

"This is totally in the authority of the Board of Selectmen, and the townspeople are just being asked to ratify it. If you don't ratify it, it goes away, but you can't put any stipulations on a lease agreement," said Inderbitzen.

Van der Veen's amendment was blocked and will not appear on the ballot.

Wade Wagner of 150 Robinson Road joined in questioning whether the West Road Landfill was the best location for a solar farm.

"There's not a lot of FAA-certified airspaces, there's not a lot of places where they can do their activities," said Wagner. "We're not saying don't go with solar, we're saying don't go with solar here."

He accused the Selectmen of breaking their word, claiming the Board promised the area for use by the RC Club in July of 1999.

"I do completely empathize with the RC club, and I do understand that it's difficult to find spots to do this. However, we have to, as a town, look at the big picture," said Doreen Stickney of 14 McKinney Drive, who supported the proposal. "The lease agreement alone brings us over \$1.8 million

Breault Law

& Mediation

Hudson voters gathered at the Community Center for the Town Deliberative Session.

over 25 years. It benefits both the town and the school."

Heidi Jakoby of 94 Gowing Road agreed that "solar is important" but

expressed concern over an apparent lack of discussion with the RC Club before signing and called for more discussion.

that's what I have issue Article 31, which would with," she said.

The West Road Lease agreement will appear on the March ballot under Warrant "It's the due diligence, Article 26. Petition Warrant

allow the Southern NH Radio Control Club to continue using the West Road Landfill Wagner Field, will also appear on the ballot.

Girl Scout Cookie Booths Open **N**

up on your favorite Girl Scout Cookies, as Girl Scouts across NH begin their sales at cookie booths. Inperson sales at cookie booths run through March 17.

Stephanie Romero leads Troop 12070 in Hudson and she posted "Troop 12070 in Hudson, NH, is planning to go on a minimum of five camping trips from April to September with cookie proceeds. We love getting outdoors and exploring!"

During this highly anticipated time of the year, girls flex their entrepreneurial at face value.

Now is the time to stock muscles and acquire important life skills like money management, team building, public speaking, and decision-making.

All proceeds from cookie sales stay with local councils and troops to power Girl Scouts' amazing experiences year-round.

This year's theme, Unbox the Future, aims to remove social barriers that often keep girls boxed in. When bold, goal-getting Girl Scouts sell a package of cookies, they're doing much more than what's seen

This season, cookie lovers can enjoy the full assortment of Girl Scout Cookies, including fan favorites such as Thin Mints, Samoas, Do-si-dos, and more. Each package of cookies costs \$6, with all proceeds staying local. Nearly 700,000 Girl Scouts participate in the Girl Scout Cookie Program, which provides vital girl-led entrepreneurial skills that build courage, confidence and character.

Talk to a Girl Scout you can know or find a Girl Scout www.girlscouts.org/join.

through our Cookie Finder at www.girlscoutcookies.org. You can also text "Cookies" to 59618. This link can be used to find a local booth, purchase cookies, and/or donate cookies to local community causes.

Girl Scouts in grades K-12 can start their journey to fun, friendship and new experiences by joining the world's largest entrepreneurial organization for girls at any point in the year. Girls can join and adults volunteer



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Folks Encouraged to Focus On Heart Health in February

MELISSA BETH RUIZ HUDSON TIMES

Not long after the Christmas season ended, it seems as though most stores began making room for Valentine's Day inventory. Cards, chocolates, and all manner of heart-related decor fill shops everywhere.

Whether this delights or irritates patrons, the abundance of hearts perhaps serves a bigger purpose than satisfying greeting card companies' monetary goals for the holiday.

The short month of February is dedicated to cardiovascular health in the form of American Heart Month. These 28-29 days are set aside each year with the hope of educating and promoting awareness of heart disease.

According to the National Heart, Lung, and Blood Institute, heart disease is the leading cause of death in the United States. Heart disease is a condition in which a waxy substance called plaque builds up inside of the coronary arteries, which are responsible for delivering oxygen-rich blood to the heart muscle.

This buildup of plaque in the arteries is called atherosclerosis, and can occur

this plaque can harden or rupture. Hardened plaque causes the arteries to narrow, reducing the flow of oxygen-rich blood to the heart. If it ruptures, a blood clot can form on its surface, which can mostly or completely block blood flow through an artery.

When the flow of oxygenated blood to the heart is reduced or blocked, this can cause angina or even a heart attack.

Angina is chest pain or discomfort, which may feel like a pressure or squeezing in the chest, and can even feel like indigestion. This pain can also radiate into the shoulders, arms, neck, jaw, or back.

When the flow of oxygen-rich blood is cut off from a section of heart muscle, a heart attack can occur. If this blood flow is not restored quickly, this section of heart muscle will begin to die. If not treated promptly, a heart attack can lead to serious health problems and even death.

The American Heart Association lists the most common heart attack warning signs as chest pain or discomfort, lightheartedness, nausea, or vomiting,

comfort or pain in the arm or shoulder, and shortness of breath. Furthermore, the AHA states that symptoms can vary between men and women, as women are somewhat more likely than men to experience the shortness of breath, nausea/vomiting, and back or jaw pain symptoms.

The AHA urges those who suspect they or someone they know may be experiencing symptoms of a heart attack to call 911 immediately so that an experienced emergency specialist services team can begin treatment and fast transport to the emergency room. According to the AHA, patients with chest pain who arrive via ambulance typically receive faster treatment in the hospital.

