



Londonderry Times

February 18, 2016 ♦ Volume 17 – Issue 7

A FREE Weekly Publication



Warmin' Up Families from South Elementary School enjoyed a night in the "sun at the school's family luau on Friday, Feb. 12. As the festivities got rolling, attendees formed a conga line. See more photos page 2. *Photo by Chris Paul*

Voter Turnout Puts Pressure on Single Polling Location

KAITLYN G. WOODS
LONDONDERRY TIMES

Londonderry voters threw their weight behind Republican Donald Trump and Democrat Bernie Sanders in the first-in-the-nation primary last week.

The Town registered nearly 1,000 new voters in one of the largest elections in its history.

"We had a great turnout, one of our highest," Town Clerk Sherry Farrell said in an email.

And with about 59 percent of Londonderry's 17,357 registered voters having cast ballots, con-

gestion at the Town's sole polling location was at times overwhelming for both voters and volunteers.

Despite adjusting their strategy for managing the flow of traffic throughout the day to accommodate the large waves of voters, Police Chief Bill Hart said when they debrief following the primary, they will need to "look hard at the traffic issues."

Glenn Douglas, who voted after 5 p.m., said he was frustrated the traffic plan voters were instructed to adhere to wasn't followed when congestion

got heavy at the polls.

"I waited 35 minutes to get around to the gym and they were letting people in from the main road at the intersection," he said. "They should've enforced the traffic plan."

When asked if he thought the gridlock on Mammoth Road during waves of high traffic into Londonderry High School's gymnasium may have discouraged some residents from getting to the voting booth, Douglas said he saw seven cars waiting behind him pull out and turn around.

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Oversight Means Town Treasurer to Be Filled by Write-In Candidate

KAITLYN G. WOODS
LONDONDERRY TIMES

Due to an oversight by the Town Manager, the position of Town Treasurer will have to be filled with a write-in candidate.

Town Treasurer Kathy Wagner said she informed the Town she thought her position expires in March, but assumed she was mistaken when her position wasn't included among the open positions the Town advertised prior to the candidate filing period.

"It was an oversight on my part," Town Manager Kevin Smith said. "The position itself will be on the ballot, but because no one signed up during the filing period, it will work in the way we have had in the past where the top write-in

vote getter will get the position."

Attorney Mike Ramsdell was asked to determine whether the Town was out of compliance by having failed to advertise the open position.

"He said there's nothing in State law that requires any elected position to be advertised, but we do have to put positions on the ballot when they expire," Smith said.

Wagner said she hadn't initially planned to run for another three-year term, but has since decided to mount a write-in campaign for the position.

"It will definitely be harder, but I'm going to actively push and get the word out there," she said.

Explaining the role, Wagner said the Town

Treasurer is "an oversight for the citizenry."

"It's not an accounting job," she said, noting the Finance Department is responsible for the Town's bookkeeping. "By State law, we have to have a citizen in there to check out the books and be an advocate for the people in the community. Anyone that wants to run, I think it's a good thing. I think anyone with any type of business experience could go in there."

Police Charge Two Women in Animal Neglect Case

KAITLYN G. WOODS
LONDONDERRY TIMES

Londonderry Police charged two women last week in one of the worst animal neglect cases they have seen.

The landlord at 112 Rockingham Road called Police on Monday, Feb. 8 after she entered what she believed to be an

abandoned rental unit and found a small, severely neglected Shih Tzu living in deplorable conditions.

Det. Chris Olson said the apartment was in disarray, with a large amount of trash piled up at the front door.

The responding officer said he could not see the dog's face as it was cov-

ered in severely matted fur and the 2- to 3-year-old dog was basically walking on its bones. He found brown water left for the dog, but no food.

According to the police report, the dog was walking into walls and attempting to eat random, small items.

Olson said Jada Demas

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Families Warm Up on a Cold Night



The temperatures may have been below freezing outside, but families of South Elementary School students were welcomed into warm surroundings at the school's Family Luau on Friday night, Feb. 12. The evening featured Hawaiian attire, complete with leis; a limbo contest; line dancing; crafts; and music provided by Disc-Go Entertainment.

Photos by Chris Paul



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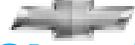
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LMS Students Hold Annual Drive for Homeless Youth

KAITLYN G. WOODS
LONDONDERRY TIMES

Londonderry Middle School's Student Council held its second annual Caring Kit Drive for the Homeless.

The students collected 130 kits containing basic necessities and other full-sized items for homeless youth, which they delivered to the Salvation Army McKenna House in Concord and presented to Child and Family Services of Manchester last week.

"Some of the kids might be the same age as you guys. If you can imagine being a 12-year-old and having a situation at home that makes it so you feel safer or better being away from your family and out of your house and trying to figure out how you're going to support yourself and make it on your own, those are some of the

kids that we're working with," Child and Family Services Program Director Erin Kelly told students when accepting the caring kits at the school. "The fact you guys are putting in your time and effort to coordinate this and do this drive helps young people just like you guys who might be in different living situations and be really struggling to get their basic needs met, or who don't have a home to go home to in order to get their basic needs so they can start working on the other stuff, like school, jobs, family, all of those things that are going to help them accomplish their goals."

Student Council Advisor Cyndi Hursh said the idea for the Caring Kit Drive was born out of last year's Student Council, who "wanted to do something for local children and adults who were struggling and needed a

little help and hope."

The students created a list of basic necessity items, including snacks, water, underwear and personal hygiene products, and distributed it to students and staff in Ziploc bags.

The Student Council also worked to educate the school community about the needs of homeless youth in New Hampshire, visiting classes to explain the project and providing information through social media.

Kelly said some of the items the students collected will be distributed at their youth resource center, as well as on the street to youth who don't yet feel comfortable going to the center.

"They might be giving out waters and granola bars and hygiene products to kids they see in the parks, on the street, under bridges, all the places young people who



Members of the Londonderry Middle School Student Council display the more than 100 basic necessity kits they collected for donation to the Salvation Army McKenna House of Concord and to Child and Family Services in Manchester for homeless youth. Photo by Chris Paul

don't have a place to call home might be hanging out," she said.

The needs of homeless youth vary in different seasons, according to Kelly and her staff.

During the winter months, young people are in greatest need of warm winter clothing, like winter jackets, gloves and

mittens. Kelly said when spring returns with warmer temperatures, many young people get pushed back out on the street, and those youth will be in need of sleeping bags, tents and access to basic care items and other necessities.

Homelessness looks different in New Hampshire than it might in other places, according to Kelly, who explained that of the approximately 750 youth they serve each year, many seek shelter where they can find it, moving from home to home.

Youth who are 18 or older must seek emergency shelter at an adult facility, which Kelly said they may not feel is appropriate or safe.

A long-term goal of Child and Family Services is to provide a youth emergency shelter for young people who are not comfortable staying at an adult shelter.

Additionally, Kelly and her staff are working to connect youth to businesses and professionals in the community who have the ability to provide their youth with life and job training skills.

"There are a lot of little things people take for granted that need to be done to become a productive member of the community," said Kelly, whose staff help homeless youth obtain identification and other vital documents when seeking employment, or use the address of their resource center as their mailing address.

"I think this is a great cause and something we need to bring more attention to," Student Council President Morgan Dow said.

"It surprised me how many people our age are homeless," Vice President Chris Guarino said. "I plan to continue supporting them."

Conservation Commission Launches Newsletter

KAITLYN G. WOODS
LONDONDERRY TIMES

The Conservation Commission is launching a monthly newsletter to highlight its conservation efforts and to promote the use of open space in town.

The newsletter is to feature a variety of topics, including a wildlife botanical highlight, information on wildlife and a guide to identifying and treating invasive plant

species.

Additionally, the Commission plans to include a link to its Recreation Guide for residents interested in exploring the Town's many conservation areas.

The Commission encouraged people to sign up to receive the monthly email at Musquash Field Day over the weekend and plans to promote the newsletter through social media.

In conjunction with the newsletter, member Mike Byerly proposed the group explore the potential for monthly guided tours through the Town's conservation areas.

Chairman Marge Badois said the newsletter and guided hikes would be a good way to address the Town Council's concerns about underutilization of open space in Londonderry.

"There's a lot to learn. I can lead a nice little hike

along the Kendall Pond Road property," member Eugene Harrington said, noting they could also explore the State mitigation site nearby, which offers lessons on geology. "If people are interested enough, we could jump into Gilcrest and do the other mitigation site there."

The Commission encourages residents to sign up for the monthly newsletter online at <http://g-oo.gl/luDcu6> or by texting conservation to 42828.

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Editorial

Time to Act Now

It's hard to motivate people to vote in routine elections, but when a Presidential election or primary arrives, it's a given that large numbers of voters will turn out to cast their ballots.

What those voters shouldn't have to deal with are traffic jams, whether caused by the number of people converging on the polls at once, or competing traffic from school buses and parents picking up their kids.

Londonderry has known for years that it has traffic problems with access to its sole polling place, the Londonderry High School gym. The Town population has grown; its polling place has not.

This year that was compounded by problems with handicap parking, with drivers of vehicles with handicapped signage forced to park far away from the school door and in some instances having to traipse across snowbanks and unshoveled paths to exercise their civic duty. That needs to be fixed before the Presidential election in November, regardless of whether it snows then or not.

Londonderry is far from the only community to have accessibility problems. Derry has three polling places, and most of its problems were at Gilbert H. Hood Middle School, where end-of-school-day routine congestion added to congestion caused by voters trying to find a place to park.

And vehicles backed up on town streets during the evening commute in Hampstead, where the police chief himself came out to help direct

traffic.

But as has been the case in the past – it's not new information – traffic and parking problems were at the forefront in Londonderry, and it will be interesting to hear the results of a planned debriefing about the matter. Between gridlock on Mammoth Road and complaints from seniors about parking, something needs to change – and there's no respite in sight, as the population in Londonderry is increasing, not decreasing.

The Town Charter says the Town Council can establish an additional polling location, and that should be the direction to go without delay. In elections where turnout is low, one polling place could continue to operate, but for big national elections, that is no longer the answer for Londonderry. And while that will require a major educational effort to make sure residents know where to vote, it's a good and necessary alternative.

