

Londonderry Times

January 25, 2018 ♦ Volume 19 – Issue 4

A FREE Weekly Publication



Antonio Perez was the student speaker at the Londonderry School District Adult Education Commencement on Monday, Jan. 22. Alternative Education Director Amity Small looks on as Perez addresses those in attendance. Photo by Chris Paul

Winter Adult Education Class of 2018 Celebrate Graduation

ALEX GUITTARR
LONDONDERRY TIMES

Sometimes, there are those who come to the conclusion that if you fail to pass high school, you might as well give up on ever achieving a better future for yourself. But Londonderry High School sees things differently.

LHS's Adult Education program seeks to give those who did not complete high school a second

chance at a better education. Typically taking place during the afternoon and evenings, the tuition-based program helps to push these individuals towards a brighter future and on Monday, Jan. 22, its newest graduates were finally granted the fruits of their efforts at the program's commencement ceremony.

Taking place inside the LHS cafeteria, the room was packed with the

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Londonderry Misses Cut as Finalists for Amazon HQ2 Home

KATIE O'DONNELL
LONDONDERRY TIMES

Three months ago, Governor Chris Sununu proposed Londonderry as the Granite State's bid for Amazon's second headquarters. This month, the online retail giant has narrowed its list of hundreds down to the top 20 and Woodmont Commons didn't make the cut. This news did not come as a surprise to the governor's office, but was still a disappointment.

"While we always knew that our bid was considered a long shot, we are excited that it is already serving as a template for other businesses that now have New Hampshire on

their radar," said Sununu. Londonderry Town Manager Kevin Smith said about "a half dozen or so companies" have expressed interest in developing at Woodmont, but was not at liberty to disclose any names until plans are finalized.

"It's not when, but who moves into Woodmont Commons," said Smith.

New Hampshire's bid for Amazon's second headquarters was one of 238 proposals from across North America, with Boston as the local place to beat. The whole affair was almost like an episode of "The Bachelor," with cities and states offering everything short

of their souls to CEO Jeff Bezos for the golden ticket of 50,000 jobs and a \$5 billion investment in construction.

Sununu sold the state as "all the benefits of Boston without all the headaches," but that wasn't enough to convince Amazon to keep it on the list. The appeal of Beantown is access to an international airport and a strong rail system, neither or which exist in this state. Those setbacks didn't seem to dampen Sununu's spirits, however.

"We will never stop emphasizing that New Hampshire is open for business, open for workers, and open for oppor-

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CART Pilot Program Results Discussed at Town Council

LORI COSTA
LONDONDERRY TIMES

It was back in March 2017 when voters agreed to the authorization of \$35,000 for additional transportation needs of the senior population as well as those served by the Cooperative Alliance for Regional Transportation (CART). This money was used in part to determine the level of need or any gaps in the service currently offered by CART. The town council instated a 90-day CART/Green Cab pilot program that began on July 1 of 2017 and was

extended until December 31, of 2017. The pilot program worked as follows, if CART was unable to provide service to a Londonderry rider, CART called the Londonderry Senior Center director and the director was able to make accommodations for the rider and the town paid the full fare.

The pilot program was advertised extensively with ads in the Londonderry Times, the town website, Facebook, Twitter, flyers in town buildings, and the Londonderry cable network as well. Several articles also ran

in the Londonderry Times, Derry News, and the Union Leader to get the word out about the services provided by CART and Green Cab. It was also heavily promoted at the Londonderry Senior Center.

During the six months

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Clockwise from left, Alan LaBranche presents Antonio Perez his diploma; LHS teacher Casey Roop plays Class Song; School Board Chair Dan Lekas addresses students and audience; graduates ceremonially move tassels to graduate; and Alexandra Rowlands receives her diploma from Kelly Giguere.

Photos by Chris Paul

Graduation

Continued from page 1

student's family and friends.

Once the students had made their way to the stage, Amity Small, Director of the Alternative Education program, addressed the students.

After thanking the various staff members for their hard work, Small noted that she had struggled initially to think of things to say to the graduating students, but then chose to ask the student to take inspiration from

the dogs that they had been with quite closely during their programs, asking them to enjoy the little things in life, spread love to the those who care about you and watch and listen, just as those dogs have done.

Small reminded graduates that although life will be full of ups and downs, it is how you handle these moments that matters.

"When a challenge isn't working for you, you have to change", Small stated.

Members of the school district followed Small's speech to also give con-

gratulations to the graduates. Superintendent Scott Laliberte, told the graduates a powerful story about a man and his son, the latter of which was complaining about how hard his life was. The father simply proceeded to boil three pots of water before sticking a carrot in one, an egg in another and coffee grounds in the third. While the first two objects changed because of the water, the third changed the water itself. Thus, the father explained that there are three types of people when it comes to adversity in life: those

who go soft when faced with challenge, like the carrot, those who grow hard and stern, like the egg, or those who change their situation, like the coffee grounds.

Amongst the other individuals to speak were School Board Chair Dan Lekas, who congratulated the students on their hard work. Adult Education Teacher Lori Jabar, encouraged the students to remember their own inner strength in life and stay close to those who can encourage you, and graduate Antonio Perez. Perez admitted that he

did not always make the best choices in the past, but was happy to see how far the classes he had taken in this program had taken him.

"They basically helped me get to where I am today", Perez noted.

After teacher Casey Roop sang the class song Humble and King by Tim McGraw, the night drew to a close with the presenting of diplomas. As there were only eight graduates in attendance that night, the staff took the opportunity to have the teachers that had worked so closely with

these students hand out one diploma themselves and say something kind and encouraging to and about the recipient.

Small finished the ceremony by congratulating the graduates one last time before they moved their tassels and finally proceeded to take the next step in their lives.

Graduates given diplomas that evening were: Sarah-Michelle Boissonneault, Hope DeCarolis, Felicia Gallagher, Christopher Landry, April Madison, Matthew Olsen, Antonio Perez and Alexandra Rowlands.

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L-Town Garage Finds Love After Devastating Fire Last Week

KATE O'DONNELL
LONDONDERRY TIMES

After a devastating fire burned down the L-Town Garage on Jan. 15, customers came together to help give its owner, Jacquelyn Phillips, a chance at a fresh start. Through the crowdsourcing site, GoFundMe, the L-Town Garage now has \$5550 to put towards rebuilding. Phillips was unsure about the GoFundMe, preferring to not be in the spotlight.

"I was a little hesitant on the 'gofundme' but so much was uncertain, I decided to have my sister go ahead," said Phillips in an email.

The crowdsourcing effort was led by Phillips' sister, Christine Mohr. She spread the word about the GoFundMe page she creat-

ed to L-Town's customers and had over 40 of them give back to the shop.

"It's amazing everyone was able to help out and contribute," said Mohr.

GoFundMe is a way to fundraise online. The premise is simple- someone sets up a campaign and individuals are free to donate whatever they wish. Once the campaign hits its goal, the person receiving the money can transfer it to his or her bank account. It can take days or even weeks to reach a campaign goal. But in Phillips case, she exceeded her goal of \$5000 in less than 24 hours.

"It was so heartwarming to see how many people wanted to help us," said Phillips.

Jenn Stewart has been a loyal customer of Phillips for the last eight years. She was devastated to learn about the fire from Mohr.

"I had just seen everybody and the fire was on Monday," said Stewart. "To know that it happened to such wonderful people is just heartbreaking."

Stewart said she was happy to contribute to the GoFundMe campaign, because of the garage's dedication to its customers. She said with a laugh that she would even personally help rebuild the shop if Phillips asked.

"It's not just a business, it's really like a family," said Stewart.

That sentiment was echoed by Helene Staley,

who said she wanted to give back to Phillips because of how much the garage has given back to the community.

"If I had more money, I would have given \$5000," said Staley.

Staley first started going to L-Town garage back in 2008, when Phillips and her father ran a fundraiser for the Londonderry High School Marching Band. The garage was donating the cost of an inspection sticker to the band. Staley liked that and has been going to Phillips ever since.

"They're such a wonderful group of people," exclaimed Staley.

Susan Battaglia also started going to Phillips because of her fundraising

efforts for the band. Battaglia was more than happy to give back to the garage.