If a heart attack or angina never occurs, but excessive plaque buildup persists, it can weaken the heart muscle and lead to heart failure and arrhythmia.

Heart failure means that the heart is not able to pump enough blood to meet the body's needs, and arrhythmia affects the rate or rhythm of the heartbeat-the action which

the body.

The thought of heart disease and other cardiovascular ailments is frightening, but simple lifestyle changes go a long way in preventing such conditions from developing.

The American Heart Association's "Healthy For Good" campaign encourages those at risk for developing heart problems to make three lifestyle changes-Eat Smart, More More, and Be Well.

Making good choices when it comes to food can make a huge difference in heart health. Replacing saturated fats with unsaturated fats, found in fish, nuts, avocado, and olive oil, is a big step towards prevention. These unsaturated fats can help to lower cholesterol and triglyceride levels, along with providing the body with essential nutrients, says the AHA. The AHA also emphasizes limiting trans fat, sodium, and refined sugars and the importance of eating a healthy, balanced diet.

Getting more exercise is one of the best steps (literally and figuratively) in preventing future heart ailments. Regular physical activity helps with weight maintenance. which reduces a person's risk of heart disease. Exercise can be obtained throughout the day by making simple changes, such as parking farther way, taking the stairs, etc.

Finally, AHA the stressed the importance of "Being Well" by taking actions such as getting proper sleep, practicing mindfulness, managing

tobacco and limiting alcohol, connecting socially, etc. All of these things keep the mind and body healthy, which in turn creates a

healthy heart. This February, along with the traditional assortment of chocolates in a heart-shaped box, give your Valentine and

over many years. Over time, jaw, neck, or back pain, dis- pumps blood throughout stress, stopping the use of yourself the gift of a healthy heart through heart health awareness.

> For further information and resources on heart diseases and heart health, visit the American Heart Association at www.heart.org, and the National Heart, Lung, and Blood Institute at nhlbi.nih.gov.

OBITUARY **Claire Letendre**

Claire Letendre, 85, passed away on Wednesday, Feb. 7, 2024 in Nashua. She was born in Lowell, MA on Feb. 4, 1939 and was the daughter of the late Wilmer A. Letendre and Jeanne (Thouin) Letendre. She was also predeceased by her sister Aline

Gannon of Nashua NH and her husband William Gannon.

Claire started her career as a waitress when she was younger and held many jobs including working at Bellofram Corporation and later retiring from Burlington Coat Factory in Nashua after 15 years.

She loved to read, crochet, play board games and cards like rummy. She loved hot fudge sundaes and Chinese Food and was known for her famous fudge at every holiday. Claire enjoyed long vacations in Myrtle Beach working on her tan where her sister and brother in law had a mobile home. She also vacationed in the Bahamas, Walt Disney World and the Lakes region. She loved to babysit her granddaughters when they were younger. Claire made many friends at Streeter Shores where she lived for 10 years and was active playing Bingo and participating in the outings there.

Claire is survived by her loving daughter Linda Kennedy and her husband Tom of Hudson, NH, her two special granddaughters. Brooke Kennedy of W. Newbury, MA and Kellie Kennedy of Barrington, NH, as well as two brothers, Jean Letendre of Dracut, MA and Paul Letendre of Concord, NH and a sister Georgette Butkiewicz of Suffield CT.

A time of visitation was held on Monday, Feb. 12 followed by a Service of Remembrance in the Dumont-Sullivan Funeral Home, 50 Ferry St., Hudson. Burial will be private. In lieu of flowers the family encourages donations be made in Claire's loving memory to the charity of one's choice. To share an online message of condolence, please visit www.dumontsullivan.com The Dumont-Sullivan Funeral Home in Hudson is in charge of arrangements.



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School Board Approve District's 2024-25 School Calenda

HUDSON TIMES

The School Board discussed the proposed 24-25 school calendar during its most recent School Board meeting.

In August, the new teacher orientation is on the 19 and 20, with teacher workshops from the 21-23.

Students would begin their first day of school on Aug. 26, which is before Labor Day.

tember will be Sept. 2, which is Labor Day and Sept. 10, which is a teacher workshop day, due to the state primary that day.

"So that is a workshop day," Superintendent, Dan Moulis, said.

On Oct. 11, there will be an early release day for students and an afternoon teacher workshop day, and on Oct. 14 there will be no school for Columbus Day.

In November, there will No school days in Sep- be a no school day for stu-

dents on Nov. 5 for a March there will be no guide which calls for it to teacher workshop day and no school on Nov. 11 for Veterans Day. Thanksgiving break will be from Nov. 27 to 29.

In December, the holiday break will take place from Dec. 23 until students return after the new year. There will also be no school on Jan. 20 for Martin Luther King/Civil Rights Day.

In February, Winter break will be taking place from Feb. 24 to 28, and in

school on March 11 for a take place then. teacher workshop day.

One question raised by School Board member, Mike Campbell, was in regard to the Spring break taking place from April 28 until May 2.

"That vacation going into May seems way too late to have a vacation," he said.

Moulis responded by saying they use the state recommended calendar as a

to begin, then the following

year it will go to \$18.25 an

Also in May, students and teachers will have May 26 off for Memorial Day.

Currently, the tentative last day for students would be June 20, which would be based on having up to five snow days, and it would be an early release day for students. The teachers would then have a workshop day in the morning the following Monday, June 23.