Multiple polling places won't solve all traffic problems, but they're a big step in the right direction – and making Election Day a school holiday would help as well.

But the mistake of not shoveling pathways from outlying parking places should never happen again. With complaints made during the election, the hard-to-reach parking places should have been cleared out when the problem was made known during the day.

And now that we know the problems, there are nine months to come up with solutions.

Letters

Handicapped Parking for Voters

To the editor:

Voting day in Londonderry and you have to get to the High School.

As expected, a line to get in the parking lot. Not a big deal, as it usually is backed up on Mammoth Road.

But the following was Not Expected!

After turning into the drive of the high school, the very first person (who was directing traffic at the first intersection) instructed me to turn left! I found this annoying as I have a handicap license plate and expected to go straight. I motioned to the front of my SUV, but he "rudely" waved and said something I could not hear, as my windows were up, to just turn left.

So upon turning, I realized that there was now no way to get to the front, to the handicapped parking. I had to pull into a small parking area on my right, by a small white building, and park there.

This is quite a distance from the voting entrance, not handicapped, and with minimal parking. Others had to park in the Matthew Thornton School parking lot.

As we started to walk to the voting area, we had to go through a snow bank! Not a shoveled path! Using my cane, and holding on to a fellow town resident, we went through the snow bank. Then we had to walk the entire distance of the parking lot to vote.

I was not alone in this endeavor. There were many people at this time with canes, with visible physical disabilities trying to maneuver their way to the building for voting. Everyone holding on to each other. All of us facetiously commenting on this as being a really "nice" way to treat handicapped residents. Some saying they wouldn't even complain, as it wasn't worth it!

After I voted, while I

was still furious, I spoke with an officer who was inside by the voting box. He explained I was not the first person to complain about this, and that the fire department had been contacted.

I will say I was and still am pretty upset at this. I also called the Londonderry Times newspaper, and I might add they not only took my message but called me back.

The parking lot at this time was approximately two-thirds empty and half of the handicapped parking was empty as well! Plenty of parking for us to park in the front of the voting building!

Why were we made to park that far away? Why if anyone had to park that distance was it not shoveled? Who does this to citizens of the town with handicapped license plates?

Thank you for listening.
Marty Henry
Londonderry

Poor Planning

To the editor:

On Election Day we were treated to a new traffic pattern that was supposed to alleviate traffic issues on Mammoth Road. Beyond failing at that, the new parking schemes had some people parking at Matthew Thornton School and then walking on paths not shoveled from Monday's storm, and then through an almost empty parking lot to vote.

That is not an issue for many, but some older folks with canes were also put through this long walk, as they lacked the needed handicap placard to park closer.

But a bigger failure was that at 11 a.m., with all the Police, Fire, and Town personnel at the polling place, not one person seemed to notice we were forcing some people to walk on non-shoveled paths to get to vote. Not one person noticed older people using

canes were forced to walk greater distances than they should have.

Someone should have been monitoring the new pattern to see if it was working, and at that time, no one was. No one seemed to care.

Ken McLoon
Londonderry

Town Use of Lions Hall

To the editor:

To the residents of Londonderry:

The Londonderry Lions Club would like to clarify an event that was held at the Londonderry Lions Hall Monday, Feb. 8, 2016.

This event was put on by one of the presidential candidates to meet with prospective voters and to present a donation to Liberty House. The access to the hall for this event was facilitated by town employees. It was not sponsored or approved by the Londonderry Lions Club. The purpose of the hall usage was unknown to the Lions Club.

Our long-term lease with the town, amended in 2014, provides that the town may have building use, assuming the building is not scheduled for Lions-related purposes. A town official contacted an officer of the Lions Club requesting use for two hours on Friday, Feb. 5. The building was determined to be available and use was authorized. The Friday event was canceled and the town requested the building for Monday, Feb. 8, and again it was determined to be available. The requested use was assumed to be for a town use purpose.

It was later learned based on national news sources that the use was for a Donald Trump political event.

The Lions, as specified in the International Charter, are a non-political organization, prompting this explanation that the Lon-

Continued on page 5

Londonderry Times

The Londonderry Times is a weekly publication. It is mailed to every home in Londonderry free of charge and is available at a number of drop-off locations throughout the town.

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2 Litchfield Rd., Londonderry, NH 03053

tel: 603-537-2760 • fax: 603-537-2765

send e-mails to: londonderrytimes@nutpub.net

www.nutpub.net

Owner/Publisher – Debra Paul Editor – Leslie O'Donnell
Art Director – Chris Paul

The Londonderry Times is published through Nutfield Publishing, LLC a privately owned company dedicated to keeping residents informed about local issues and news in the town of Londonderry. All articles submitted for placement in the Londonderry Times are welcome and subject to review/editing and/or acceptance by the publisher. Decisions of the publisher are final. Views contained within submitted and published articles do not necessarily represent the views of the publisher or Londonderry Times. No articles, photographs, or other materials in the Londonderry Times may be re-published, re-written or otherwise used without the express permission of the publisher.



Election Letters The Londonderry Times will not be accepting Letters to the Editor pertaining to the March 8 Election for its March 3 edition, other than to correct inaccuracies in previous letters. It is the paper's policy that running election letters that week would not give candidates time to correct inaccuracies. The last edition for election letters will be Feb. 25, and the deadline is 5 p.m. Monday, Feb. 22.

Letters

Continued from page 4

donderry Lions Club was in no way responsible for or even aware of the purpose of town government's request for building use.

Hoping this message resolves any misunderstanding regarding the Londonderry Lions hall usage in this matter.

Tom Cooper
Club Secretary
Londonderry Lions Club

Historical Society Raffles

To the editor:

The Londonderry Historical Society's first-in-the-nation Voting Day Basket Raffle winners are: First-in-the-Nation Primary Basket, Cami Czohara; Valentine's Day Basket, Greg Smull.

We congratulate both winners and thank all the many Londonderry residents who entered our basket raffles, purchased our baked goods, coffee, hats, books, maps, mugs, shirts, coverlets and/or gave a monetary donation at the polls Tuesday, Feb. 9. The Londonderry Historical Society appreciates your support!

We also would like to thank the wonderful businesses that donated to our Raffle Baskets: The Coach Stop, Countryside Florist, Dunkin' Donuts, Mack's Apples, Market Basket, Michele's Gourmet Popcorn, Mr. Steer Meats, Puritan Backroom, and the Londonderry Women's Club members who helped out and donated baked goods, Ali Chiampa who made the

Chocolate Pretzels, and LHS Apple Crisp Topping Mix, and Town Councilor Joe Green, who picked the winning raffle tickets.

We are grateful for your time, generosity, and support in helping to further our mission to preserve Londonderry's history for all to learn from and enjoy!

For more information about the Londonderry Historical Society, please visit our website/blog: www.londonderryhistory.org or our Facebook page: www.facebook.com/TownOfLondonderryNHHistoricalSociety or email us: info@londonderryhistory.org and consider becoming a member!

Ann Chiampa
President, Londonderry Historical Society

Ganem for School Board

To the editor:

My name is Jenn Ganem and I am running for a position on our School Board. As I've shared previously, my mother was a public school teacher, and my father was a school custodian. We didn't have a lot of money, but my parents insisted I attend parochial schools. They would assert that private schools presented academic challenges, provided structure and discipline, and expected community service.

I would argue that a good public school district does the same. When my husband and I were faced with sending our children to private or public schools, we moved to Londonderry, where the school district was known for having high standards.

I knew a bit about the Londonderry schools because

my practice was in town. As some of you may know, I'm a Psychiatric Nurse Practitioner. I know, you're wondering how that qualifies me for a School Board position. Well, in simple terms, people present to me with problems and together we find solutions that will work for them – sometimes out-of-the-box solutions. Given that I've been in practice for 20 years, it's safe to say problem solving and listening are a way of life for me. My practice also affords me with the knowledge of the difficulties children and families are faced with on a regular basis, the diagnoses that lead to Special Education services, and the Special Education process.

In addition, I was a science instructor at Southern New Hampshire University for 10 years and Assistant Professor at Rivier University in the Graduate Nursing Program for three. I've taught; I've helped students who were struggling. I don't want our children to struggle. I want them to have a solid academic foundation upon which to build. Our children deserve that!

Therefore, we need to keep Londonderry's academic standards high. We need to continue to provide our students with the opportunity to take foreign languages, music and the arts, AP classes, and college courses while at the high school. We need to support the children who require more assistance – whether special education or gifted services – as well as all those children in between. And we need to do this while being

financially responsible.

It's a tall order, but I'm up for the challenge because I believe there is a solution for every problem. It often entails research, but it always starts with listening.

If you want someone who'll truly listen, please show your support by voting for me on March 8. For more information, please see my Facebook page: Jenn Ganem for Londonderry School Board. I'm Jenn Ganem and I want to protect our children's future!

Jenn Ganem
Londonderry

Combes for Town Council

To the editor:

I've known Ted Combes and his family for nearly five years and have been impressed by his many contributions to the town in various capacities, including the Londonderry Planning Board and, most recently, as Chairman of the Budget Committee. Ted has demonstrated both the intellectual vision and the fiscal restraint required to be a strong contributor to the Town Council.

Ted Combes is a lifelong resident of Londonderry, a product of the Londonderry school system, and an Eagle Scout. He earned his MBA in 2015, and possesses many of the personal, organizational, and contemporary business skills that are vital to a well-functioning Town Council in 2016 and

beyond. He has impressed me with his energy, accessibility, and dedication to the town.

He has my vote, and I would urge others to con-

sider and vote for Ted Combes for Town Council in the upcoming March election.

Paul Skudlarek
Londonderry

DEATH Anniversary

Jean Mabie Reid

February 14, 1919 - February 15, 2015

Jean Reid of Londonderry, NH and Greenwich, NY passed away in the Glens Falls Hospital, a day after her 96th Valentine's birthday. The daughter of Mildred Minor Mabie and Clarence Mabie, she was born on a farm in Pawling, NY, Graduating from the Horace Greeley High School, class of 1938.