"I wanted to help and I thought my small donation could help her get back on her feet," Battaglia said.

Phillips asked Mohr to close the campaign after it hit its goal. She explained that the insurance seemed like it would be processed quickly, so she felt there was no need to extend the campaign, although some of her customers felt it should have run longer.

"I wanted to keep it reasonable to help keep us for the short term," said Phillips.

The money raised by the campaign will go towards "helping rebuild"

the garage and be a "short-term stop gap to help with loss of income," according to Phillips.

The remains of the building can be seen from the side of Route 28, but Phillips hopes to be up and running as soon as she can. She wants to rebuild at her current location, and explained that she may or not open a temporary location in the meantime. She said there are "a lot of unknowns at this point." She explained the cause of the fire was labeled an accident, most likely caused by an electrical issue.

"But you can't wallow in it," said Phillips. "You have to pick yourself back up and get to work, so that is what we are doing."

Abandoned Homes in Area Usually Deteriorate Until Sold

LORI COSTA
LONDONDERRY TIMES

It is not an uncommon problem for a family to pick up and move to a new location when they can no longer afford to live there. The question that remains is what exactly happens to these houses once they are abandoned? A number of things may happen to the house or nothing at all, which also poses an issue. When homes are abandoned, neighbors may suffer more than the people who left. If a home is not being cared for, neighbors may face a decrease in property

value in their own home. Unkempt lawns, peeling paint, and a general feeling of un-easement, does not boast well for the reputation of a neighborhood, regardless how well your home looks if your neighborhood has an abandoned home. Nature may also take its toll on a vacated house with the elements and fungus growing without being taken care of properly. This also makes a home harder to sell if nature does too much damage to it

This issue is common in big cities, but can also be found in towns such as Londonderry. According

to Town Assessor Rick Brideau, the town does not keep track of the number of abandoned houses here in Londonderry. They do, however, keep track of homes that end up in the town's possession for non-payment of taxes. Abandoned houses normally end up in the bank's possession and then resold. There are no immediate solutions for the houses that are left and the neighbors sometimes do end up paying for the brunt of the inconvenience that is left behind. That is why it is frequently up to the community to figure out how

to care for these homes so they do not deplete the value of theirs. Some communities do take it upon themselves on how to make it look like the home is occupied by mowing the lawn, picking up litter and old newspapers, and even doing additional landscape. If there is a chance to get in contact with the owner of the house, however, getting permission to upkeep the home is important, otherwise it may be considered trespassing if the owner suddenly reappears one day.

In New Hampshire, the New Hampshire State

Treasury is responsible for unclaimed property, specifically, "The Abandoned Property Division." Their objective with the unclaimed property program is to reunite the rightful owners or heirs with their unclaimed property. Here in Londonderry, there is not much that can be done about the abandoned homes in town, but wait until they end up in the bank's pos-

session. Until then, the neighborhood may take it upon themselves to take care of the upkeep of the house if they know the owner has no intention of coming back. Keeping the lawns mowed, the garden healthy, and the driveway clean from litter may not be the easiest task to keep up weekly, but it is a better alternative than having your home deplete in value.

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Editorial

Meetings in the 21st Century

Text messaging has allowed phone users to send quick and to-the-point messages without having to dial or wait for the intended recipient to be available. Though convenient for the everyday phone user, text messaging definitely has its time and place, and perhaps town meetings should be neither of them.

At town meetings, board members may receive or be sending text message which they may shared with others on the board or not. Just like looking at their computers and chatting amongst each other instead of listening while fellow members or the public are speaking, and whether they were conversing about what was being discussed during the meeting or about their personal matters is unknown.

In Londonderry, we noticed this kind of commication happen quite often. In the interest of transparency, board members should identified the sender of the message in question, what the message was about, and if pertinent to the meeting's subject matter, it should be read into the record. The subject matter of the text message remains unknown to the public, along with weather or not it had any influence in decisions being made for the town.

In the lineup of each public meeting is time set aside for public comment, so that all can have a say and

decisions can be reached as harmoniously as possible. Disruptive texting, scrolling, and gossiping is just as disrespectful as if someone were to start shouting over others and throwing things for attention instead of holding his or her peace until it is time for public comment. Both actions are bad-mannered and take attention away from the one who has the floor.

There maybe some exceptions to this rule. For example, should a board member be unable to make a meeting and need to weigh in via phone or text, or if a text was sent by a friend or family member alerting the recipient to an emergency, then that should be made clear to the room so that no one feels slighted.

This issue isn't unique to Londonderry, and this editorial is not intended to criticize its Board's behavior by bringing this issue to light. It is simply to suggest a no-phone policy (with the exception of the aforementioned situations) or at the very least adopt a policy reminiscent of passing notes in the classroom, and each text be read into the minutes, so that nothing is kept from the public.

For the sake of keeping the public properly informed, we'd recommend keeping all comments shared in real time, public, with the speaker clearly identified and, ideally, visible.

Letters

The Opiod Crisis

To the editor,

The town of Londonderry is fully engaged in an epic battle to overcome the Opioid crisis. Our Town Council would like to alert you of a new creative and aggressive stance taken by our community. After convening with Governor Sununu during a visit to our town, Londonderry's Town Council instituted a "drug take back" policy that is now in place 24/7. While many communities have instituted a twice per year collection of discarded prescription drugs, Londonderry went well beyond that. Not only will we accept discarded prescription drugs 24/7, but now also accept illegal drugs and drug paraphernalia as well.

We are confident our efforts will help make much-needed progress in this crisis as it presents itself not only in NH, but across the country. These illegal drugs are now accepted without fear of prosecution or surveillance at a collection box just inside the Londonderry police station front door. No questions asked.

Londonderry's Town Manager (Kevin Smith) and Police Chief (William Hart) have been outstanding in their collaborative work on this problem.

We hope our local leadership/efforts to help clear dangerous drugs out of our homes and off our streets help inspire other communities to take similar stances and implement like policies. If we all work together, we can solve this problem. Let's do this.

Sincerely,
Tom Dolan
Chairman
Londonderry Town
Council

Who would oppose clean elections?

To the Editor:

That's the question I asked myself after learning about a recent hearing at the State House. HB1524 is a bill that has been introduced in the hope of adding New Hampshire to a growing list of 20+ other states seeking to clean up our elections. Between 70% and 80% of Americans blame most of our political dysfunction on the undue influence of special interests, PACs, dark money and gerrymandering.

The Supreme Court opened the flood gates in the "Citizens United" decision when it ruled that corporations were "people" and thus were entitled to the 1st Amendment's freedom of speech provisions. The ruling invalidated any laws that restricted unlimited donations by any lobbying group or other special interest to politicians, candidates, parties, campaigns, advertising, etc.

The Bill is simple and short. Here is the important language:

Section I. Congress and State Legislatures shall regulate the role of money in elections and governance to ensure transparency, prevent corruption, and protect against the buying of access to or influence over representatives. No such regulation shall be deemed in violation of freedom of speech rights in the Constitution of the United States or its Amendments.

Section II. Legislative districts or districting plans shall not intentionally or unduly favor or disfavor any political party. Within twelve months of ratification, all federal and state district

lines shall be redrawn to conform hereto."

That's it. Pretty straightforward, huh? So why would anyone oppose this?

The preferences on this bill seem to be split along party lines: Democrats for, Republicans against.

Let me revise the question asked at the top:

WHY would anyone oppose clean elections?

Give your State Rep a call.

You won't know the answer if you don't ask the question.

Ken Hajjar
Raymond, NH

I Could Be Wrong and Compromise

To the editor,

There seems to be a war on science these days and I would like to suggest that politicians could learn a lot from the scientific method. Two basic principles of the method are that you objectively test your theory and your test must be able to prove that you are wrong.

How much better for all of us would it be if discussions began with - I could be wrong, let's see if there is a way to determine the facts. I think this is a better approach than the current starting point of - I know I'm right and if you disagree, you must have evil intent.