Moulis said the five

snow days being built in will also give them some flexibility as the state legislature is expected to take up a bill this year, which would make the federal holiday Juneteenth, a state holiday as well, which would mean a no school day if it passes.

"That is still pending, we don't have an answer for that at this time," he said.

The School Board ultimately unanimously approved the 24-25 school calendar.

School District Looks for OK on Tentative PSRP Union Contract

PAUL CONYERS HUDSON TIMES

Residents of Hudson will have the chance to vote on approving a new contract between the School District and the PSRP union, which represents food services personnel and part-time paraprofessional staff, in March. Hiring and retaining paraprofessionals was discussed at length

Iown Ma

Continued from page 1

amendment to the Warrant

Article to remove all refer-

ences to an Administrator,

town bought and paid for in

2022, and in that study, it

said we should shift to a

Town Manager," said Plan-

ning Board member, Victor

Oates. "We continue to put

"We had a study that the

although it failed.

He also called for an

School District Deliberative Session.

Some of the highlights included it being a two-year deal, with new job categories including full-time paraprofessionals and LPNs who will be working 6.5 hours a day, along with parttime paraprofessionals who will work 5.5 hours a day. One of the biggest

forth studies and not actual-

ly follow through on them,

and I don't know why. Why

did would we spend

\$14,000 on a study and not

do anything in it? There's

not that person, educated, at

the top, who has the back-

ground and experience to

run the town of Hudson,

and that's what we're trying

ager

to do."

through out the Feb. 10 changes will be when it comes to health insurance with 80% contributions being made to single plans, and 50% towards single dental plans. There will also be changes made to wages, in an attempt to attract and retain more employees.

New hire paraprofessionals will go from making \$14.09 to \$17 an hour

rent Administrator, Steve Malizia, will take up the position of Town Manager until retirement.

Voting for the budget will occur on Tuesday, March 12. Polls open at 7 a.m. and close at 8 p.m. Ward one voters have the Hudson Community Center as their polling place, while Ward two voters have Alvirne High School as their polling place.

If Article 32 passes, cur-



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hour. For Para II positions the rate will start at \$17.50 an hour, and then \$18.50 the following year. All current support members will be receiving a \$3 an hour increase in the first year, and then \$1.25 the following year. For food service staff, new hires will go from \$12.50 an hour to \$15, and then \$15.50 the next year.

If approved by voters \$751,296 will needed to be raised in year one, and \$364,152 needed to be raised in year two.

"We think we'll be more competitive with the areas around us, and we hope you'll support it," School Board member, Mike Campbell, told those in attendance for the Deliberative Session.

One question came from Craig Powers, who asked "what does success look like" when it comes to paraprofessionals and other support staff. "Who's doing it right?"

School Board member, Gary Gasdia, said, "nothing is certain, but the answer is results," and they hope by passing the contract, it will help with their success.

In terms of other districts, he pointed to Bedford as an example of a district that people are moving to

for the schools and said while they have similar teacher to student ratios as Hudson, one difference is the amount of staff to students ratios they have with Bedford having lower ratios.

He said while there may be other factors, he said at least in part it "appears to be working."

Other changes in the contract include making New Year's Day a paid holiday, increasing sick time from 10 days per year to 12 days per year, as well as making changes regarding the evaluation and grievance processes.



Petition Articles for Studies & Public Input Set to Appear on Ballot

PAUL CONVERS HUDSON TIMES

Articles on the March ballot were products of the town officials like the Board of Selectmen, Hudson residents also contributed in the form of petition Warrant study" when extra money Articles.

Article 27 asked whether Hudson should conduct against recommending Artia study to determine whether renovations to the existing town or a new building would be the better option to meet space-related needs.

"What I'm trying to understand is this was in the 2020 Capital Improvement Plan, why wasn't it started to attend a BOS meeting to way back then?" asked James Crowley of 4 Fairway Drive. "I don't understand why, if there's such a bring my concerns to the need, the Board of Select- Planning Board. I am ask-

Selectman, Kara Roy, While most Warrant cited "timing," adding that Hudson was in a different place during the pandemic in 2020 and that the Board of Selectmen were "already committed to doing the became available.

All Selectmen voted cle 27, seeing it as redundant.

Article 28 would require public input sections for all public boards, committees, and meetings at the start of each session.

"At one point I needed speak to an issue regarding the Planning Board in order to address the liaison to men didn't look into it earli- ing that the Planning Board

that may or may not have an agenda out, that we as citizens all know that we have a right to speak at those meetings," said Heidi Jakoby of 94 Gowing Road. "This isn't saying how long they have to give you or what the parameters are. It's just asking for an opportunity for the public to have public input at each meeting that is held."

The Article is advisory and was not recommended by the Selectmen 4-1, although it had vocal support from several members of the public.

"Hopefully, people vote yes, so we advise these boards that 'gee, it's a good idea," said Crowly, expressing his support.

"I was at a board meeting that I needed to speak



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and other subcommittees at, but I couldn't talk until trying to take away the abilthe very end. I was allowed to speak, but since I teach at Alvirne and am usually there at 6:30 a.m., that was kind of an imposition," said Kathrine Nardoni of 20 Maple Avenue. "I would have loved to be able to speak earlier."

However, the Article was not universally supported at the Deliberative Session. Mary Joy Gasdia of 4 McCann Road spoke against the petition.