In 1942, she married James Mackenzie Reid, raised four children in Briarcliff Manor, NY. She taught nursery school for many years, first in her own school, and later at the King Street Nursery School in Chappaqua.

Jean was a smart, sensitive, gentle and compassionate person. She was an avid gardener, and loved music, poetry, philosophy, spirituality and art. She was a pastel artist and a writer herself.

Through both parents, she traced her ancestry to the Mayflower, Puritan Boston and Dutch 'New Amsterdam'. In keeping with many of her ancestors, she was a practicing Quaker all her life, guided by the meditative inner light of her faith.

Her first automobile was a Model T; and she gave up her license only when she turned 90.

She is deceased by her husband of 36 years, James Reid, and by her companion of 23 years, James Phelps.

She is survived by her two sons, Allan Minor Reid of Ypsilanti, MI, and Douglas Mackenzie Reid of Santa Fe, NM; and by her two daughters Bonnie Reid Grodt of Londonderry, NH, and Heather Reid of Greenwich, NY; two step daughters, Karen and Mayona Phelps; as well as 10 grandchildren, six great grandchildren and many, many close friends, including ones from her childhood.

"I am ready to go," she smiled at the end, "I've had a good run of it."

A beautiful Quaker celebration and memory of her life was held in a garden ceremony in Greenwich, NY, last May.

— Paid Listing —

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Fifth Graders Produce Newscasts with High School Mentors

KAITLYN G. WOODS
LONDONDERRY TIMES

Londonderry High School TV students mentored groups of fifth graders as they produced their own news-

casts to air on the School District's cable channel.

The students independently researched arts and STEM (science, technology, engineering and mathematics)-related top-

ics of their choosing, wrote their own scripts and selected the graphics for their news packages.

South School fifth graders Andrew Zavorotny and Karleigh Chretien, for

example, researched Elvis Presley and solar power.

"They were not elementary-level topics. They did incredible research and amazing writing," Advanced Television teacher Karen Robinson said.

In addition to introducing the fifth graders to television production and the opportunities waiting for them at the high school, the production day at the Cable Access Studio was for some of Robinson's introductory students a first exposure to production in the studio.

"For the older kids, it

was a very different kind of production because it was fast-paced, and they're used to moving through things slowly. They had to go through a lot of complex things pretty quickly because there's no way we'll get it all done otherwise," Robinson said.

The fifth graders took a tour of the studio before settling into their assigned roles operating the camera, in the control room and in front of the camera as newscasters.

Jen Colantuoni, a fifth grade teacher at South Elementary School, said the project was a unique

opportunity to teach her students how to write for an audience.

Additionally, Robinson said producing the newscast helps students nervous about speaking in front of the camera overcome their fears and learn how to pick back up and carry on when they make a mistake.

The packages students from North, South and Matthew Thornton elementary schools produced will be edited and broadcast on LEO21, the District's cable channel, as well as South School's YouTube channel.



South School fifth graders Robbie Sirois and Manny Sousa work in the control room while their class produces a newscast at the Londonderry Cable Studio.

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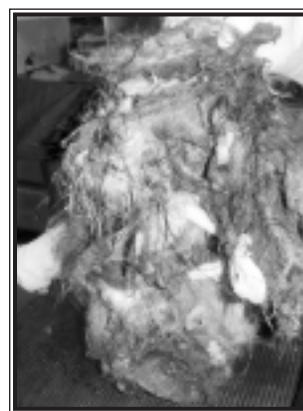
Continued from page 1

and Jennifer Moscardini had not yet been evicted from the apartment, but it doesn't appear they were living there.

"They still had a right to the apartment," he said.

Demas and Moscardini were charged with three counts of Cruelty to Animals, Dog License Required and Rabies Vaccine Required. They were released on \$2,000 Personal Recognizance bail and are scheduled to face their charges in Derry District Court on March 21.

The dog was taken to the Southern New Hampshire Veterinary Referral Hospital to be treated and



Before and after photos of a dog found in a Londonderry apartment, suffering from matted fur, infected skin, blindness and deafness, and other ailments.

evaluated.

According to the veterinarian, the dog is suffering from severely matted fur, an ulcerated and infected skin mass on its forehead, blindness, deafness, dermatitis, anemia, a displaced knee cap, fleas,

infections in its ear canals and a lame hind leg.

The dog is recovering while under 24-hour care and medication at a local residence, and information will be released if the dog becomes available for adoption.

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Valerie Nelson Earns New Hampshire Theatre Choreography Award

KAITLYN G. WOODS
LONDONDERRY TIMES

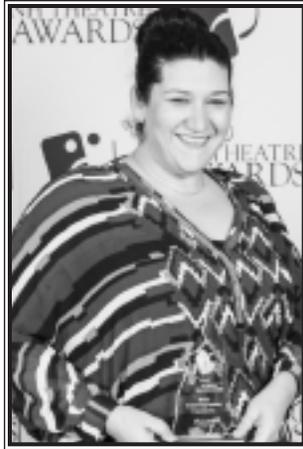
Londonderry High School Drama Club Advisor Val Nelson was named Best Choreographer in the State at the 14th annual New Hampshire Theatre Awards last month.

Recognizing her choreography in the Peacock Players' production of "Chicago," the award is Nelson's fourth win for best choreography in the

Community Division.

"It's awesome," Nelson said of the award. "I put a lot of heart and soul into this one, so it was really nice to be recognized for it."

The New Hampshire Theatre Awards were established in 2002 to provide a tangible tribute to the participants, on and off stage, and to promote New Hampshire theater and motivate groups around the state to raise



Valerie Nelson

their theatrical standards, according to the non-profit organization's website.

Nelson, who discovered her passion for dance at the age of 3 and choreographed her first show at 17, said theater feeds her creativity.

"It's such a raw art form. For kids, it's a way to express themselves in ways they otherwise can't," she said.

Nelson, who invests a

tremendous amount of time assisting with both school productions at the high school and those she puts on with the Peacock Players, a youth theater company in Nashua, said she gets very excited for her students when they take the stage.

"On opening night, I usually cry. I get goose bumps just talking about it. It's the best feeling in the world. Knowing all the work, sweat and tears

that go into it - it's just this great energy," she said.

Performing in the Peacock Players' production of "Chicago" were Londonderry High School Drama Club members Aly Aramento, a senior; Ali Cashen, a senior; and Mary Sullivan, a sophomore.

"They're so supportive," Nelson said of her students.

Local Youth Recognized in U.S. Naval Sea Cadet Award

KAITLYN G. WOODS
LONDONDERRY TIMES

The U.S. Naval Sea Cadet Corps (USNSCC) Harlan R. Dickson Division has recognized several area teens for their achievement and service at the Division's annual inspection and awards ceremony in Londonderry.

Shawn Sarel of Derry, a senior at Pinkerton Academy in his fifth year with the Division, was named Sea Cadet of the Year, the highest recognition a cadet can achieve.

Nominated by his peers, Sarel and his performance in the program have been "in keeping with the highest traditions of the U.S. Navy," Porter Davis of the U.S. Navy said.

In a letter to Sarel, U.S. Sen. Kelly Ayotte, R-NH wrote that the award is a tribute to Sarel's support for fellow cadets, attendance, military bearing, completion of advanced training and support for unit activities.

"You should be proud to have been selected by your peers and leadership

as the Sea Cadet of the Year," she wrote. "If you continue to foster the values and work ethic you have demonstrated, I expect you will enjoy great success in life."

Sarel, who plans to enlist in the Navy after he graduates in the spring, said the Sea Cadet Corps taught him in life, "you really have to step up to the plate; you have to work hard for your goals.

"Major and minor setbacks, you have to take it all in stride," he added.

It's that strong sense of accountability and work ethic that have made Sarel a strong leader within his Division, and while completing extensive training - most recently in field operations, security force and recruit training at Fort Devens in Massachusetts, as well as at the Navy Operations Support Center in Londonderry and in Strafford.

"This has really been a life-altering experience for him," said Tom Sarel, Shawn's father.

The USNSCC is a federally chartered non-profit



Harlan R. Dickson Division U.S. Naval Sea Cadet of the Year Shawn Sarel of Derry is pictured with Commanding Officer John Murphy. Courtesy photo

for youth ages 11 to 17 that was established to foster an interest and ability in seamanship and seagoing skills among young people, instill virtues of good citizenship and strong moral principles in cadets, demonstrate the value of a drug-free and gang-free lifestyle and expose cadets to the prestige of public service and a variety of career paths through hands-on training with the nation's armed services.

Although the USNSCC

is not a recruiting branch of the Navy, Commanding Officer John Murphy said they do talk about enlisting and between 30 and 40 percent of cadets go on to careers in the military.

The USNSCC also offers a study abroad program, through which the Londonderry Division sent a cadet to Mumbai, India.

Cadets have access to virtually all training offered by the Navy, according to Murphy.

Reminiscing about the

day he dropped his 12-year-old off for his first day with the Division, Sarel said the program has been a great experience that has opened up many opportunities for his son.

"He looks forward to this every week," he said. "He would spend his Christmas vacations on Navy bases doing training. The program really takes care of them. I can't say enough about the people who take the time to do this.

Also recognized at the ceremony were Tucker Brennan of Manchester, League Cadet of the Year; Benjamin Swain of Nashua, Daughters of the American Revolution's Outstanding Cadet; Joseph Aiello of Nashua, Sons of the American Revolution's Bronze Good Citizenship Award

recipient; and Rebecca Modrich of Tyngesborough, Mass., Naval Sea Cadet Award recipient.

The Division also recognized Daniel Aiello of Nashua as Officer of the Year for going above and beyond the call of duty to bring in volunteers from the Federal Bureau of Investigation, the Drug Enforcement Administration, the New Hampshire State Police, Homeland Security and other organizations to conduct training with cadets, according to Murphy.

"These awards are not given lightly," Murphy said. "A selection committee evaluates the cadets and makes their recommendations to me. It's up to them to earn these awards, and they are earned."

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Election

Continued from page 1

"It could have been that they were giving up, or they knew that they were letting people in from the traffic light," he said.