This change in approach could be coupled with a comparison the Management guru - Peter Drucker has made. He said there are two types of compromise. With one you had half a loaf, with the other you had half a baby. Half a loaf and you both got something worthwhile. Half a baby and neither of you got

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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State House Bill Seeks To Improve Veterans Services

KATIE O'DONNELL
LONDONDERRY TIMES

The current Department of Veterans Services could see an overhaul thanks to a house bill co-sponsored by local state legislators. House Bill 636 would create a new department of military and veterans services that would house everything under one roof, rather than sending vets to different place for different services. Londonderry Rep. Al Baldasaro, one of the co-sponsors, called it a "one stop shop for veterans."

Currently, the Office of Veterans Services only assists with benefits, said Baldasaro, and he believes a new department would coordinate both benefits and services through one location. Right now, services are spread out through several different departments, which can make navigat-

ing the system difficult.

The goal of the new department would be to coordinate, enhance and oversee "the benefits and services offered by organizations within the state of New Hampshire and directing veterans to appropriate benefits and services offered by such organizations," according to the bill. It would be responsible for promoting veterans causes and to help educate the public on veteran needs.

The bill would also establish a commissioner and deputy commissioner to run the new department, with the assistance of a military leadership team and a revamped State Veterans Advisory Committee. The commissioner would report to the governor directly, which bill sponsors felt was necessary to improve the quality of care and availability of

services. It was important to the sponsors of the bill that the commissioner be a veteran. Baldasaro said that was because the commissioner would have a better perspective on the needs of veterans.

Right now, it's hard to determine what the cost of the bill would be. There are projected costs of upwards of \$1 million, but until the bill goes to the Finance Committee for evaluation, that number is just speculation. However, it's enough to ruffle some feathers in the veteran community. Three major veteran groups, Veterans of Foreign Wars, the American Legion and the Disabled American Veterans all oppose the bill. The cited reasons are cost and a concern about increased bureaucracy.

"It's going to cost us a huge chunk of money,"

said Paul Lloyd, the adjutant for VFW NH. He said the money spent on creating a new department should be put to better use, like hiring in understaffed departments.

"We, the veterans associations, believe we need more workers, not more bureaucracy," said Lloyd.

Instead of hiring a commissioner and a new set of staff for the proposed department, the VFW and other organizations believe the money should be used to hire more workers at places like the Community Based Military Programs in the Department of Health and Human Services.

Joe Clark, the state commander for the VFW sent a letter to Governor Chris Sununu expressing the group's opposition to the bill. In it, he voiced the VFW's concern over moving control of the Veterans Cemetery and the NH Veterans Home.

"Both of these entities take extremely good care of Our Veterans and their Families at that particular stage of their lives and adding another level of bureaucracy would undermine their success," said Clark in the letter.

Lloyd said another

option would be to move veterans services under the umbrella of the state's Adjutant General, Brigadier General David J. Mikolaities. As the military chief of staff to the governor, he oversees the National Guard, Army and state veteran's cemetery. Lloyd said giving him more control over veterans services would "give us the clout we need at the table" while allowing funds to be spent on more support staff.

"We have other areas to help veterans," said Lloyd. "Moving the office would cost less than starting a whole new department."

Baldasaro disagreed. He did not think the projected cost would be as high or that much of an issue because the people already working on veteran services and benefits would just be moved to the new department. That being the case, he didn't see the need to have the Adjutant General take control.

"They're protecting their bubble," he said. "We reserve the right to agree to disagree."

Baldasaro sent his own letter out to fellow legislators, trying to convince them of the benefits of the bill. He cited the need for more stream-

lined communication between state and federal Veterans Affairs to coordinate services and distribute federal funds.

"Millions of dollars are funneled through different departments from Federal government and there is no Veteran Leadership to assist in how to communicate with the Veteran community," said the letter.

Assisting local veterans is a point of pride for Baldasaro, who is concerned that there won't be a go-to person to point vets in the right direction when he is no longer in office.

"When I'm gone, when I don't run again, what happens," he asked.

Lloyd agrees that something needs to be done to better help veterans in the state, but that an entire new department may not be the best solution.

"We agree on the premise, we just don't agree on how to get there," said Lloyd.

The bill was brought up for a hearing in the Executive Departments and Administration Committee on Jan 23. From there it will be revised before going to a vote later this year.

"It still needs a lot of work," said Baldasaro.

Letters

Continued from page 4
anything worthwhile.

So, with elections coming up next year, I suggest we look for candidates who can look objectively for solutions and who know the difference between half a loaf and half a baby.

Thank You

Jim & Linda Green
Londonderry

A special thank you
From The Healy Team!

To the Editor:

A big thank you to all our clients, family and friends for helping The Healy Team achieve top honors as BHHS Verani Realty's #1 Agents in sales for the Town Of

Londonderry in 2017! Our place in the Londonderry market has come to be as reliable as the Thursday delivery of the Londonderry Times. Trusting our team to assist you with ALL of your real estate needs is the BEST compliment we could receive!!! Real Estate is what we do but we couldn't do it without you! Londonderry is and will continue to be the premiere southern NH location and just like you, we love it here! Wishing you all a Happy, Healthy and Prosperous New Year. Thanks again, Michelle & Brian Healy of Berkshire Hathaway Home Services Verani Realty.

The Healy Team (Michelle & Brian) have been selling real estate in

Londonderry for 13 years. The Healy's have been with The Verani Real Estate family for all 13 years (Originally Prudential Verani Realty and now Berkshire Hathaway Home Services, Verani Realty). The Healy's have lived in town for 20 years.

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Londonderry School District Holds Deliberative Session Feb. 9.

The 2018 Deliberative Session of the Londonderry School District will cover 12 Articles this year and includes the over \$71 million Fiscal Year Budget.

The Deliberative will be held on Friday, Feb. 9, 2018, beginning at 7 p.m. in the Londonderry High School Cafeteria. All warrant articles shall be acted upon at that time for placement on the School District Official Ballot.

Residents who attend Deliberative Session may vote to amend a warrant article, including the dollar amount, as long as the amendment doesn't change the intent of the article.

The articles, as they stand currently, are:

Article 2: General Fund - Operating Budget Shall the voters of the Londonderry School District vote to raise and appropriate as an operating budget for the fiscal year 2017-2018, not including appropriations by special warrant articles, or separate warrant articles, one of the following amounts for the purposes set forth in the budget posted with the warrant? Vote for only one:

A. \$71,150,000 (School Board Budget as amended)

(Estimated Tax Impact \$13.15)

Recommended by the School Board: 5-0.

Recommended by the Budget Committee: 6-0.

OR

B. \$71,210,426 (Default Budget)

(Estimated Tax Impact \$13.17)

NOTE: Warrant Article 2 (Operating Budget) does not include appropriations proposed under any other article in this warrant.

Article 3: Londonderry Education Association [LEA] Bargaining Agreement Shall the voters of the Londonderry School District vote to approve the cost items included in the collective bargaining agreement reached between the Londonderry School District and the Londonderry Education Association (LEA), and further to raise and appropriate the sum of \$790,140 for the 2017-2018 fiscal year, such sum representing the additional cost items attributable to the increase in salaries and benefits over those paid, at current staffing levels, in the prior fiscal year? The agreement calls for the following increases in salaries and benefits at current staffing levels over those paid in the prior fiscal year:

Fiscal Year Estimated Cost (Estimated Tax Impact)

FY 2017-18 \$790,140 \$0.21

FY 2018-19 \$813,560 \$0.21

Recommended by the School Board: 5-0.

Recommended by the Budget Committee: 6-0.

Article 4: Londonderry Association of Allied Health Professionals [LAAHP] Bargaining Agreement Shall the voters of the Londonderry School District vote to approve the cost items included in the collective bargaining agreement reached between the Londonderry School District and the Londonderry Association of Allied Health Professionals (LAAHP), and further to

raise and appropriate the sum of \$63,921 for the 2017-2018 fiscal year, such sum representing the additional cost items attributable to the increase in salaries and benefits over those paid, at current staffing levels, in the prior fiscal year? The agreement calls for the following increases in salaries and benefits at current staffing levels over those paid in the prior fiscal year:

Fiscal Year Estimated Cost (Estimated Tax Impact)

FY 2017-18 \$63,921 \$0.02

FY 2018-19 \$66,771 \$0.02

Recommended by the School Board: 5-0.