"We already have public input in all of our Board meetings, and my issue with this petition, and the way it's been portrayed by some of our citizens online and on social media, is that the Board of Selectmen was

ity of any of us to ever speak, which was 100% untrue," said Gasdia. "Nobody has ever denied anybody public input, you just reach out that week before or even that day off and say, 'Hey, I'd like to talk about this.' They're very accommodating, I've found in the past. I don't see a need for this."

Article 29 asked whether Hudson should complete a comprehensive infrastructure study run by an independent contractor to analyze several needs across town, ranging from a comprehensive traffic study to the impact high-density housing would have on local schools.

"This Warrant Article for an infrastructure study is pretty self-evident, and should be embraced by the town," wrote Jim Dobens of 4 Eagle Drive, who sent in a prepared statement after he could attend the Deliberative Session. "Yes, it will cost \$100,000, but it's money well spent to preserve our quality of life, and it puts us in the right direction."

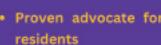
Dobens started the petition hoping for a more effective planning process for infrastructure projects. Article 29 is advisory, without an associated appropriation despite the price tag. It was recommended by the Board of Selectmen.



Congratulations! The Hudson Middle School cheerleader team took home a first place trophy at the Cheer Madness competition at Nashua North High School on Saturday, Feb. 10. In a field of 11 teams, the Colts scored the highest by two points, despite missing three of their teammates due to illness and having to reconfigure their routine at the last minute. Congratulations on their determination and hard work. Courtsey photo

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Broncos Boys' Basketball Win Two, Then Fall to Titans

HUDSON SP

CHRIS PAUL HUDSON TIMES

The Alvirne High School Boys' Basketball team got over the .500 mark last week with wins over the Red Raiders and the Lancers, but finished the week with a slim threepoint defeat to the Titans.

The Broncos week started with a hard-fought 46-41 victory at home on Tuesday, Feb. 6, against the Red Raiders of Spaulding High School. The win put the AHS squad's record at 6-6 with six games left in the regular season.

The following night, the team traveled to Londonderry High School, where they outlasted their host, the Lancers, to come away with



Gabe Conrow busts through defenders in the Broncos win over the Lancers. Photos by Chris Paul



Undefeated Season The Hudson Memorial Wresting team advanced their season record to 9-0 last week with a big 37-21 win over Windham Middle School. Also during the final home meet, the team celebrated its eighth grader wrestlers, who will be moving on next year. The team finished with a perfect 10-0 Dual Meet season record last Friday when they faced off against Amherst Middle School in Amherst. The Memorial squad won that match 61-0. Assistant coach, Shawn Lussier, commented, "I'm excited to see what that group can do with four more years to grow together. All I can say is Alvirne's future is looking very bright." *Courtesy photo.*



a 58-52 victory in what was a make-up game from twoweeks prior.

Both teams got off to a shaky start in this game with the first points for either team not coming until the five-minute mark.

The Broncos took advantage of a technical foul to get on the board with three free throws to go up 3-0

Alvirne held Londonderry to just five points in the opening quarter while putting up 14 of their own.

The Lancers battled back in the second period, scoring 16 and allowing AHS to tally just seven and leaving things tied 21-21 at the half.

After the break, the Bronco boys had their biggest quarter of the night to take a 44-35 lead into the final period.

In the fourth, the Lancers tried to rally, but were stifled by the Hudson defense and clock management. Junior guard, Gabe Conrow, was fouled four times and junior Sam DeWitt was grabbed twice down the stretch, putting them at the line where they were successful eight out of 12 times.

Senior guard, Aiden Mills, led the team in scor-



Junior forward, Andrew Deeley, gets over Lancer, Ty Miles during the Broncos 58-52 victory last week.

ing with 16-points, including four, three-pointers. 7-6 for the season and gave DeWitt finished with 13points. Two threes, one basket, and five free throws

Junior forward, Alejandro Valenzuela, put up five baskets for 10-points and Conrow had nine-points on two baskets and five foul shots

The win put Alvirne at them a three-game winning streak

The streak was ended two nights later when the Broncos traveled to Nashua North, falling in a low-scoring, 46-43 contest.

This was another slow start for scoring, with both continued on page 11



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Admirals Sweep the Week, Clinch a DII Playoff Berth

HUDSON TIMES

Alvirne-Milford began took to the road on Wednesday to take on Portsmouth-Newmarket in Dover for what was their second to last away game of the regular season, leaving only their trip to play Goffstown at St. Anselm's College on the 14th for road dates on the calendar. This trip, like three others prior, ended in an Admirals' 4-1 win, lowering their magic number to clinch a playoff spot at just two.

While the two teams came into Wednesday's matchup 15 points apart, Alvirne-Milford knew that their opponent was no slouch. The Clippermules have been a thorn in the side of some of Division 2's best teams all season long, with probably their best game being a 2-1 loss to secondseeded Merrimack. The Admirals had to apply pressure early and set the tone from puck drop to the final

horn that they meant business. And set the tone they did in the first frame.

While only coming out with a 1-0 lead off Brandon Ganas' sixth goal of the season that came on a beautiful cross-crease feed from captain Ceddy Beaulieu, the Admirals outshot the Clippermules 17-2 in the first period, dominating play throughout. The only reason Portsmouth-Newmarket managed to stay afloat was because of the play of freshman goaltender Will Clark. Had he not been standing on his head; odds are this game would have been a barnburner.