"This plan was a test run. We know we need to make a change," Town Council Chairman John Farrell said. "We will debrief with Fire, Police and ALERT (A Londonderry Emergency Response Team) to learn from this to adjust the traffic patterns and flow."

The addition of a second polling location has been discussed in the past to relieve pressure on the high school gym.

According to the Town Charter, the Town Council may vote to establish an additional polling location.

In the meantime, Farrell said the Town needs to find another way to effectively move traffic through the polls before the November election, which has the potential to bring an even higher number of voters to the polls.

According to Farrell, the Feb. 9 election ran more smoothly than the general elections in 2012

and 2014.

"This was about 50 percent better, but we need to make another 50 percent improvement by November," he said.

ALERT members assisted police with directing traffic in the parking lot, some braving the chilly temperatures from 6 a.m. until the polls closed at 8 p.m.

Bill "Remi" Fortin said ALERT members did the best they could to accommodate elderly and handicapped voters; however, some complained that voters with limited mobility had trouble walking from the back of the parking lot to the gym.

Voter Marty Henry said in a letter to the Londonderry Times that Henry's handicapped license plate was disregarded and Henry was waved to the back of the parking lot, near the Cable Access Center.

"As we started to walk to the voting area, we had to go through a snow bank, not a shoveled path. Using my cane, and holding on to a fellow town resident, we went through the snow bank. Then, we had to walk the entire distance of the parking lot to vote,"

Henry wrote. "I was not alone in this endeavor. There were many people at this time with canes, with visible physical disabilities, trying to maneuver their way to the building for voting, everyone holding on to each other, all of us facetiously commenting on this as being a really 'nice' way to treat handicapped residents."

Fortin said he and other members of ALERT worked to create additional parking spaces for voters with handicapped plates and stickers, checking vehicles to ensure those persons with limited accessibility were guaranteed a spot near the gym's entrance.

"We tried to look into the car and see if there were older people so we could get them closer spots. It was hard because everyone, especially young people, wanted to park right on top of the door," he said, adding that when the sun went down, ALERT members positioned themselves on either side of cars entering the parking area to check for handicapped plates and cards.

Fortin noted traffic was directed away from the first two rows of parking, including spaces that were not designated handicapped, to ensure there was enough room for handicapped and elderly voters to get their

vehicles in and out of the spaces.

"I think our team did a fantastic job," he said. "A lot of us were out there the whole time."

Other towns had differing experiences with heavy poll traffic. Merrimack Town Moderator Lynn Christenson said voters had to at times throughout the day wait in traffic to get to the polls due to high turnout for the primary, but that parking wasn't an issue.

"Once people got to the school they were fine," she said, noting there was a separate section of handicapped parking with its own entrance.

With only one polling location, Merrimack officials are considering adding a polling location to reduce congestion, according to Christenson.

"We have had three. As we got bigger and bigger, there were too many people on the Checklist at the additional polling sites so they couldn't handle it. They decided to drop down to one (polling location) and get a bigger site at the high school," she said.

Bedford Police Capt. Dan Doudi said they had minimal problems with traffic and no issues with parking during voting at Bedford High School.

"We moved about 9,000 cars through in a 10-hour period," he said.

"One thing that was helpful this year is we had two entrances to the polls at the school, where in the past we had one entrance."

Additionally, Bedford Police designated additional handicapped parking spaces, advertised their traffic plan on the Town's website and used billboard signs to direct motorists.

Salem and Windham also reported traffic moved smoothly through their polling locations.

"We had no parking issues. Our poll workers and teachers parked off-site," Salem Town Clerk Susan Wall said.

"The only issue we had was the voter registration line got longer than we'd like, so we re-deployed people to take extras to people waiting in line," Supervisor of the Checklist Eileen Mashimo said. "When Ivanka Trump came we had a traffic jam."

But aside from the congestion resulting from Trump's visit to the polling location, Mashimo said she didn't hear of any traffic or parking issues.

At Derry's three polling places, Derry Police Capt. Vern Thomas said the biggest traffic issues were at Gilbert H. Hood Middle School. "The candidates came through, and they attracted attention," Thomas said.

In addition to the gawkers was the challenge of holding school at the same time as a major election. The Hood Ski Club was planning a short trip, which added to the regular end-of-the-day congestion, he said. "There were buses, and parents picking up their children," Thomas said.

He said Derry police discussed the situation

with Hood personnel, and the school deployed staff members to help with traffic control. "They dealt with parents and kids while we dealt with the rest of it," Thomas said.

Despite the traffic issues, those who made it into the polls said they enjoyed participating in the excitement of the Primary Election and that they were pleased to see such a great turnout.

First-time voter Jillian Joubert, a senior at Londonderry High School, said all the volunteers who helped her through her first experience at the polls were "very nice."

Joubert, who plans to study environmental science in college next year, spent much time before the election researching the candidates and watching the debates to make up her mind.

"I was going back and forth between two candidates," she said.

For Joubert, her decision came down to selecting a Democratic candidate whose positions on higher education and equality most closely aligned with her own.

The top vote-getters in Londonderry's Primary races were Republican Donald Trump, with 2,297 votes, about 61 percent of the vote, and Democrat Bernie Sanders, with 2,120 votes, about 53 percent of the vote.

Following behind Trump in the Republican Primary were John R. Kasich, 864 votes; Marco Rubio, 706 votes; Ted Cruz, 680 votes; Jeb Bush, 610 votes; Chris Christie, 601 votes; Carly Fiorina, 285 votes; and Ben Carson, 123 votes.

Finishing behind Sanders in the Democratic Primary was Hillary Clinton with 1,633 votes.

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LMS Student Named Top New Hampshire Volunteer

KAITLYN G. WOODS
LONDONDERRY TIMES

Londonderry Middle School sixth-grader Caitlin Shapleigh will travel to Washington, DC in the spring as one of New Hampshire's top two youth volunteers of 2016.

Shapleigh, who said she is working to start a revolution with her "Kids Can Too" campaign, calling young people to service, was invited to participate in the Prudential Spirit of Community Awards, a nationwide program honoring young people for outstanding acts of volunteerism.

"We can do community service in the smallest acts," said Shapleigh. "My mom always says, 'touch one, touch many.' One person can help another person, who could help another person. I'm waiting to have a giant army of 'Kids Can Too' people."

As part of her Kids Can Too campaign, Shapleigh has conducted one volunteer project each month over the past year, including a canned goods collection for the St. Jude Parish Food Pantry, a winter coat collection and a book drive.

When she heard the Town was working to



Caitlin Shapleigh

organize the annual Christmas Trees on the Common event, Shapleigh gathered together a group of friends to help make ani-

mal-friendly ornaments.

Shapleigh also stuffed backpacks for children participating in the Salvation Army's Kid's Café program in Manchester, performed at a senior center with her baton team, made gift bags for veterans and put together a presentation for elementary school children showing how they can make a big difference with just a small effort.

"I feel really good inside every time I finish a volunteer project," she said. "I want other kids to feel that same way."

As a State Honoree,

Shapleigh will be awarded \$1,000, an engraved silver medallion and an all-expense-paid trip in early May to the nation's capital, where she will join the top two honorees from each state and the District of Columbia for four days of national recognition events, according to a press release.

During the trip, 10 students will be named America's top youth volunteers of 2016.

Shapleigh will also have the opportunity to visit the White House and other landmarks, as well as to meet top youth vol-

unteers from around the world, attend a gala awards ceremony at the Smithsonian National Museum of Natural History and to visit her congressional representatives on Capitol Hill.

"Prudential commends each of these young volunteers for using their creativity and compassion to bring positive change to their communities," Prudential Chairman and Chief Executive Officer John Strangfeld said in a press release. "We hope their stories inspire others to consider how they can make a difference, too."

LHS Senior a Candidate in U.S. Presidential Scholars Program

KAITLYN G. WOODS
LONDONDERRY TIMES

Londonderry High School senior Claire Tighe is a candidate in the 2016 U.S. Presidential Scholars Program.

A member of the National Honor Society and Class Secretary, Tighe is one of more than 4,000 candidates who were selected to apply to the program from nearly 3.3 million students to graduate U.S. high schools this year.

Tighe is also a member of the Music Honors Society and is a Class Representative; she plays the clarinet in the school band.

Students invited to participate in the U.S. Presidential Scholars Program are selected on the basis of superior academic and/or artistic achievements, leadership qualities, strong character and involvement in community and school activities.



Claire Tighe

In addition to her achievement academically and as a leader at the high school, Tighe is involved in a number of community service projects through her church, Grace Lutheran Church in Nashua, including a summer mission trip to Maine during which she helped rebuild the roof of a home.

To move forward in the Scholars program, Tighe must submit an

application to be considered as one of 800 semi-finalists in the U.S. Presidential Scholars Program, who will be named in early April.

From those semi-finalists, 161 finalists will travel to Washington, D.C. in June for the National Recognition Program, featuring events and enrichment activities and culminating with the presentation of the Presidential Scholars Medallion during a White House-sponsored ceremony.

Tighe, who plans to study biology and neuroscience in college, is also a National Merit Scholarship Program Semi-finalist, having achieved a score in the top 1 percent of those who took the PSAT exam last year; she had one of the highest 16,000 scores of the 1.5 million students who took the exam.

When asked her advice to the incoming

freshmen just beginning their high school careers, Tighe said, "Put yourself out there and join all the clubs you want to. Have fun in all you're doing."

Although juggling all

her activities with academics is challenging, Tighe said she is enjoying her senior year.

"I have been given so many great opportunities and the teachers make

me want to come to school," she said. "Staying positive is one of the things that's helped me. Coming to school doesn't always feel like work."

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Conservation Hosts Annual Field Day



The Londonderry Conservation Commission hosted its annual Musquash Field Day in frigid weather on Saturday, Feb. 13, welcoming people to enjoy the recreational activities available at the Town-owned property. Clockwise from above left, Summer and Jack Collins take a cookie break after hiking to the landing; Jessica Paul, with her dog Blue, and Alanna McGinty stop at the campfire for cocoa; Fred Borman of the University of New Hampshire Cooperative Extension Service explains how to use a logging stick; and Borman and Conservation Commissioner Deb Lievens look through a prism.