Recommended by the Budget Committee: 6-0.

Article 5: Londonderry Custodians [AFSCME Local 1801] Bargaining Agreement Shall the voters of the Londonderry School District vote to approve the cost items included in the collective bargaining agreement reached between the Londonderry School District and the Londonderry Custodians (AFSCME Council 93/Local 1801), and further to raise and appropriate the sum of \$63,474 for the 2017-2018 fiscal year, such sum representing the additional cost items attributable to the increase in salaries and benefits over those paid, at current staffing levels, in the prior fiscal year? The agreement calls for the following increases in salaries and benefits at current staffing levels over those paid in the prior fiscal year:

Fiscal Year Estimated Cost (Estimated Tax Impact)

FY2017-18 \$63,474 \$0.02

FY2018-19 \$65,061 \$0.02

FY2019-20 \$66,687 \$0.02
Recommended by the School Board: 5-0.

Recommended by the Budget Committee: 6-0.

Article 6: Londonderry Support Staff [AFSCME Local 1801] Bargaining Agreement Shall the voters of the Londonderry School District vote to approve the cost items included in the collective bargaining agreement reached between the Londonderry School District and the Londonderry Support Staff (AFSCME Council 93/Local 1801), and further to raise and appropriate the sum of \$114,779 for the 2017-2018 fiscal year, such sum representing the additional cost items attributable to the increase in salaries and benefits over those paid, at current staffing levels, in the prior fiscal year? The agreement calls for the following increases in salaries and benefits at current staffing levels over those paid in the prior fiscal year:

Fiscal Year Estimated Cost (Estimated Tax Impact)

FY 2017-18 \$114,779 \$0.03

FY 2018-19 \$117,649 \$0.03

FY 2019-20 \$120,590 \$0.03

Recommended by the School Board: 5-0.

Recommended by the Budget Committee: 6-0.

Article 7: Authorization for Special Meeting on Cost Items Shall the Londonderry School District, if Article 3,4,5, or 6 is defeated, authorize the governing body to call one special meeting at its option to address Article 3,4,5, or 6 cost items only?

Article 8: School Lunch Program and Federal Fund Projects Shall the voters of the London-

derry School District vote to accept and receive federal grants and other such funds to support the school lunch program and federal projects; further to raise and appropriate such funds in a special revenue fund as follows: school lunch program, \$1,632,000; and federal projects, \$1,429,000; for an estimated total appropriation of \$3,061,000 such funds to be self-supporting through local, state or federal revenue sources?

(Estimated Tax Impact \$0.00)

Recommended by the School Board: 5-0.

Recommended by the Budget Committee: 6-0.

Article 9: Special Article (School Buildings Maintenance Expendable Trust Fund) Shall the voters of the Londonderry School District vote to raise and appropriate the sum of \$600,000 to be placed in the School Buildings Maintenance Expendable Trust Fund established at the March 1995 School District Meeting for major one-time capital costs for district facilities including roofs, paving, boilers and small renovation projects?

(Estimated Tax Impact \$0.16)

Recommended by the School Board: 5-0.

Recommended by the Budget Committee: 6-0.

Article 10: Special Article - Equipment Capital Reserve Fund Shall the voters of the Londonderry School District vote to raise and appropriate up to the sum of \$125,000 to be placed in the School District Equipment Capital Reserve Fund established in 2013 to provide funds to procure essential small equipment for class-

rooms, offices, technology, and buildings and grounds? This sum to come from the June 30, 2017 fund balance available for transfer on July 1, 2017.

(Estimated Tax Impact \$0.03)

Recommended by the School Board: 5-0.

Recommended by the Budget Committee: 6-0.

Article 11: Special Article (Special Education Trust Fund) Shall the voters of the Londonderry School District vote to raise and appropriate up to the sum of \$50,000 to be placed in the Special Education Trust Fund established at the March 2002 Annual School District Meeting? This sum to come from the June 30, 2017 fund balance available for transfer on July 1, 2017.

(Estimated Tax Impact \$0.01)

Recommended by the School Board: 5-0.

Recommended by the Budget Committee: 6-0.

Article 12: Non-Lapsing Special Article - Asbestos Removal Project Shall the voters of the Londonderry School District vote to raise and appropriate the sum of \$275,000 to fund the necessary costs to remove all known asbestos District Wide? This will be a non-lapsing appropriation per RSA 32:7, VI and will not lapse until all known asbestos is removed from all School District buildings, or June 30, 2020, whichever is sooner.

(Estimated Tax Impact \$0.07)

Recommended by the School Board: 5-0.

Recommended by the Budget Committee: 6-0.

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Zoning Board Denies Credit Union Business in Historic District

ALEX GUITTARR
LONDONDERRY TIMES

A seemingly out of place addition to the historical district of Londonderry became the final topic of discussion during a rather late night at the Zoning Board of Adjustment's January 17 meeting at Town Hall.

Represented by Attorneys Ken Gould and Justin Belair, C.C. Properties, LLC came before the board at about 1 a.m. and were hoping to establish a credit union location at Two Litchfield Road, not only within a C-III district, but also in the Historic Overlay District.

The building is currently occupied by Nutfield Publishing.

The property was established by Gould as being the only privately owned property within the historic district in town, and as a result, their request would also have to go through the town's Historic Commission for approval.

The project itself would convert the bottom floor of one of the property's buildings into the aforementioned credit union, complete with a drive-through on the existing lot that would be outside of public view. Gould noted that it would be a rather small credit union, only requiring three to four employees.

In their defense, Gould noted that there were several similar variances

located within the surrounding neighborhood, as well as similar variances granted to other credit unions throughout Londonderry, including St. Mary's Bank. Ultimately, they felt that what they were doing was nothing more than a minor expansion of what is allowed in the C-III district, which is preserved for the likes of professional offices.

Furthermore, as Londonderry continues to expand from an economic standpoint, the pair felt that more local credit unions would be necessary to meet the growing need during this growth.

But applicants were fully aware of the significance of the area that they were working in, not

to mention that the state of the lot was not exactly in the best of shape.

"The whole property is in disrepair right now", Gould noted.

Thus, the applicants noted that on top of creating this credit union, they would also work to restore and preserve and old English barn on the property, as well as possibly use it for some parking, as a means of serving the local community by rejuvenating the barn.

However, the lone abutter to the property in attendance at that late hour, did not see things the same way, he argued that having such a business here would create a litany of issues, including property devaluing, noise

issues and additional traffic complications, also, an ATM at the bank would open things up to a 24-hour scenario.

The board seemed to

be in full agreement, as the request for the variant was denied 4-1, with only Vice Chair Jacqueline Bernard voting against the denial.

OBITUARY

George Fortin



George Rene Fortin, 87, of Londonderry, passed away Friday, Jan. 19, 2018, after a period of declining health, surrounded by his loving family at the Courville of Manchester. George was born July 31, 1930 in Nashua, and was a son of the late Roland and Irene (Pinsonneault) Fortin. He was raised and educated in Nashua and had been a longtime resident of Londonderry.

Mr. Fortin was employed as a surveyor by the City of Nashua and had operated a dry-cleaning route for Imelda and Harry. He spent most of his working life as an Insurance Agent with the Prudential and Poloquin Insurance Companies. George was an active communicant of St. Thomas Aquinas Church of Derry, the same church he and Elaine were married in in 1953. He served in the NH Army National Guard and was a lifetime member of the National Rifle Association. George will be fondly remembered for his Great love of God, his Ability to Pray for Others and his Awesome Sense of Humor!

Members of the family include his loving wife of 64 years, Elaine (Cote) Fortin of Londonderry, his oldest daughter, Charlene & Stephen Edwards, of Bedford, NH, a son, Michael Fortin of Londonderry, daughters, Theresa Fortin-Madore, of Northwood, NH, Jeanne & Gary Nault, of Manchester and June & Jim Fredette of Strafford, NH, 15 grandchildren, 16 great grandchildren and a brother, Conrad and his wife Lorraine Fortin, of Manchester, as well as many beloved nieces, nephews, cousins and friends. He was predeceased by his sister Jeanette McHugh and her husband Don.