In the second period, the floodgates opened up a bit after the Clippermules scored on a 5-on-3 to deadlock the score at 1-1. While the Admirals were killing the latter portion of the 5on-3, Brandon Callahan sprung linemate Braydon Atwood on a breakaway that Atwood had no trouble burying to give the Admi-



Braydon Antwood.

rals the lead right back less than 40 seconds later.

Later on in the second frame, Mason Tomkins would get his third tally of the season, and second in four games, as he found the back of the net on a bullet of a shot from the blue line to make it 3-1 in favor of Alvirne-Milford.

GAS

Mason's older brother Cory found himself with some

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open ice on a 2-on-2 rush, and he ripped a shot top shelf for his first goal as a member of the Admirals, giving Alvirne-Milford a 4-1 lead, and that would be where things would stand at the end of the second period, and ultimately the end Just 30 seconds later, of the game, giving the

Photo Coutesy Luca DeRosa

four points and inching them closer to a playoff berth. Unfortunately for Alvirne-Milford, St.

Thomas managed to beat Somersworth-Coe-Brown in overtime, which kept the magic number from dropping to one. On the bright side, entering Saturday, the Admirals sat in the sixth seed thanks to Goffstown's loss to Oyster River.

The Admirals entered Saturday understanding their fate: a St. Thomas Aquinas loss or tie and an Admiral loss or tie and Alvirne-Milford clinches a playoff spot. On Saturday afternoon, before the Admirals dropped the puck on the game, they knew the Saints had lost 7-2 to Spaulding. The magic number going into their matchup with Timberlane was 1. All they needed to do was not be the Owls' first victory in 44 tries, and they were playoffbound. They came in and took care of business at home, beating the Owls 7-1 and earning their coveted playoff berth.

In the first, it was clear that the Admirals meant business and wanted to get the win and turn the page to Goffstown. Bryce Larco got the scoring opened up 28 seconds into the game and would add a second goal later on in the frame with Braydon Atwood getting his team-leading 14th of the season sandwiched between Larco's first two tallies. Through one period, the

Admirals a much-needed Admirals were handily in control, leading the game 3-0 and just 30 minutes from the playoffs.

The second period saw the Admirals take their foot off the gas, allowing the Owls to score their lone goal of the contest, quickly followed by James Nemeth putting the puck five-hole on Jacoby Sanseverino off a beautiful pass from linemate Cedrik Beaulieu.

Beaulieu would get a tally of his own in the third period; that would make the score 5-1 before Bryce Larco finished off his hattrick performance, and Atwood scored his 15th on the year to make it 7-1 in favor of Alvirne-Milford and send the game into running clock, giving the Admirals the win and locking up their playoff spot.

Otherwise, around the league, Timberlane was officially eliminated from playoff contention on Saturday, while Lebanon-Stevens-Mascoma clinched a playoff spot, making it official that they will go from 1-17 in DIII a year ago to a playoff team in DII this season. Somersworth-Coe-Brown was unable to push their magic number to one and spoil Merrimack's senior night, and the Spaulding Red Raiders and the Goffstown Grizzlies lowered their magic numbers to just two. St. Thomas' elimination number is two, and they cannot be eliminated until next continued on page 11



Alvirne Lady Broncos Go 2-0, Lower Magic Number to One

BLAKE SANTANA HUDSON TIMES

With the season winding down, Alvirne's girls' basketball team has solidified themselves as a force to be reckoned with in the playoffs this season with wins over Nashua North on Friday 49-33 and Dover on Monday 51-44. These two wins have lowered their magic number to just one, meaning with a win at Manchester Central-West on Thursday or a Nashua North loss to Central-West on Friday, and the Broncos will clinch a playoff spot.

Last Friday, Alvirne's ladies celebrated their senior night before their matchup with the Titans, and the celebrations seemed to bleed into the game itself, as Alvirne jumped out to a lead early on and never looked back. Ella Hartson got the first points of the game for Alvirne, making it 2-0 50 seconds in, and the Broncos held the lead from that point on the rest of the game. Nashua North did not get any closer than that,

dmira

Continued from page 10

Saturday at the earliest.

Their elimination would

require Spaulding, Somer-

sworth-Coe-Brown, and

twice.

quarter in favor of Alvirne, and they could have easily had a much larger lead had they been able to have just a few shots roll their way, having several shots rolling in and out of the basket.

In the second, Alvirne pushed the lead to as high as 11 points at a couple of moments, but the Titans kept it at just seven entering the half, with the Broncos leading 25-18 at halftime.

In the third, the Titans temporarily cut the Bronco lead to 25-23, but Alvirne managed to once again pull away and push the lead to as much as 15 before Nashua North senior Summer St. Pierre hit a buzzer-beater three-pointer to make it 41-29

The fourth quarter saw the Broncos milk the clock down, only seeing 12 total points go up on the board: Alvirne scoring eight of them with Nashua North getting the remaining four, getting the game to its final score of 49-33.

On Monday, the Lady with the Bronco lead being Broncos were given the

week, playing Wednesday,

Friday, and Saturday need-

ing two wins. However,

they are stuck against for-

midable opponents with a

against

game

home

11-7 at the end of the first challenge of playing host to regained the lead, however, the 10-4 Dover Green Wave who sit in the seventh seed in Division I. Alvirne came into the night in tenth. The Broncos, despite being heavy underdogs, pulled off the upset win at home, taking the game by a final score of 51-44.