Photos by Chris Paul

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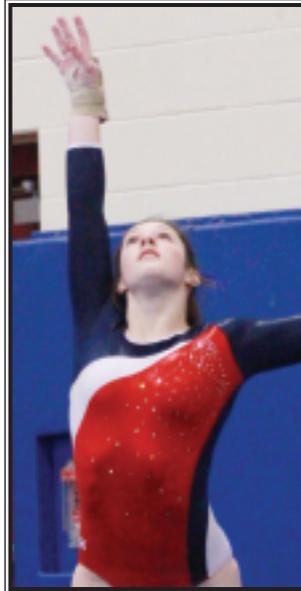
Lancer Gymnasts Stun Pinkerton, Capture State Title

CHRIS PANTAZIS
LONDONDERRY TIMES

In one of the tightest finishes in New Hampshire high school gymnastics championship history, the Lady Lancers finished up tremendously strong in the final event of the day - the floor exercise - and bested Pinkerton by mere percentage points to snag just the second state title in LHS girls' gymnastics history. Londonderry has been the state runner-up five times.

Just about everybody who has paid serious attention to New Hampshire high school girls' gymnastics this winter expected the two-time defending Pinkerton Academy Lady Astros to receive a decent challenge from the Londonderry High Lady Lancers at last weekend's state championship meet, with the academy side eventually snagging its third straight title by tallying at least a few more points than Londonderry.

Well, after dropping two decisions to undefeated Pinkerton during the 2015-16 regular season, the Lady Lancers knew that was what most folks were thinking. But the Londonderry crew -



Mira Kutney, left, and Jill McIntire were the top two finishers in the state with their floor exercises at Saturday's title event. Photos by Chris Paul

which hosted the D-I title meet last Saturday, Feb. 13 - thought that it could best the defending state champs with the championship on the line, and the LHS bunch went out and did just that.

Londonderry - which collected its lone girls' gymnastics title in 2004 with present coach Heather Tuden competing - tallied a team score of 137.800 to narrowly edge Pinkerton and its final score of 137.750.

"That's one toe point," lamented PA veteran coach Chelsie Burland.

Londonderry senior standout Jill McIntire

paced the Lady Lancers' effort by becoming the state champion in the floor exercise (with a new school record of 9.400) and the vaulting (9.225), finishing third in the all-around (35.225), and nabbing fourth on the balance beam (8.750).

McIntire didn't hesitate to answer the question regarding most folks' expectation that Pinkerton would win the state meet, with Londonderry putting forth a strong performance before ultimately losing.

"That was what a lot of people were thinking, but I think those of us on the



For the first time since 2004, the Londonderry High girls' gymnastics squad was able to gather with index fingers raised to celebrate a New Hampshire State title last Saturday, Feb. 13. The big win came in their own gym.

team felt we had the talent and ability to come out and beat Pinkerton, and we were able to do it," said McIntire, a superb athlete who will be going on to play women's lacrosse at Stonehill College in Easton, Mass.

Along with McIntire's great work, the Lady Lancers received vital points from her fellow veteran Mira Kutney, who took second on floor (9.350), third on beam (8.975), and fourth on the uneven bars (8.200), as well as Maddy Croteau on vault (tied for fourth with a 9.000), Suzie Moore on

floor (sixth with a 9.125), and Maddy Baumann (sixth with a 7.9).

Tuden, a key member of the 2004 title-winning LHS team and now a state title-winning coach as well - was absolutely thrilled with the clutch work of her charges in collecting the crown. The Lady Astros had won every state crown since 2010 but one.

"This is just surreal," she said moments after a celebratory group hug with her gymnasts and assistant coaches Rachel Blais and Emily Panacopoulos. "I knew these girls had it in them, and I

knew we could do this."

Tuden and Mira Kutney were co-holders of the LHS girls' program's high score in the floor exercise of 9.35 before McIntire busted it that afternoon in helping her team to the narrow title win.

The Lady Lancers and PA gymnasts will get to face off one more time this winter, and that meeting will come at the New England Championship meet at Dracut (Mass.) High School on March 12. Until then, the Londonderry High gymnasts and their coaches will likely be walking on air.



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Lady Lancer Cagers Clip Central by a 49-43 Count

CHRIS PANTAZIS
LONDONDERRY TIMES

The Londonderry High School girls' basketball squad fortified its fine Division I record with a hard-fought, 49-43 road victory over the host Manchester Central Little Green last Fri-

day night, Feb. 12. For now 12-2 Londonderry, it was a second consecutive victory and the squad's 10th in its last 11 games as the D-I tournament nears. The middle-of-the-pack Central squad slipped to 7-6 with the defeat, having gone 3-

3 in its last six contests. The two teams were knotted up at 11-11 after one period, but Central grasped a slim 25-23 advantage when it was time to adjourn for half-time. But the Lady Lancers enjoyed a strong fourth quarter, rebounding from a 35-32 deficit by netting 17 big points and claiming the victory.

"It was a very offensive first half for us, scoring 23, but not so much defensively with us giving

up 25 first-half points," said coach Nick Theos. "We just seemed sluggish through the entire first half, and Central was hitting everything. Luckily, the girls responded to the halftime (talk) and came out much better in the second half, especially in the fourth, where we outscored them 17-8."

Theos altered his lineup for that decisive fourth period, and it paid off beautifully for the two-time defending Division I state champs.

"I went with a smaller unit, all guards, where Kelsey (Coffey) was the tallest girl on the floor, and it worked," he said. "Defensively, we shut them out, taking away passing lanes and contesting shots. And we spread them out offensively and let Jackie (Luckhardt) and Kelsey go to work. It was a tough game, but a game that we really needed to keep pace with the other top teams."

Coffey ended up lead-

ing the locals with her 15 total points, 11 of which came in the second half and included a couple of big three-pointers. Luckhardt contributed a superb all-around performance with 12 points, nine rebounds, seven assists, and three steals.

The Lancers entered this week aiming to keep their winning ways rolling, starting with a home game against the Dover High Green Wave on Tuesday, Feb. 16, after Londonderry Times press time.



Junior standout Kelsey Coffey and the two-time defending state champion LHS girls' hoop squad have been soaring of late.

Lancer Swim Squads Take Eighths at States

CHRIS PANTAZIS
LONDONDERRY TIMES

Londonderry High School's girls' and boys' swim teams both ended up with modest eighth-place finishes in the Division I Championship Meets at the University of New Hampshire in Durham last Saturday,

Feb. 13.

The Lady Lancers tallied six top-six finishes in their meet, and the Lancer guys notched three of them in theirs.

GIRLS

The LHS girls' effort was paced by Emily Buttafuoco's victory in the 50-yard freestyle (25.66 sec-

onds). Buttafuoco also notched a fourth place in the 100-yard freestyle.

Anna Gruchot bagged a third place in the 50 free and a fifth in the 100 free, and the Lady Lancers' relay teams were also heard from, with the 200 free crew getting fifth and the 400 free bunch snar-

ing a sixth.

BOYS

Kyle MacKenzie collected fourth places in both the 100-yard freestyle and the 200-yard individual medley, and the Lancers' 200-yard freestyle relay quartet also notched a fourth-place finish for itself.

Ski Squads Both Place Seventh at State Finals

CHRIS PANTAZIS
LONDONDERRY TIMES

Londonderry High School's alpine ski squads both got the chance to go up against New Hampshire's top skiers and teams at Gunstock Mountain in Gilford last week. And both the LHS boys and girls finished seventh in their high-pressure competitions at that venue.

The Lancer guys went up against the Granite

State's best Thursday, Feb. 11 and had Josh Galluzzo finish an impressive sixth overall to qualify for the state Meet of Champions. That competition - which pits the top 10 male and female finishers from the title meets against each other - will be held on Cannon Mountain on March 1.

The LHS males took pride in the fact that their seventh-place finish was better than the 11th place

that Pinkerton Academy claimed, so the Lancers notched a Ball Family Trophy point for their team.

Also contributing to the effort were Jackson Lascars, Max Dolliver, Andrew Gruchot, and Oan McGrath.

The next day at Gunstock, LHS girls ski team took seventh in the giant slalom and sixth in the slalom to finish seventh overall with their 570 team points. The Pinker-

ton Academy girls won the state title by scoring 752.

Sisters Jaiden and Bryeton Evarts both qualified for the girls' Meet of Champs by going top 15 in both the giant slalom and slalom events.

Jaiden finished fourth in the giant slalom and sixth in the slalom, and her sister claimed 14th in the giant slalom and eighth in the slalom.



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Scuffling Lancer Boy Cagers Bag Big Win Over Central

CHRIS PANTAZIS
LONDONDERRY TIMES

Going into the Thursday night, Feb. 11 basketball contest, the opposing teams appeared to be headed in opposite directions.

The host Londonderry High Lancer boy cagers had lost six of their last seven games, including three in a row, and the 4-7 locals could feel their backs scraping up against the proverbial wall as they aimed to remain in the Division I tournament race after winning the D-I crown early last year.

The visiting Manchester Central Little Green,

conversely, had won three games in a row and five of their last six and were perched near the top of the congested Division I standings with a 9-2 record.

One would think that this game shaped up as a solid - if not lopsided - victory for the Queen City side prior to tip-off. But LHS coach Nate Stanton's Lancers had different ideas, and the excellent performance they put forth in a 78-62 throttling of Central spoke volumes about the sizes of the Lancer players' hearts, their mental toughness and skills, as well as the

local squad's ability to still figure in the D-I play-off picture as the tournament nears.

The LHS cagers won every quarter but the third, and outscored the Central crew by a 23-9 margin in the fourth period to win going away.

The victorious hosts received a big, 29-point night from standout junior guard Jake Coleman, 17 from youthful big man Matt Corey, nine from hard-nosed veteran guard Nate Gaw, and seven from speedy and deceptive young guard Cole Britting.

"It's been quite a stretch, winning just one out of six games. We've played better recently, but not a complete game. But tonight we played a complete game," Stanton said.