Calling hours will be held Thurs., Jan. 25, from 4 - 7 p.m. at the Peabody Funeral Homes and Crematorium, 15 Birch Street, Derry. A Mass of Christian Burial will be celebrated on Friday, at 11 am at St. Thomas Aquinas Church, 26 Crystal Ave. in Derry and will conclude with burial at St. Francis Xavier Cemetery of Nashua. To send a condolence, please visit www.peabodyfuneralhome.com.

CART

Continued from page 1

of the pilot program (July-December), CART provided 1,150 trips to 31 unduplicated riders. CART only refereed five rides to the senior center director, meaning there were only five requested rides in the six months that CART was unable to accommodate. Statistically, this adds up to less than 1.5%. Of the five rides, one rider was referred to Community Caregivers and the other four were booked with Green Cab with a total cost of \$139 the town was made to pay. However, three of the four cab fares provided were booked for the same person and therefore only two people made use of the Green Cab rides during the six

month pilot program. In addition to the \$139 spent on the cab fare, the town also spent \$384 on postage for the mailings for the advertisements and approximately \$500 for ads in the Londonderry Times. The total amount spent for the pilot program from the designated \$35,000 was \$1,023. Phone issues including answering machines and voicemail with CART have also been remedied.

Assistant Town Manager Lisa Drabik spoke with citizens who expressed differing opinions on the pilot program. On one side, some have expressed the opinion that the town does not need to spend any more additional funds on the issue and that the problems with transportation seemed to have been

remedied. Other opinions have been that senior transportation continues to be an issue of concern. One member of the Senior Resources Committee approached Drabik about the possibility of making use of school buses or other bus services for seniors in town, but no further action on that idea has been taken.

Council member Joe Green felt this pilot program was a tremendous success, because transportation was supplied to the people who needed it the most. Since there are still funds available designated to the CART program, Green felt that it would be a good decision to continue on with the program or if an issue were to arise, these funds would be available for the needs of the senior citizens and other people that need the transportation. Vice-Chairman John Farrell felt it would be in the town council's best interest to trust the judgment of both the Town Manager and the Assistant Town Manager to continue to use the funds to help the community with transportation needs. If the remaining money goes unused, then any remaining unspent funds would lapse to the general fund surplus. Another possible option may be to help the senior community with heat needs, but only after this fiscal year is over and it allowed by the warrant.

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Citizen's Bank Property Seeks Variances From Zoning Board for Overhaul

ALEX GUITTARR
LONDONDERRY TIMES

A familiar banking location on Route 102 in Londonderry is looking to undergo several alterations, but first had to go through the Zoning Board of Adjustments during their latest meeting on Jan. 17.

During a nearly seven hour meeting, the applicant for the case, NH Six Realty Trust, and their attorney, Morgan Hollis, put four separate cases before the board that would ask for five different variances on 42 Nashua Road, which currently contains a Citizens Bank. Of these five variances, two involves en-

croachment with the right-of-way of the surrounding roads, one which involves encroachment of perimeter green space and the last two of which involve signage.

According to Hollis, the property owners feel that their current property, which stands at around five thousand square feet in size, is unnecessarily large for one building. Thus, they are hoping to move the bank to the corner of the property facing Nashua Road, while adding a ConvenientMD medical center and a retail space in the opposite corners. But from the get-go, Board Chair Neil Dunn had

issues with the change and its appearance.

"It looks like we're trying to put too much on this lot," Dunn noted.

Concerning the first two variances, which needed to produce buildings twenty eight feet and thirty two and a half feet from the right of way on Michael Way respectively, Hollis argued that lacking the encroachment they required would caused major issues for drivers entering and exiting the area, which the applicants have already considered by having their plans take into account potential future expansions of Michaels Way.

"Almost every site will

have a driveway and as traveling motorists approach that entry, they need to have good visibility of cars coming and going", Hollis noted.

Furthermore, Hollis argued that the changes would allow for easier development on the property, as well as easy recognition of each building, instead of just the parking.

Although some board members initially were confused about the overall purpose of the revamp, other members, including Suzanne Brunelle, felt that the placement of the new buildings was well thought out, eventually leading to the granting of the first two variances unanimously.

Moving on to the next variance, the applicants sought seventeen feet of encroachment in a thirty feet zone along Route 102 and four feet of encroachment in a fifteen feet zone along the property's private way, both for perimeter green space. Hollis argued that these changes would actually allow for an improvement of the established perimeter green space and decrease non-compliant parking spaces.

The board ultimately decided to deny the first encroachment along Rt. 102, but grant the second one.

The final two variances applied specifically to the ConvenientMD medical center being placed on the

property. The two variances asked for three signs on the building in an area where only two are allowed, as well as four hundred and eighty six square feet of signage where only fifty square feet of signage are allowed.

The applicants argued the seemingly excessive signage was necessary, as those under significant stress from illness or an injury have a harder time locating their buildings, making it helpful to them to provide these larger signs. However, the board only approved the use of three signs on the building, denying them the right to use almost five hundred square feet of signage.

LMS Students May Have a Chance to Earn High School Credits

LORI COSTA
LONDONDERRY TIMES

At the Londonderry School Board meeting on Jan. 16, the idea was presented to members of the board to have the possibility of

students in middle school to earn credits for their arrival into high school.

To make this idea work, the assessments in both buildings must be the same and the students are working on the

same curriculum from both schools. The proposal presented was that this would only show up as a passing grade on a high school transcript. If the student were to earn credit, the transcript

would simply say "Passing" if they were to earn credit. This was done on purpose to not affect a student's overall GPA.

By being able to pass the advanced courses taken at the middle school, the idea is that this sets the foundation for students to take more advanced courses in high school. The student would be awarded the same amount of credit as if he/she were taking the course at the high school. It is a strong possibility that the Algebra I course for middle school students could be ready for high school credit as early as the next calendar school year. Before taking these courses, students must have a recommendation that they are up to the level that class requires.

Some of the rigor required for these advanced classes has been seen to be higher at the middle school over the

high school, because of the level of the high achieving students. These students then typically end up in the honors classes at the high school.

A concern raised at the meeting was the worry of overloading students if they are not fully prepared for the additional challenges. The middle school faculty works with both the parents and the students to make sure that this does not happen and everyone is confident in moving forward before any final decisions are made regarding a student's placement. The goal for having this program at the middle school is to offer courses with a higher workload at a faster pace and at a more challenging level, following the structure of the AP classes offered at the high school. Having these advanced courses offered at the middle school

opens the door for opportunities for more challenging courses offered at the high school.

The state has been pushing competencies harder with the goal of how to challenge students further to learn more. The idea behind this proposal is to open more doors for students and allow them to take more challenging courses they may not have been able to at the middle school level and better prepare them for the more advanced courses offered at the high school. There was no vote taken at the meeting on whether or not to continue on with this proposal. Some of the school board members wanted to speak to middle school faculty on their stance on this proposal before being able to move forward with a vote. There will be more discussion on this proposal in the February meetings.



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Zoning Board Argues Over Adding Dog Daycare to Local Neighborhood

KATE O'DONNELL
LONDONDERRY TIMES

During what turned out to be a marathon session at the Zoning Board of Adjustments, a Londonderry resident's desire to establish her own dog daycare in town was put up for discussion at the board's Jan. 17 meeting at Town Hall.

Elyse Greco, the applicant for the case, was the

first case to be heard by the board that evening, with Attorney Ari Pollock seeking out a variance and special exception for alterations to her property on 187 Pillsbury Road; the former for allowing dog kennels on a 1.7 acre lot where two are required and the latter for allowing a dog daycare business as a home occupation.

Gerco, who has been

resident of Londonderry for all her life, hoped to fix up the property by the spring in order to both live there and run this daycare business out of it as well.

"It would be great to be able to run a business in the town that I grew up in", Greco stated.

In defense of her ability to run the daycare, which she would do without the aid of other

employees, Gerco noted that she currently holds an Associate's Degree from the University of New Hampshire in Applied Animal Science, allowing her to understand how to properly handle dogs and understand their behavior, thereby allowing her to keep them separated via a holding area when necessary. On top of this, she also worked at a similar

dog daycare in Hudson for five years.