> Alvirne's offense took a while to get going on Monday, not scoring for the first 1:08 of the game, but once they knotted the game at 2-2, they were able to keep pace with the Green Wave, despite the game being a low-scoring defensive battle early on.

Alvirne took their first lead of the game with just under 1:45 to play in the first quarter when Sadie Rogers' three-pointer made it 9-6 Broncos, and Alvirne would push the lead to five points before allowing the Green Wave to score again, bringing the score to 11-8 entering the second quarter.

Alvirne's lead would hold until there were three minutes to play in the half, with Dover taking a 21-19 lead. The Broncos quickly

and took the game into halftime holding a one-point 24-23 lead over the Green Wave.

Dover quickly took the lead back in the beginning of the third quarter, and they would hold it for about a minute before Rachael Allard hit a three to give her squad the lead back at 27-25. Alvirne would push that lead to a full ten at the end of the quarter, leading 41-31 going into the final frame.

Alvirne's lead grew to a game-high 11 points before Dover managed to bring the game back within 7 at 44-37 before Alvirne's gamesealing basket was made by senior Rachael Allard to make it 46-37 with 3:13 to play. Alvirne would go on to score five more points with Dover getting seven to make the final score 51-44 in favor of Alvirne, lowering their magic number to clinch a playoff berth to just

Boys' Basketba The Broncos took a one-point lead of their own

in the final period to go ahead 28-27, but the Titans

outscored AHS 19-15 in the fourth for the victory.



pointer in a recent game.

night for the Broncos in

their win, good enough to

earn her a nomination for

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Manchester Central-West (3-11) on Thursday and at Salem (11-4) on Friday in their quest for the playoffs. Both games slated for 6:30 tip-offs with Thursday taking place at Manchester West High School and Friday's game at Salem High

Photo by Chris Paul

night, starting at 6:30 p.m.

Alvirne, now 7-7, was scheduled to play at Dover high School, Tuesday, Feb. 13, against the 7-7 Green Wave followed by a home game against the Salem

Blue Devils (6-8) on Friday

SMART

they're in. Alvirne's Ella Hartson put up a monster 20-point they play three games this they're in. For Somer-

one, meaning their clinch-NH Sports Page's Commuing scenario this week is as simple as win against Manchester Central-West, and

Continued from page 9 team's tied at 8-8 to end the

first quarter. The Titans led by one-

EBRIG

point at the end of the half, with the score at 18-17.

Alvirne-Milford on Goffstown to all win a Wednesday, at Nashua game while St. Thomas North-Souhegan on Friday, would have to lose to and at Merrimack on Satur-Portsmouth-Newmarket, or day. Spaulding also has a for each of Spaulding, chance to clinch a spot as Somersworth-Coe-Brown, they play Portsmouth-Newand Goffstown to win market on Wednesday and Oyster River on Sunday. If For this week, we will they can win both games, see four teams battling for they're in regardless of St. three spots in the playoffs. Thomas' result against Goffstown is the most like-Portsmouth-Newmarket, ly team to lock up a spot as

sworth-Coe-Brown, it will be Timberlane and the Admirals on their schedule this week, both on the road, in their quest for the playoffs. A worthwhile note for these clinching scenarios is that St. Thomas plays next Wednesday at home against DII's second-seeded Winnacunnet Warriors, so due to each of the playoff teams that control their own destiny having games against either Timberlane or Portsmouth-Newmarket, it is likely that the Saints will be the last team on the outside looking in.





Sophomore guard, Alexis Floyd goes for a three-

Exciting Opportunities Await: Join the Hudson Girls' Softball League



Hold on to your hats because Hudson Girls' Softball League (HGSL) is not just a league; it's an exciting incredible lineup of teams journey for young female athletes. Since the 1980s, HGSL has been a powerhouse, molding aspiring softball players from the age of three all the way through high school. Along with our established Spring season, our newly launched Fall league has

begun a new tradition for our players!

Now, HGSL boasts an of all ages, up through our 14U division, including our recently added division for the tiniest sluggers -3 and 4year olds. But that's not all! We've set the softball scene ablaze with our competitive travel program, the Hudson Heat, which has not one, not two, but four teams ready to

dominate the 2024 season in the 10U, 12U, 18U, and 18+ divisions

The Hudson Heat is gearing up for an electrifying Summer of tournaments across New England and beyond. Brace yourselves for the Just Play It and Barbara Hamilton Memorial tournaments in April and August - it's going to be softball at its best right here in Hudson,

New Hampshire!

With over 30 dedicated volunteer coaches and board members, our programs continue to grow with enthusiasm, skill development and a genuine love for the game of softball.

As our league expands, so does our need for support. We're asking local businesses to join our lineup as sponsors. HGSL is a 501(c)3

non-profit organization, and your generosity ensures that these young athletes have a field of dreams to play on. Be a part of something extraordinary - visit our website at www.hgslnh.com or contact our Fundraising Coordinator at

hgsl.fundraising@gmail.co m.

For more information on registering to play in the 2024 season, visit our website or find us through social media on Facebook and Instagram

Get ready for a season of high-fives, home runs, and heart-pounding excitement - because at HGSL, we're not just playing softball; we're so proud to be part of creating strong, healthy young ladies with the tools to make their dreams come true.

Alvirne High Senior Named as Presidential Scholars Candidate

Faith Lanzillo, a senior at Alvirne High School, was recently named a Career and Technical Education (CTE) candidate in the 2021 U.S. Presidential Scholars Program.