With the goal of making the D-I tourney perhaps beginning to fade away with the successive defeats, Stanton spoke to his boys recently about rallying and making a strong run at the post-season.

"It comes down to believing," said the coach. "And I asked them the other day if they believe in this team, and they said yes. And I believe that we can compete with anybody."

The Lancers made it plain from the start of the game with Central that they'd be hanging right with the higher-ranked opponent, and the hosts

grasped a slim lead of 14-12 at the close of the opening stanza.

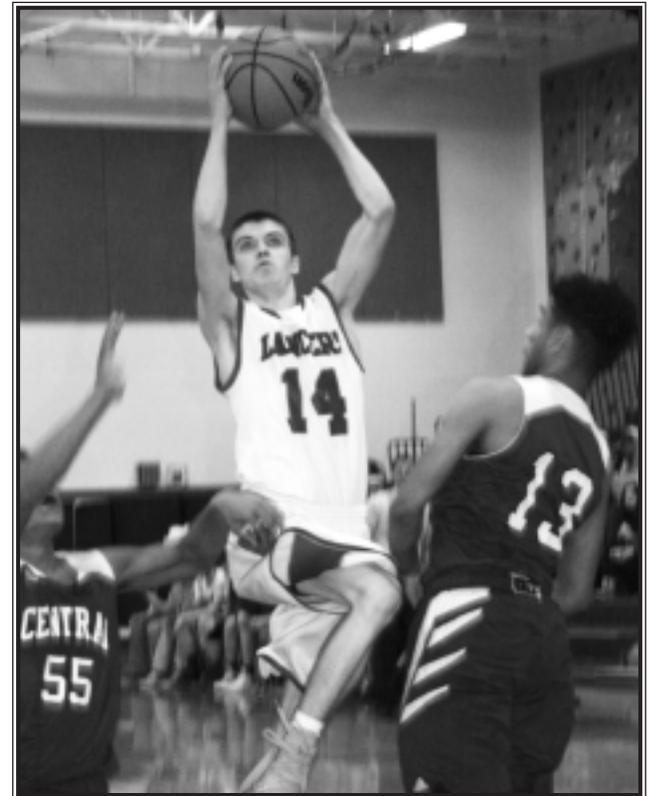
They then outscored the Little Green cagers by a 20-14 tally in quarter two to carry a 34-26 advantage to halftime.

Standout Coleman tallied the first 11 of his points in the opening half, and there were 18 more yet to come.

The visitors netted 27 points in the third quarter - to Londonderry's 21 - in trimming their deficit down to just a bucket at 55-53 after three periods had been completed.

The score had been knotted up at 53-53 with 30 seconds left in the third, but Coleman nailed a two-point shot with just two ticks left to send his side into the final stanza with the slim advantage.

The Lancers then hit four of their first five shots from the floor to



Lancers' junior hoop standout Jake Coleman soars between two Central defenders during the LHS squad's big win last week. Photo by Chris Pantazis

start the fourth quarter - opened their lead back up with Central missing its first three - as the locals a total of 16 points.

Athletes of the Week

For the Week of Feb. 7



Jill McIntire, Senior, Gymnastics

This veteran standout was the Lady Lancers' all-around athlete this season, and her excellent work in the state meet, including a new school record in the floor exercise, helped the squad to a state title.



Ben Psaledas, Freshman, Wrestling

This skilled newcomer helped continue a great family legacy in Londonderry sports by having a strong end of the regular season and a superb freshman year. He finished third at a challenging Methuen Tournament.

LHS Lancer Grapplers Finish Up Season With a Road Split

CHRIS PANTAZIS
LONDONDERRY TIMES

The defending Division I champion Londonderry High wrestling team closed out its 2015-16 regular season last week with a pair of road matches, losing the first at Nashua North by a slim margin but winning the second in Bedford by a more-than-healthy margin.

The Lancers lost a 33-30 decision to the Nashua

North Titans - who will host the Division I title meet this Saturday - in Nashua Wednesday, Feb. 10.

Lancer victories were tallied by David Donnelly at 120 pounds, Ryan Cabezas in the 126-pound bout, Tyler Byrd at 132 pounds, Andrew Chase at 138, and Ben Psaledas at 182 pounds.

But a whole bunch more went well for coach Jason Cucolo's Lancers in their 42-22 thumping of

Bedford three days later, with wins being claimed by Cabezas, Byrd, Craig Santos at 138 pounds, Chase, Colin Reardon in the 152-pound bout, Alex Boucher at 160 pounds, Mahdi Achab at 170, and Psaledas.

Now the Lancer contingent faces the rather Herculean task of trying to defend its impressive 2014-15 state title success, with tough rivals intent on stopping it.

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Londonderry High Icemen Go on a Roll, Reach .500

CHRIS PANTAZIS
LONDONDERRY TIMES

After seeing its record slip way down to 4-7 and its Division I tournament hopes begin to fade, the Londonderry High ice hockey team turned things around and returned to the winning path with a vengeance recently.

First-year coach Dan Legro's Lancers collected two consecutive shutouts followed by a goal-packed

besting of Manchester Memorial to climb back to the .500 mark and return firmly into the D-I post-season chase.

The Lancers snagged their second consecutive 2-0 shutout Wednesday, Feb. 11, besting the Exeter High Blue Hawks on their home ice.

Junior forward Troy Muldoon potted both of the locals' goals, and Lancer goalie Cody Baldwin turned aside all nine

Exeter shots in playing his part.

The LHS crew put 19 shots on the Exeter cage, nabbing those two unanswered goals to end the 8-6 Blue Hawks' three-game winning streak in upping its Division I record to 6-7.

"Our defense and keeper did well," said Legro. "We've been more consistent through three periods in these last few games, but there's still room to improve."

The local icemen then returned to their home rink at the Salem Icenter last Saturday, Feb. 13 and handed the Memorial Crusaders a 7-5 defeat to push their own modest but important winning streak up to three games.

Patrick Maloney and Nick Donnelly each scored two goals and dished out two assists, and Patrick Murphy had one of each as the locals powered their way to the

seven-goal output.

Each team potted one goal in the first period, with Muldoon notching Londonderry's. But the Lancers bagged four more tallies in the second stanza and led 5-3 at the end of that period, with Donnelly scoring twice and Patrick Murphy ringing the bell once and Bryan Murphy doing the same.

Each side scored twice in the third period, with the Lancers getting both

of their goals from Maloney. Both were set up by Donnelly.

Along with the two assists each from Maloney and Donnelly and Patrick Murphy's one, other helpers came from Mike McKenzie and Jared Tuccolo.

LHS goalie Baldwin contributed 19 big saves to the third straight victorious effort by his resurgent young team.

Ex-Lancer Lemieux Helps College Team Make History

CHRIS PANTAZIS
LONDONDERRY TIMES

Picking right up where he left off in a historic high school wrestling career, 2015 Londonderry High School graduate Jean-Luc Le-

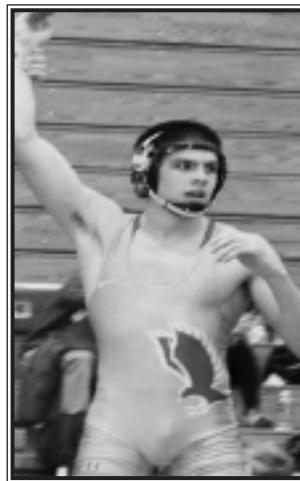
mieux has enjoyed a stellar first season as a member of the Roger Williams University wrestling squad this winter.

And the fantastic freshman helped his Bristol, Rhode Island school's

team make history at the recent New England Dual Championships in Bridgewater, Mass. with superb performances that also garnered the former Lancer star some impressive individual honors.

In going a perfect 3-0 at the duals, Lemieux helped his Hawks become the first team ever to win New England Dual championships three years in a row. And his individual success got the LHS grad named to the all-tournament team in the wake of that major competition.

Lemieux won by a 2-1 tally over his 133-pound weight class opponent from Norwich in the quarterfinals. In the semis, he avenged a loss from earlier in the campaign with a 3-2 victory. And then in the finals, he defeated the number three-ranked wrestler in New England



Jean-Luc Lemieux
Courtesy photo

their captains former LHS wrestling standout Dan Roger - beat number eight Norwich 40-6, fourth-ranked Wesleyan 31-9, and number two Johnson and Wales 27-8 to threepeat at the New England duals.

Lemieux, who is studying engineering at Roger Williams, was a Division I high school wrestling champion from 2012 through 2014, and he won a New England crown in 2014 as well at the tail-end of an exceptional, unbeaten season. His mom, Laura Lee, works at Londonderry High School with special needs children.

by a convincing score of 7-0.

As a group, the Hawks - who number among

Daniela E. Verani, M.D., P.A.

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- PROVIDER ON CALL - WHAT IS SLEEP APNEA?

Sleep apnea is a common disorder in which you have one or more pauses in breathing or shallow breaths while you sleep. Breathing pauses can last from a few seconds to minutes. They often occur 5 to 30 times or more an hour. Typically, normal breathing then starts again, sometimes with a loud snort or choking sound. Sleep apnea usually is a chronic (ongoing) condition that disrupts your sleep 3 or more nights each week. You often move out of deep sleep and into light sleep when your breathing pauses or becomes shallow. This results in poor sleep quality that makes you tired during the day. Sleep apnea is one of the leading causes of excessive daytime sleepiness.

Sleep apnea often goes undiagnosed. Doctors usually can't detect the condition during routine office visits. Also, there are no blood tests for the condition. Most people who have sleep apnea don't know they have it because it only occurs during sleep. A family member and/or bed partner may first notice the signs of sleep apnea. The most common type of sleep apnea is obstructive sleep apnea. This most often means that the airway has collapsed or is blocked during sleep. The blockage may cause shallow breathing or breathing pauses. When you try to breathe, any air that squeezes past the blockage can cause loud snoring. Obstructive sleep apnea happens more often in people who are overweight but it can affect anyone.

Central sleep apnea is a less common type of sleep apnea. It happens when the area of your brain that controls your breathing doesn't send the correct signals to your breathing muscles. You make no effort to breathe for brief periods. Central sleep apnea often occurs with obstructive sleep apnea, but it can occur alone. Snoring doesn't typically happen with central sleep apnea.