In order to prepare for the potential strain that such a business would have on the neighborhood, Gerco also planned on staggering times between drop-offs in order to avoid major traffic in or around her property, insulating her garage, which would be where the dogs would remain for the day, and noted that she lived in a forested area, which would keep the dogs occupied and prevent them from getting restless, causing them to start barking.

Pollock also came to Gerco's defense, reminding the board of Londonderry's business friendly nature and that the fencing for the dogs would remain out of sight from the neighbors.

Upon questioning the pair, Board Vice Chair Benard Jacqueline wondered what kind of limit there would be for the amount of dogs allowed in the daycare, to which Gerco noted that it would not exceed four to six, as

well as the average age of the dogs, to which Gerco noted that she would allow dogs of any age.

But while Gerco felt qualified and prepared enough for the task at hand, many Londonderry residents had to argue against her venture. Although some came out to support her, several residents in attendance that night argued that the daycare could possibly take away from the value of the neighborhood.

Amongst those who argued against Gerco were Leslie Buckley, a neighbor of Gerco who was concerned about the noise levels from the dogs, and Town Councilor John Farrell, who noted that noise tends to travel throughout Londonderry, adding to Buckley's case.

Add to that the confusion over ambiguity surrounding granting a livestock variance for the property, and the board was forced to unanimously reject the application for the variance, leading to Pollock to also withdraw the application for the special exception.

Headed for Spartan Shield Deployment

Col. Matthew Kennedy, of Londonderry, the Commander of the Massachusetts National Guard's 151st Regional Support Group, speaks during a deployment ceremony, at the Reading Regional High School on Jan. 21.

He will command about 80 of the units Soldiers during their upcoming deployment to Kuwait in support of Operation Spartan Shield.

Photo by Sgt. 1st Class Whitney Hughes.



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Typical New England Week of Weather in Londonderry



The past week brought all kinds of different extremes in weather to the area. Last Wednesday, Jan. 17 there was fresh snow blanketing the town and less than a week later warm temperatures melted the snow and shortly thereafter the rain turned to ice, making for difficult driving conditions and school delays.

Photos by Chris Paul



Amazon

Continued from page 1

tunity,” said Sununu.

Since the Amazon proposal, the governor has

changed his stance on rail. The bid had proposed that Woodmont would build a rail stop if that’s what Amazon wanted. It seems that idea has been on the governor’s

mind because he is now supporting a \$4 million study on the impact of expanding the rail system in the state, according to the Union Leader.

Despite the rejection

from Amazon, Smith felt NH would still come out a winner if Amazon moved to Boston, which has two spots still up for consideration in Suffolk Downs and Somerville.

“It will have a spillover effect,” said Smith. “Amazon may need some outpost offices... that could benefit southern New Hampshire.”

Smith said the proposal that was sent to Amazon could easily be used

to entice other large companies to Londonderry. Apple recently announced that it is also seeking a new campus with 20,000 job opportunities. Smith did not comment on whether Apple had any interest in Woodmont, but said while the development would be good for a large company, it was just as likely that several smaller companies could take up residence in the space.

“It’s only a matter of time,” said Smith.

Either way, it would affect the already rapidly growing population in town, which is being used as a reason for the increase of next year’s school budget. Having either one large company or several smaller ones in Woodmont will create economic and cultural impacts that residents will need to consider for the future.

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LONDONDERRY SPORTS

Lancer Hockey Squad Has Skid-Ending Victory Slip Away

CHRIS PANTAZIS
LONDONDERRY TIMES

At the end of two periods of its Wednesday, Jan. 17 home game against the Salem High Blue Devils at the Tri-Town Arena in Hooksett, the Londonderry High ice hockey squad had reasons to believe that it was about to bring its frustrating three-game losing streak in Division I to an end.

The Lancers had played two great periods against the visiting Blue Devils, with the second of those being among the LHS contingent's very best of the 2017-18 campaign to date. And with two periods completed, the hosts grasped a solid 4-1 lead and were looking to put the final touches on a pleasing success. Alas, it wasn't to be.

The Lancers instead saw a three-game losing streak in D-I turn into a four-game winless skid in the division. That alteration came about by Londonderry having all sorts of trouble with penalties during the final 15 minutes of regulation time, with Salem scoring three power-play goals to knot the score at 4-4.

The game-tying tally came with just 58 seconds left in regulation time with the Blue Devils having pulled their goalie in

order to get a 6-on-4 advantage, and the Lancers trying to kill off their fourth penalty of the period.

The 4-4 deadlock wasn't broken either during the last 58 seconds of regulation time or during the eight minutes of overtime, so the game went into the record books as a tie.

One quick look at the Lancers' body language as they exited the ice after overtime told even the least observant fan that the hosts were none too pleased with having the victory - and an important one at that - slip away.

Londonderry moved to 3-4-1 in Division I with that outcome, while Salem landed at 3-3-1 with a 1-2-1 record in its last four contests.

"Like I just said to the kids, we played two periods well but then had a third period that obliterated what we'd done in those," said LHS coach Peter Bedford.

Bedford's bunch drew 10 minutes worth of penalties - including a double-minor - in the 15-minute third period and unquestionably gave Salem the chance to drive back into the fray after the opponent stepped into stanza three facing a huge hill to climb.

"You've got to stay out of the penalty box," said



Londonderry High ice hockey standout Patrick Murphy attempts to deke the Salem High goalie on a short-handed scoring opportunity. Murphy would later score a shorty. Photo by Chris Pantazis

Bedford. "Now we can stand here and complain about this penalty or that penalty, but the officials do the best job they can and you have to play disciplined."

The Lancers claimed a 1-0 lead extremely quickly in this game - on just their second shot with only 41 seconds having been played - when freshman defenseman Zach Rheault zipped a wrist shot from the right point in the Salem zone which found its way through the Blue Devils' keeper and into

the netting behind him.

But the LHS lead lasted a mere two minutes as the Blue Devils got their second shot of the night past Londonderry veteran goalie Cam Donovan with 12:21 remaining in the period.

However, the Lancers regained the upper hand with just 2:18 to go in the initial stanza when sopho-

more defenseman Austin Cardosi whipped a shot from the high slot in front of the Salem cage and junior forward Patrick Murphy tipped it en route. The redirected puck sailed past the Blue Devils' keeper.

Londonderry's second period performance was one which coach Bedford would surely love to bottle and then pour out at the start of each and every remaining 2018 contest his team plays.

The Lancers pelted 19 shots on the Salem cage, held the Blue Devils to just four on Cam Donovan, and potted two scoring attempts to push their lead to 4-1.

The hosts rolled their lead up to 3-1 on a power-play goal with 11:19 left when Jared Tuccolo smacked home a rebound. And the Londonderry advantage bulged to three goals with just 35.2 seconds to go in the period when Murphy - who had been stoned by the Salem goalie on a couple of shorthanded breakaway attempts earlier - stole the puck from a Blue Devils' defender, went in alone, and didn't miss on

his third try.

That, however, would be the hosts' last moment of celebration as their penalty-prone ways in the third period opened the door for Salem power-play markers with 11:09 left in regulation time, with 8:44 to go, and finally with just 58 ticks of the clock to go on the aforementioned marker with the Blue Devils' goalie on their bench in favor of an additional skater.

Londonderry enjoyed a 9-5 advantage in shots on net in the overtime period, and both sides had power-play opportunities. But the 4-4 deadlock would not be broken.

The hosts wound up with a pretty substantial 41-31 advantage in shots on net over the 53 minutes of play, with keeper Donovan making some 27 saves. But the win would have been so much more welcome.

And in the wake of the tie, the Lancers had to have to wait over a week span to return to action on Wednesday Jan. 24, when they played host to the Nashua North after Londonderry Times press time.

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Off Night Leaves Lancer Gymnasts Looking Up at Astros

CHRIS PANTAZIS
LONDONDERRY TIMES

Some nights, everything just seems to fall into place for a gymnastics team in every event. Alas, this past Monday night wasn't one of those occasions for coach Heather Lennon's Londonderry High School squad.