The Career and Technical Education candidates were nominated by administrators school based on their accom-



Faith Lanzillo

plishments in career and technical education fields.

Lanzillo is completing her health science & technology CTE program at the Palmer CTE Center.

Faith plans to attend a four-year university and enroll in a biology/premed program.

The U.S. Presidential Scholars Program was established in 1964 by

Executive Order of the

President to recognize some of our nation's most distinguished graduating seniors for their accomplishments in many areas: academic success, leadership, and service to school and community. In 2015, the program was expanded to recognize students who demonstrate ability and accomplishment in

fields.

Annually, up to 161 **U.S.** Presidential Scholars are chosen from among that year's senior class, representing excellence in education and the promise of greatness in America's youth.

The Commission on Presidential Scholars will select the finalists and the U.S. Department of Educareer and technical cation will announce the

161 Scholars in May. Of these, up to 20 will be selected as US Presidential Scholars in Career & Technical Education.

If circumstances permit, scholars will be invited to Washington, D.C. for several days in June to receive the Presidential Scholars Medallion at a recognition ceremony and to participate in events and activities.



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Around Town Policy: This section is meant to be used to announce free events to the communities. All Around Town/Calendar Items will be held to 100 words maximum. All free announcements in the Around Town/Calendar section can run a maximum of three weeks. The deadline for a submission is each Monday at 5 p.m. Please send items to **hudsontimes@nutpub.net**.

Curious Kids

Explore learning centers with your preschooler at the Rodgers Memorial Library. On Friday, Feb. 16, at 10 a.m., it will cover Honey, Bees, and Bears. On Friday, Feb. 23, at 10 a.m., and Saturday, Feb. 24, at 10 a.m., will involve an Obstacle Course. Siblings welcome. Caregiver participates.

Adventurers Storytime

Join Ms. Tanya for stories, songs, games, and activities at the Rodgers Memorial Library. For ages 3-5. On Tuesday, Feb. 20, at 10 a.m., the focus will be Dancing. On Tuesday, Feb. 27, at 10 a.m., will involve Pajamas. Caretaker participates with their child or children. Children should be able to sit through a story. Siblings welcome. Registration required. Please indicate the number in your party when you register including adults and infants.

Songs & Snuggles

Every Thursday in February at 10 a.m., enjoy time together with other caregivers and their babies to learn, play, and develop language and motor skills at the Rodgers Memorial Library. For prewalkers and babies not yet steady on their feet.

Local Author Book Signing

Londonderry High School senior and local author, Michaela Horan, is releasing the second book of her fantasy series "Rolling Hills" and will be hosting a book signing on Saturday, Feb. 17, from 1 to 3 p.m. at the Bookery in Manchester, 844 Elm Street, in Manchester. Horan's first book had success, getting up to #6 on the Amazon bestsellers list on the weekend of its release. This second book "Rolling Hills and the Sword of Alvara," has mystery, magic, romance, and even a little poison, which Morgan is sure that readers will love. Horan will also be reading passages from the book during her appearance.

Teen Hangout

Come to the Rodgers Memorial Library every Thursday in Feb. at 2:30 p.m. for Teens only hang out time, this event is for for 13+.

Drop In Stitchers

Come to the Rodgers Memorial Library every Fri-

day in Feb. at 9:15 a.m. for this craft group. If you love to craft, whether it be quilting, knitting, crocheting, rug making or plastic canvas, you will LOVE this group! If you're starting a new skill or brushing up on an old one or even if you just like to chat while pretending to work, this is a judgment free zone.

Dino the Therapy Dog

Every Tuesday in Feb at 2:30 p.m., come meet Dino, the therapy dog at the Rodgers Memorial Library. Dino is a St. Bernard who loves to make new friends.

Dungeons & Donuts

Are you looking for people to play Dungeons & Dragons with? Are you new to the game or have you been playing for decades? Te come play and grab a donut at the Rodgers Memorial Library Saturday, Feb. 17, at 9:30 a.m.

Movers & Shakers

Every Wednesday in Feb. at 10 a.m. & 10:30 a.m. there will be a Toddler storytime for kids that don't sit still for long at the Rodgers Memorial Library. Songs, stories, games, and activities for ages 1-3. Registration is required. Please indicate how many will attend including adults, infants, and siblings. Caretaker participates.

Afternoon Book Group

Tuesday, Feb. 20, at 1:30 p.m., join the Rodgers Memorial Library the third Tuesday of every month for an in-depth discussion of quality best-selling fiction and nonfiction books including biographies. Registration requested. This month's book: "Between the World and Me" by Ta-Nehisi Coates

Friends of Library Donation Event

Do you have gently used books in excellent condition you wish to donate to the library? Bring them to All-Day Book Donation Event on Thursday, Feb 15, all day at Rodgers Memorial Library! Conditions and exceptions apply. See events.rodgerslibrary.org for details.

Crime & Cookies Podcast Club

On Wednesday, Feb. 21, at

7 p.m., join the Rodgers Memorial Library as to discuss this month's listen while enjoying a tasty dessert. This month will discuss select episodes from Wondery's "The Generation Why" podcast.

Candy Poker

On Thursday, Feb. 22, at 6:30 p.m., join Rodgers Memorial Library for a monthly game of Texas Hold' Em poker! Play for candy and take your winnings home. Beginners welcome. If you haven't played before, you may wish to do a little online research first on how to play though the staff will help you.