Untreated sleep apnea can increase the risk for high blood pressure, heart attack, stroke, obesity and diabetes. It can also increase the risk for or worsen heart failure, make irregular heartbeats more likely, or increase the chance of having work-related or driving accidents. Lifestyle changes, mouthpieces, surgery, and/or breathing devices can successfully treat sleep apnea in many people

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Rumblebot Races Bring Middle School Families Together for Science

KAITLYN G. WOODS
LONDONDERRY TIMES

Londonderry Middle School students competed in lively “rumblebot” races recently, culminating the sixth graders’ second Family Science project this year.

Science teacher Douglas Stith said the optional assignment, which challenged students to design a gizmo that would travel across a vibrating track - a rumblebot - is designed to stimulate dialogue about science at home and bring families together to complete STEM - science, technology, engineering and mathematics - activities.

The rumblebots needed legs to crawl across the track, which could be made from any materials of the students’ choosing, fastened to a lightweight material like cardboard; and they couldn’t be longer than 10 centimeters or wider than 6.3 centimeters, the width of the track.

Stith explained that when the legs are angled backwards, the vibrations bounce the rumblebot up and the opposite force of the legs on the track pushes the rumblebot forward.

Nineteen students participated in the assignment, engineering rumblebots featuring a wide



Londonderry Middle School eighth graders watch as science teacher Doug Stithe fuels their rumblebot competition. Photo by Kaitlyn G. Woods

variety of materials and designs.

To test their bots at home, students designed

homemade tracks using cereal boxes.

The rumblebots could not have their own power

supply and needed to cross the 60-centimeter track to the finish line.

Rowan Romanuskas said he set up a track and used an electric massager to create the vibrations that propelled his bot forward in trial runs at home.

He said he kept testing his bot until he was satisfied he had the fastest design, and it performed even faster on race day than it had in his trial runs.

Tess Brown said her design was a little too wide for the track, and she thinks her rumblebot would have raced faster if it had been just a bit thinner.

The winning design, a rumblebot built by Alex Tufts, was one of the simplest - a single toothbrush head fastened to a small piece of cardstock.

Stith said the value of the challenge lies in encouraging students to be curious enough to try different ideas, as well as sharing their solutions with one another on race day.

“I also love if families work together,” he said.

Both Brown and Ellie Cook said racing their rumblebots in school was fun, but their favorite part of the assignment was working with their dads to engineer a successful design.

ALERT Completes Psychological First Aid Training

KAITLYN G. WOODS
LONDONDERRY TIMES

Londonderry’s volunteer emergency response team, ALERT, which stands for “A Londonderry Emergency Response Team, has completed a crash course in psychological first aid that will serve members both in their personal lives and as they serve the community in a crisis.

“This isn’t just for the mental health community,” said Salem Vineyard Community Church Associate Pastor Natalie Larson, an ALERT member who provided the training to her colleagues earlier this month.

Larson said she realized how valuable the training can be when her son, Ari, experienced a traumatic event last summer and she was able to guide her family in supporting him during the

first few hours, weeks and months.

While out riding on July 4, Ari saw a car strike his friend’s motorcycle, throwing the young man and his girlfriend from the bike and killing them both.

Larson said Ari, an ALERT member with psychological first aid training, responded, searching for the young woman, who died in his arms.

When they met Ari at the hospital, Larson said it was clear her son was under a tremendous amount of stress.

“I knew that he needed to dictate what it was that was necessary for him, and my needs needed to take a back seat to what his needs were. My mother heart wanted to comfort him, but he went to his dad and to a friend who came to the hospital,” she said. “I could have taken that personally because it had

nothing to do with me. That training was really helpful.”

Larson said having her psychological first aid training at the ready accelerated her family’s recovery.

“One of the things she brought forth is that the most important person when faced with a psychological situation is yourself. She placed a lot of emphasis on you being the most important person,” said Bill “Remi” Fortin, ALERT vice president and communication captain. “When you’re having a tragic event, be it a motorcycle accident or a fall, to be able to deal with your feelings and grief without making it become a part of the situation. That was important - trying to listen to other people when there’s a psychological trauma, she related that to her son.”

Fortin said Larson’s message “really hit home” after having witnessed a number of significant car accidents while on the road operating a trucking and framing business.

“I have seen a situation where the person died, and it leaves a picture in your mind,” he said.

Larson said that’s exactly why psychological first aid proves so valuable - it not only allows responders, like the members of ALERT, to be more compassionate and effective in assisting those who have experienced a trauma, it also will help members to process “second hand stress.”

Noting ALERT’s focus is emergency response, Larson explained that if the

group is sent out into the woods to search for someone and discovers something tragic has occurred to that person, “now every person that’s part of the emergency response team has suffered a traumatic incident.

“If someone is in a helping position, they may not realize they too are being affected,” she said. “My goal is, how do we have good information as to what happens to a person psychologically, emotionally and spiritually in the aftermath of a traumatic event. For me, personally, it’s more than that; I’m interested in long-term stress and how to mitigate it in people in our community.”

Lessons Larson covered in her three-and-a-half

hour training program with ALERT included being a good listener, having patience and recognizing the warning signs when additional help is needed.

Larson also explained the importance of self-care as a helper and when it’s time for a helper to seek additional assistance for herself, and steps to take to reduce stress, such as practicing “trauma breathing” and staying hydrated.

Fortin said ALERT continuously trains throughout the year to enhance skills that may be needed when the team is activated.

For more information about ALERT and how to join, visit www.londonderryalert.org or email Fortin at rwfortin@comcast.net.

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AROUND TOWN

Around Town Policy: This section is meant to be used to announce free events to the communities. If your group or non-profit is receiving money for what they are publicizing, there will be a charge of \$30.00/week per paper. All Around Town/Calendar Items will be held to 100 words maximum; anything over will incur a charge of \$30.00/week for up to another 50 words. All free announcements in the Around Town/Calendar section can run a maximum of 3 weeks. Deadline for submissions is Monday at 5 p.m.

Additionally: We will run the full versions of any calendar items online free of charge at www.nutpub.net. Please send items to calendar@nutpub.net.

Clothing Drive

Boy Scout Troop 426 is holding a clothing, coat, and shoe drive on March 8, with drop-off at Londonderry High School from 10 a.m. until 2:30 p.m. Look for the Boy Scout trailer. For those who can't make the drop-off date, email scouting@troop426.org for pick-up arrangements.

Supervisors of Checklist

The Supervisors of the Voter Checklist will meet at Town Hall on Saturday, Feb. 27, from 10 a.m. to noon to register voters and correct the checklist. Anyone who has not previously registered may do so for the Town/School Election. Proof of citizenship, identity, and residency is needed, or affidavits may be signed. This is the last day for anyone not previously registered to do so before the March 8, 2016 Town/School Election. Registrations will be accept-

ed at the election with documentation.

VA Bingo

American Legion Post 27 plays bingo with patients at the Veterans Administration Hospital in Manchester on Feb. 22 from 7 to 8:30 p.m. Donations are appreciated, or stop by and help. The Legion will serve pizza and diet soda as well as providing \$150 in prize money. For more information, call 437-6613 or visit the Greeley Parmenter Harrington Facebook page.

Northern Lights

On Thursday, Feb. 18 at 7 p.m., the Leach Library will host Dr. Alexa Halford in the lower-level meeting room for a free evening presentation of "Painting the Sky: The Northern Lights." Halford is a space physics researcher at Dartmouth University working with the BARREL mission, a

multiple-balloon investigation that will study Earth's radiation belts. In this slide show, Halford will discuss the lore of the aurora, how it has been scientifically studied, and what is still being learned about these lights. Light refreshments will be served.

Teen Books

Teens are invited to the Leach Library from 5 to 6 p.m. Monday, Feb. 22, to share books and authors they liked, and listen to what other teens read. This program is open to participants in grades 6 through 12.

Animal Behavior

Join the Squam Lake Natural Science Center when it visits the Leach Library on Monday, Feb. 29 from 4 to 5 p.m. to explore information about why animals behave the way they do and learn what the benefits are to the animals that practice these behaviors. Live animal visitors may include a beaver, owl and a snake. Advance registration is required and begins at 9 a.m. Monday, Feb. 22. To register, call 432-1127 or stop by the Children's Room.



Veteran Thanks

American Legion Post 27 Commander Bob Stuart, left, presented 501 Pizza owners John and Monique Maclellan with a certificate of appreciation recently for their monthly donation to the Veterans Administration Medical Center's bingo program. The donation allows the Post to allocate more money toward veterans in need. Also attending the presentation was Trisha Reilly, President of the Ladies Auxiliary. Photo by Chris Paul

Hospice Volunteers

The Compassus program serving Londonderry and surrounding areas seeks volunteers to provide comfort and support to patients and families in need of end-of-life care. Compassus provides hospice care in the place of a patient's choosing, whether home, an assisted living facility or nursing home. An integral part of the care team, volunteers provide support, companionship and dignity to persons facing serious and life-limiting illness. All participants receive training, and can choose to dedicate as little as two hours a month to as much as six hours a week. For details, visit www.compassushealthcare.com or call 606-7974.

Free Meals

The Free Community Meals program offers the following meals. Everyone is welcome. Feb. 18, West Running Brook Middle School, 1 West Running Brook Lane, Derry, dinner, 5 to 6:30 p.m. Feb. 20, St. Luke's United Methodist Church, 63 East Broadway, dinner, 5 to 6 p.m.; Feb. 21, Etz Hayim Synagogue, 1-1/2 Hood Road, Derry, dinner, 5 to 6:15 p.m.; Feb. 26, First Parish Church, East Derry Road, Derry, dinner, 5 to 6:30 p.m.; Feb. 28, Episcopal Church of the Transfiguration, 1 Hood Road, Derry, breakfast, 9 to 10 a.m.; Feb. 28, St. Jude's Parish Community, 434 Mammoth Road, Londonderry, lunch, 1:30 to 2:30 p.m.