Ashley Griffin performed well in the floor exercise in her Lady Lancers' meet Monday, finishing second on the team. Photo by Chris Paul

A win over the Lancers - and four other opponents as well - at LHS that evening helped the defending state champion Pinkerton Academy girls' gymnastics squad drive toward maintaining its school's stranglehold on the Ball Family Trophy for a seventh straight year.

Pinkerton and Londonderry have been playing for the Ball Trophy during winter sports seasons since the early 1990's. And the gymnastics victory gave the academy its sixth win over LHS varsity teams this winter. And with just four events yet to be completed, that meant that Londonderry had its back flat up against the proverbial wall with a 6-1 Ball Trophy deficit.

The PA gymnastics squad's win - tallied by virtue of a 136.25-130.1 outscore of the host Lancers on Monday evening - gave Pinkerton the victory in that sport to go along with earlier ones in boys' and girls' skiing, boys' and girls' track and field, and boys' swimming. Londonderry's lone success had been in girls' swimming.

The schools' wrestling teams met up at London-

derry High on Wednesday Jan. 24 - after Nutfield Publishing press time - and the boys' and girls' basketball teams are slated to face off in the LHS gym in a double-header on Friday night. Pinkerton won the first ice hockey meeting with an overtime victory at The Ice Den in Hooksett recently, but they are slated to play on the Lancers' home ice at The Tri-Town Arena in Hooksett this Saturday and athletic directors Brian O'Reilly of Pinkerton and Howard Sobolov of Londonderry had yet to determine which of those two contests would count in the Ball series at press time.

In its gymnastics victory, Pinkerton received top performances from Sophia Viger on vault (first with a score of 34.0), the

uneven bars (tied for second with teammate Emily Connors and Lady Lancer Maddie Croteau with an 8.0), and the balance beam (third, 8.9), Zoe Demers on the uneven bars (first, 8.4) and the balance beam (tied for first with a Raymond athlete, 9.1), Ashley McKinnon on vault (second, 9.1), Ashley Loeffler on beam (second, 9.05), and Connors in the floor exercise (third, 8.6).

Croteau was a true star for her Lancers. Along with the second on bars, she was tops in the all-around (34.35), second on floor (8.75), and third on vault (9.0). Her teammate Mira Kutney contributed a tie for third on the bars with a score of 7.7.

"Every season has one meet where things just

don't come together, and that was this meet," lamented coach Lennon. "It could be a number of reasons, some of which include, it's that time of season where physical fatigue sets in, finals week, or nerves. The important lessons are the ones we take out of this meet and apply them to states in three weeks."

Following that meet the Lady Lancers stepped into a lengthy break from competition which ends on the final day of January with another multi-team home meet. That event will close out the Londonderry squad's 2017-18 regular season.

But in the wake of the defeat to PA, the Lady Lancers were certainly left feeling that a rematch in the state title meet could go their way.

LHS Wrestlers Post a 3-2 Team Record at Annual Merrimack Event

CHRIS PANTAZIS
LONDONDERRY TIMES

Saturday, Jan. 20 was a good and quite productive day for the Londonderry High wrestling squad at the annual Merrimack Hall of Fame Duals at Merrimack High School.

Coach Jason Cucolo's Lancers defeated three of the five opposing squads they faced at that event, and a bunch of the LHS squad's top grapplers collected numerous fast pins of opponents in contributing to their squad's considerable success.

Londonderry collected dual-meet successes

over the Montachusett Regional Tech contingent from Fitchburg, Mass. (score of 48-18), the Campbell High Cougars from Litchfield (48-27), and the St. Johnsbury Academy entry from Vermont (42-29). They were bested by the Noble High School squad and the Marshwood High School contingent - both of Maine - by 48-30 tallies in going 3-2 on the busy day.

Skilled LHS veterans Craig Santos (145 pounds), Ben Psaledas (182), and Alex Boucher (195) all bagged victories in each of the Lancers' matches, with all of them

collecting pin wins which required less than a minute to complete. Londonderry also received important contributions from Vinnie Del Signore at 160 pounds, John Kelley at 170, Brandon Drake in 126-pound bouts, and Taylor Dyer at 220 pounds.

Coach Cucolo's crew came into this week looking at an always-exciting meeting with the arch-rival Pinkerton Academy Astros in Ball Family Trophy action at LHS this Wednesday, Jan. 24. That battle happened after Londonderry Times press time.

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Local Gymnasts Help NEGTC Teams to Success at Starstruck Invite



The talented NEGTC Level 3 squad placed third in its division in Atlantic City.

CHRIS PANTAZIS
LONDONDERRY TIMES

A bunch of Londonderry girls did impressive work in helping their New England Gymnastics Training Center teams to successes at the recent, 21st Annual Starstruck Invitational in Atlantic City, NJ.

That event was held between Jan. 12 and 14 in the well-known resort city, and Londonderry athletes had their finger and toe-prints all over the accomplishments of their respective squads.

"Gymnasts represented Level 3 to Level 8 and Xcel Bronze to Xcel Silver (divisions), and the NEGTC Level 3 Team placed third while the NEGTC Level 4 team placed second and the NEGTC Level 5 Team placed ninth," said training center press liaison Jenn Rowan.

As a result of its fine efforts, the Level 4 crew brought home silver medals while the Level 3 squad had bronze medals to show off. And Londonderry girls were all over the result sheets.

In Level 3 Junior A competition, Hayley Doyle snared fifth places in the all-around, on the uneven bars, and on the balance beam, and sixth places on vault and in the floor exercise.

In Level 4 Junior A action, Addison Doyle took sixth on vault and



The New England Gymnastics Training Center's Level 4 squad - featuring the talents of several skilled athletes from Londonderry - was the runner-up in its division at a major event in Atlantic City. Courtesy photos

seventh on floor, and bagged top-10 finishes in the all-around and on the bars.

In Level 4 Junior B competition, Katherine Rowan was extremely strong in tallying second places in the all-around and on the bars and thirds on beam and floor.

Level 4 Junior C action saw Londonderry's Shana Hatfield do exceptional work in winning the all-around (score of 37.250), vaulting (9.550), the uneven bars (9.100), and the floor exercise (9.500). The local stalwart also placed fifth on beam.

Her teammate and fellow Junior C competitor Cailee Anderson notched a second place tie on bars, a third on floor, and other top-10 placements in the all-around, vaulting, and on beam.

In Level 4 Senior B competition, Sophia Beauregard registered second place finishes in the all-around, vaulting, on the bars and on the beam, and a top-10 finish on floor.

Ava Bicchieri took part in Xcel Bronze Junior C-level action and registered a fourth place on vault and top-15 placements in the all-around, on bars, on beam, and on

floor.

In Xcel Silver Senior A performances, Riley Doyle was good for a seventh place on floor and top-14 efforts in the all-around, on vault, on bars, and on beam.

The NEGTC girls' teams are coached by owner/coach Tim Madore along with Mel Stoller, Justine Turner, Sherry Harper, and Georgia Dougherty.

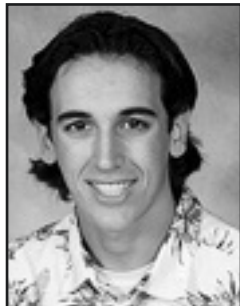
Athletes of the Week

Week of Jan. 15



**Jacqueline Peabody,
Senior, Girls' Skiing**

A battle-tested veteran who has been a member of the ski team for three years, Peabody always shows commitment and determination. She is always improving her times through hard work.



**Anthony Federico,
Junior, Ice Hockey**

This talented veteran defenseman is a key contributor and leader who always works hard in practice and always comes to play each game to the utmost of his considerable ability.

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Londonderry High Swim Squads Run the Table in Home Meets



LHS veteran swimmer Brian Parrott bagged two event wins recently.



Caroline Russell has continued with great contributions for her Lady Lancers.

CHRIS PANTAZIS
LONDONDERRY TIMES

Londonderry High swim coach Chrysty Ewen got to enjoy seeing her boys' and girls' teams each face and thoroughly vanquish five opponents in The Workout Club pool last Friday night, Jan. 20.