Mystery Lovers Book Club

You know you love it murder, mystery and mayhem all in one place. You will also laugh....a lot! On Monday, Feb. 26, at 1 p.m., at Rodgers Memorial Library. This month's book pick is "Vera Wong's Unsolicited Advice for Murderers" by Jesse Q. Sutanto.

Tween 3D Printing Lab

On Wednesday, Feb. 21, at 6 p.m., come to the continued on page 15

SERVICE DIRECTORY



Hudson Times • February 15, 2024

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'Run the Rail Trail 5-Miler' Set to Take Off at Aviation Museum

Get outside and welcome spring with the 3rd annual 'Run the Rail Trail 5-Miler' on Saturday, May 4. The charity run/walk event route includes Londonderry Rail Trail; the deadline for early discount registration is Sunday, March 31

Starting and finishing at the Aviation Museum of NH, the run/walk event will take participants on a winding route through bucolic North Londonderry, highlighted by the newest stretch of the Londonderry Rail Trail.

The race starts at 9 a.m. and is open to all runners and walkers. The event is a fundraiser to support the non-profit Aviation Museum's youth education programs, which include upcoming summer camps and three high school student plane-building projects around the state.

Registration for the 'Run the Rail Trail 5-Miler' is \$25 through Sunday, March 31; for those 12 and under and 62 and above, the fee is discounted to \$20. Starting Monday, April 1, the fee is \$30 for all. Regis-

Hudson. Individuals are

responsible for their own

BINGO!

Senior Center, 19 Kimball

Hill Rd., Hudson, every Tues-

day afternoon. Slider cards

will start being sold at 1:15

p.m., \$1.25 each. You must be

registered at the Senior Cen-

Coffee With The Cops

On Feb. 27 The Hudson

Bingo is back at the

food and drink

ter to play.

tration on Race Day is \$35 per person. The first 100 registrants will receive an official "Run the Rail Trail 5-Miler" shirt.

Participants may register online at runsignup.com; under "Find a Race," search for "Aviation Museum." More information is also available at aviationmuseumofnh.org.

Starting at the Aviation Museum of NH's historic 1937 terminal building at 27 Navigator Road, the course will first wind through lightly trafficked streets, including a nearly

Hill Rd., Hudson, for presen-

tations on different subjects

involving Community Polic-

ing. Coffee Will Be Served at

10 a.m. in the Function

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one-mile stretch of forest side, and have fun, all while path through undeveloped land

The route, which includes one water stop, will then take participants along the recently opened 1.2mile section of the Londonderry Rail Trail, which passes through the remote Little Cohas Brook Reservoir area.

The route will then take runners and walkers back to the Aviation Museum and the finish line.

"Our 'Run the Rail Trail 5-Miler' is a great way to celebrate spring, get out-

the United Way office located

at 20 Broad St., Nashua

between 9:30 a.m. and 4:30

p.m. on weekdays or by

appointment. Please email

info@unitedwaynashua.org if

Fire Outreach

will be at the Senior Center,

19 Kimball Hill Rd., Hudson,

on March 5 for the Fire

Hudson Fire Department

you have any questions.

and B) living in our Greater 10 a.m., in the Function by April 12. Nashua catchment area. Room. Coffee will be served. Devices can be dropped off at

for

allowed.

Five Scholarships

supporting a great cause,"

said Jeff Rapsis, executive

director of the Aviation

cludes a stretch of unim-

proved forest trails, the

event is not recommended

strollers. Also, no pets are

rity will be provided by the

Londonderry Police and

also seeking volunteers for

Race Day. If you're interest-

Fire departments.

Traffic control and secu-

The Aviation Museum is

participants

Because the route in-

with

Museum of NH.

The Hudson Lions Club will be awarding four general individual \$1,000 scholarships to graduating High School Seniors and one individual \$1,000 scholarship to a graduating Senior who is a member of the Alvirne Leo's Club. Applicants must be a Hudson NH resident. Applications may be obtained at the Alvirne Guidance Office or email: DGRoger@com-

ed in helping out, contact Leah Dearborn at (603) 669-4877 or at Idearborn@nhahs.org.

In addition, the museum is seeking business and community sponsors to help defray the costs of organizing the event. For information about sponsorships, contact Jeff Rapsis at (603) 236-9237 or at jrapsis@nhahs.org.

The Aviation Museum is located at 27 Navigator Road, off Harvey Road, in Londonderry, N.H.

For more information, aviationmuseumofvisit nh.org or call (603) 669-4877.

Book Donation Dates

The Friends of the Library of Hudson will hold a book donation day each month at Rogers Memorial Library. It's the Thursday immediately following Second Hand Prose (SHP). Upcoming dates are: Feb. 15. All day (9 a.m. - 9 p.m.). Books are dropped off in the library to a study room. Do not use the donation bin in the parking lot - the bin donations do not go to the friends.

CLINIC

Around Town

Continued from page 13 Rodgers Memorial Library to learn to use Tinkercad to create a keychain, and print it on the Librarys 3D printer.

Read 'Em and Eat at T-Bones

On Monday, Feb. 26, at 7 p.m., come to T-Bones to discuss books over good food and drinks! You can pick up a copy of the book from the Rodgers Memorial Library. February's book is "Part Of Your World" by Abby Jimenez T-Bones is located at 77 Lowell Rd.,

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