Garden Club

The Derry Garden Club of Greater Derry meets Friday, March 4, at 10 a.m. at the Boys and Girls Club of Greater Derry, 40 Hampstead Road, Derry. The speaker will be Fern Doucette, Past Co-First Vice President of the New Hampshire Federation of Garden Clubs, past club President of Ashland and New Hampton and secretary of New Hampshire Design Guild. The program will be "Basic Floral Design for Your Home." Some designs will be raffled. The luncheon will be provided by the board. The club is a member of the New Hampshire Federation of Garden Clubs and National Garden Clubs.

Lenten Services

First Parish Congregational Church, UCC, 47 East Derry Road in East Derry, is holding Lenten services Wednesdays through March

Continued on page 17

Marie's Corner

It's February! This month the American Library Association posts its list of notable children's books, as well as, the Newbery and Caldecott Award winners for the year.

Please follow the link below to see the entire list of Notable Children's Books for 2016. When you visit the webpage, you will see books for young readers (preschool-gr.2), books for middle readers (gr.3-5), and books for older readers (gr. 6-8). Each category includes fiction, non-fiction and poetry books. www.ala.org/alsc/awardsgrants/notalists/ncb

For young adult readers (ages 12-18), please visit the links below for notable fiction and non-fiction suggestions, including the Alex Award winners for 2016. As you know the Alex Award is given to 10 books, which would appeal to the young adult reader. www.ala.org/yalsa/booklists/alex • www.ala.org/yalsa/nonfiction

Last Stop on Market Street by: Matt de la Pena, is this year's Newbery Award winner for excellence in children's literature.

Finding Winnie: The True Story of the World's Most Famous Bear illustrated by: Sophia Blackall, is this year's Caldecott Award winner for her illustrations.

To see a complete list of this year's award winners and honors, please follow the links below. www.ala.org/alsc/awardsgrants/bookmedia/newberyaward/newberyaward www.ala.org/alsc/awardsgrants/bookmedia/caldecottaward/caldecottaward

With so many books being published each year, I hope you find these webpages helpful as you make book choices with your children.

Be talking to you soon,
Marie

Marie A. Parker,
BS-Elementary Education, MLS-Masters Library Science
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Around Town

Continued from page 16

16. A soup supper will be served each Wednesday during Lent at 6 p.m., followed by a service at 7 p.m. in the church's Currier Hall. All are welcome to join the congregation for food, fellowship, worship and community. For more information, contact 434-0628 or officemgr@fpc-ucc.org.

Military Mental Health

Veterans, service members and military families are invited to attend a free military-focused Mental Health First Aid training Saturday, Feb. 27, from 8:30

a.m. to 5 p.m. at Center For Life Management, 10 Tsieneto Road, Derry. Lunch is provided. Training includes risk factors facing veterans, service members and their families such as trauma, stress, and separation. A five-step plan helps assess a situation, determine steps to take, and accessing care. Those completing the training will be certified as mental health first aiders. For details or to register, contact Kimberly at ksomarriba@naminh.org or call 568-5780. Hosting the event is NAMI New Hampshire.

Sledding

Venture Crew 145 invites youths ages 14-21 to join the

Crew on Feb. 22 from 6 to 8 p.m. at Alexander-Carr Park, Derry, near Parkland Medical Center, for sledding. Anyone in that age group who enjoys outdoor activities and camping is invited to attend a co-ed Crew meeting on the first Sunday of the month from 5 to 6:30 p.m. at Londonderry United Methodist Church, 258 Mammoth Road. For further information, visit: Crew145-NH.Scoutlander.com or call Cheryl Perry at 425-0061.

Fuel Assistance

Fuel assistance is available from Southern New Hampshire Services, which is taking applications through April 30 to help renters and

homeowners in Rockingham County pay past or future energy bills. Fuel assistance pays for oil, propane, wood, pellets, kerosene, natural gas or electric heat costs, with payments going toward a past due balance or credit for future use. To qualify, one person can earn up to \$1,935/month, with a family of four earning up to \$3,986/month. Fuel assistance may also be applied to rent if heat is included in rent. To make an appointment, call the Derry office at 965-3029.

LEEP

Londonderry children who turned 3 as of Sept. 1, 2015 may enroll in the Lon-

donderry Early Education Program (LEEP) preschool offered by the Londonderry School District. Three-year-olds meet 8:45 to 11 a.m. two or four days per week; prekindergarten students meet noon to 2:30 p.m. three or four days per week. Tuition is: \$145 per month for two days/week and \$195 per month for four days/week. Prekindergarten costs \$180 per month for three days/week and \$195 per month for four days/week. For details or to apply, call Kathy Kelley at 437-5855, ext. 7223. Applications are available at http://www.londonderry.org/documents/moose/leep_inclusion_app.pdf.

Kindergarten

Pre-Registration for the 2016-2017 school year is going on now for Moose Hill School Kindergarten. Anyone who has a child who will be 5 years old by Sept. 30, 2016 and who lives in Londonderry can enroll the child at Moose Hill School. Call Moose Hill at 437-5855, stop in between 8:30 a.m. and 4 p.m. or email the director, Bonnie Breithaupt, at bbreithaupt@londonderry.org to request a registration packet. Include child's name, birth date and Londonderry address when making a request. Registration packets are mailed in January.

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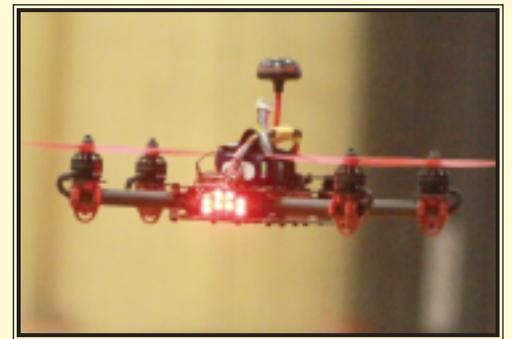
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Robots Take to the Air at Middle School



Adam Sloan and Rene Roy from Birds-Eye-View Aerobotics recently met with students in Londonderry Middle School's eighth grade Creative Computing group to talk about STEM - Science, Technology, Engineering and Mathematics - in aerobotics and drones. Sloan, the owner of the Boston-based company, showed students how to use drones of all shapes and sizes by equipping them with cameras to monitor everything from farming to traffic conditions.

Photo by Chris Paul



Londonderry Police Log

Selections from the Londonderry Police Logs

Monday, Feb. 8
9:51 a.m. Jessica Lynn Pacheco, 31, Danville Road, Kingston arrested for Disobeying an Officer, Operating Without a Valid License and Failure to Obey Inspection Requirements on Auburn Road. Bail set at \$1,000 personal recognizance, with Derry Circuit Court date of March 15.

12:45 p.m. Report of theft by employee at Executive Health Sports Center, Highlander Way.
Tuesday, Feb. 9
8:48 a.m. Caller reports Honda CRV stolen on Pendleton Lane.
10:15 a.m. Caller on Meetinghouse Drive reports SUV dumping trash be-

hind caller's house.
Friday, Feb. 12
4:53 p.m. Dana Umbro Jr., 46, 458 Granite St., Manchester arrested by State Police on warrant for Theft: All Other. He was released on \$3,500 personal recognizance bail, with court date of March

15.
7:59 p.m. Employee at McDonald's, Nashua Road reporting about 15 vehicles parked in lot with multiple juveniles. Subjects have been asked to leave but are not leaving. Anthony Maldonado, 18, 392 Beacon St., Manchester arrested for Possession of Controlled/Narcotic Drugs and was released on \$1,500 personal recognizance bail. Court date

set for March 15.
Saturday, Feb. 13
3:58 p.m. Criminal mischief on Chase Road.
4:37 p.m. Jennifer Shamma, 27, 37 Jeannes Way, Sandown arrested on war-

rant for Willful Concealment. She was transported to Rockingham County House of Corrections and held on \$1,000 cash bail, with Derry District Court date of March 22.

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All Applications for Exemptions & Credits (i.e., Blind, Disabled, Elderly, Veteran, Solar, and Wind) Are due in the Assessor's Office by April 15, 2016 - (603) 432-1100, x135

TOWN OF LONDONDERRY PLANNING BOARD

The Londonderry Planning Board will hold a Public Hearing on Wednesday, March 2, 2016 at 7:00 p.m. in the Moose Hill Council Chambers, 268B Mammoth Road, Londonderry, NH to consider the following:

NEW PLANS

A. Application Acceptance and Public Hearing for an amendment of the approval, granted January 6, 2016 of a lot line adjustment between Tax Map 5 Lot 50-4 at 77 High Range Road (Ronald E. Lawrence, c/o Lorraine Elwood, Owner) and Tax Map 5 Lot 50-5 at 71 High Range Road (Lorraine M. Brooks, Owner), and a subsequent subdivision of Lot 50-5 into 6 lots, to grant separate approvals for the lot line adjustment plan and the subdivision plan; Zoned AR-1 (Jon D. Weigler, Applicant).

B. Application Acceptance and Public Hearing for formal review of a site plan to construct a parking lot at Map 17 Lot 17A, Zoned Industrial I (Ind-I), to service an existing business on Abby Road in Manchester, NH, submitted by JIJ Properties, LLC, & James P. Anagnos and Harry A. Anagnos (Owners and Applicants).

C. Application Acceptance and Public Hearing for formal review of a lot line adjustment between Tax Map 2 Lot 36 at 5 Continental Drive and Tax Map 2 Lot 36-6 at 1 Continental Drive, Zoned Ind-I and Ind-II, Continental Paving, Inc. (Applicant and Owner).

D. Application Acceptance and Public Hearing for formal review of a site plan amendment to construct a 2-story office addition, Tax Map 2 Lot 36-6 at 1 Continental Drive and West Road, Zoned Ind-I and Ind-II, Continental Paving, Inc. (Applicant and Owner).



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Jason E. Simon, MD is a board-certified orthopedic surgeon specializing in sports medicine and shoulder surgery. He is recognized by Press Ganey Patient Satisfaction scores as being ranked in the 99th Percentile National Ranking in 2012, 2013, 2014 and 2015.

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