The LHS males paddled Alvirne of Hudson (score of 106-69), Campbell of Litchfield (138-17), Nashua South (135-34), Salem (140-20), and Spaulding of Rochester (136-22) on a wildly-successful evening.

The Lady Lancers were every bit as dominant, trouncing Alvirne (111-

59), Campbell (132-23), South (96-74), Salem (116-54), and Spaulding (131-28).

The Lancer males had Brandon White finish first in the 200-yard freestyle (time of 1 minute, 59.23 seconds) and the 500 free (5:40.84) with Chris Byrne second (5:46.18) and Rhys Van Etten third (6:36.22) in that latter race.

Minsoo Kim took top honors in the 100-yard breaststroke (1:15.75) with Richard Chen in second behind him (1:16.89), and Brian Parrott took first places in both the 100-yard backstroke (1:04.72) and the 200-yard

individual medley (2:18.08). Byrne bagged second in that latter event as well (2:27.17).

Londonderry also bagged victories in the 200 free relay (1:43.21) and the 200 medley relay (1:58.95), as well as second in the latter relay (2:05.16) and the second spot in the 400 free relay (4:13.77).

The locals also took three high spots in the 100-yard butterfly with Luc Lafond tallying second (1:08.27), Cole Tridenti collecting third (1:09.95), and Kim notching fourth.

The Lady Lancers received victories from

Kaitlin Witkop in the 50 free (27.17 seconds) as well as their top quartets in the 400 free relay (4:16.30) and the 200 medley relay (2:05.91).

Second places were notched by Witkop in the 500 free (5:47.20), Caroline Russell in the 100-

yard butterfly (1:18.09), Elizabeth Allen in the 100-yard backstroke (1:09.18) and the 200 individual medley (2:32.77), and the 200 free relay quartet (1:58.02).

Third places were delivered by Madison Martin in the 200 free

(2:22.14), Jasmine Brown in the 500 free (6:35.85), and Caity Mahan in the 100 fly (1:20.21).

The two Londonderry High contingents will be back in their home waters this Friday night the 26th for another multi-team meet.

Lancer Track Squads Run With the Masses at Maine Competition

CHRIS PANTAZIS
LONDONDERRY TIMES

Among the faces in the sizable crowd at a pair of New Hampshire high school track and field league meets at the University of Southern Maine in Gorham this past Sunday, Jan. 21 were Londonderry High's boys' and girls' contingents.

And both squads had what should be termed "modest" performances in those big meets, with the Lancer males finishing tied for sixth out of nine teams and the Lady Lancers tying for ninth place out of 10 teams. The powerful Pinkerton Academy contingents won both the boys' and girls' meets.

The Lancer guys tallied a total of nine points thanks to the efforts of their fourth place 4x200 relay team of Damon MacLeod, Justin Cassidy, Kyle Dickson, and Khalique Bagley (time of 1 minute, 40.11 seconds), Bagley with a fifth on his own in the 300-meter dash (39.05), and Nathan Seeley's sixth in the 1,500-meter run (4:24.24).

The Lady Lancers notched six points thanks to the finishes of Kalin Gregoire in the 1,000 (fourth in 3:15.50), Cailin Borovicka in the 1,500 (fifth in 6:00.18), and Olivia Galluzzo in the 55-meter hurdles (sixth in 10.77).

The LHS field events athletes will have taken part in the Pinkerton Academy's field events-only competition in Derry this Wednesday, Jan. 24 - after Londonderry Times press time - before heading back to the University of New Hampshire's Paul Sweet Oval this coming Sunday for a standards meet in which they hope to qualify more athletes for the upcoming Division I championships.

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Local Track Club's Annual Boston Prep Races Scheduled For Sunday

CHRIS PANTAZIS
LONDONDERRY TIMES

The Greater Derry Track Club's 23rd Annual Boston Prep 16-Mile Road Race - paired this year with a "BP Lite 5-Miler" - will get the starting gun at 10 a.m. this coming Sunday, Jan. 28 starting on Humphrey Road near the West Running Brook Middle School in Derry. That school will serve as race headquarters, and the finish line

will be at the end of Forest Ridge Road close to the school.

The 16-mile race is called "moderately challenging" while the five-miler is meant for folks not quite ready to take on 16 miles but who still wish to take on a good run.

Number pick-up and race-day registration will commence at 8:30 a.m. at West Running Brook, and new this year is a Sun-

shine Start at 9:00 a.m. for those who expect to finish the 16-miler in three hours or more.

Interested folks should visit the GDTC website for more information about the Boston Prep: <http://www.gdtk.org/>.

Returning to the GDTC prep race this year is K.D. Mason, New Hampshire author and runner. He will be signing copies of his latest book, "Cancelled Out," before and after the

race. The book is the ninth installment in the Jack Beale mystery series. The story revolves around winter running events in New England, and reaches its climax at the Boston Prep event in Derry.

"Proceeds from these events help support the GDTC's popular Kids' Summer Fun Run series, and the 16-miler is a great training race for those tackling the Boston Marathon this spring," said track club media liaison Bonney Cashin.

Runners are invited to join in on an after-race party at the Halligan Tavern in Derry. All registered runners aged 21-and-over will receive a beer ticket for that post-race gathering, and if the weather cooperates it should be a good day for all involved.



The Greater Derry Track Club hopes for good weather for its Boston Prep Races this weekend.

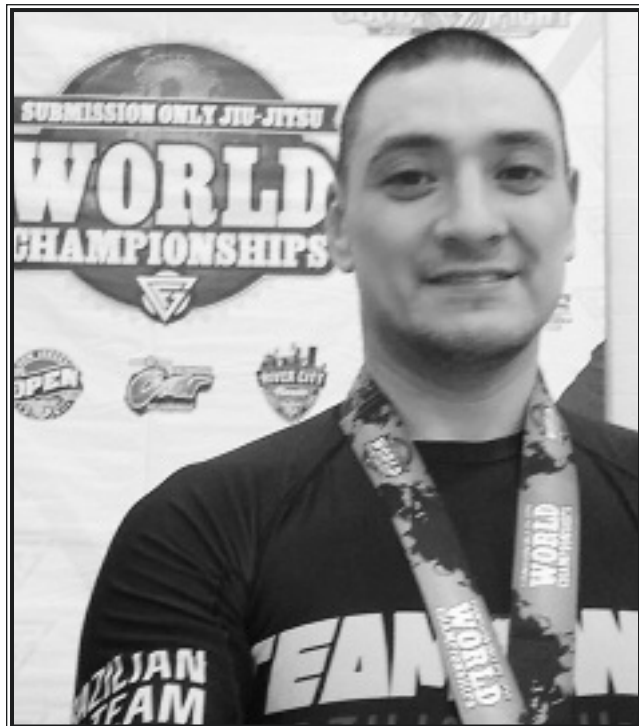
Londonderry Resident Finds More Jiu Jitsu Success in Pennsylvania

CHRIS PANTAZIS
LONDONDERRY TIMES

Londonderry resident Ed Tapia capped off a successful 2017 of jiu jitsu competition for himself in mid-December by excelling at The Good Fight Submission-Only Jiu Jitsu World Championships at Elizabethtown College in Elizabethtown, Pa.

The local man claimed first place in the NoGi competition and thirds in the Gi Middleweight, Blue Belt, and Master's divisions. His intense NoGi matches were all over 26 minutes long.

"The Good Fight is a submission-only Brazilian jiu jitsu tournament. There are no points or advantage points calculated for any positions or moves. There are no referee decisions. Athletes have a 15-minute time limit to win the match and advance in the bracket," said Tapia. "If a submission is executed within those 15 minutes, the



Londonderry's Ed Tapia continued his Jiu Jitsu success in Pennsylvania recently. Courtesy photo

overtime rules apply in order to determine a winner of the match."

Tapia, who is a student at the Woo Kickboxing Academy in Londonderry, has no question that tactics which he has learned at that school are helping

him significantly in his jiu jitsu competitions.

"I'm very grateful to Professor Roger Woo for having us drill escapes as often as we do. It gave me the confidence and ability to finish strong," said the local man.



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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 \$40.00/week per paper. All Around Town/Calendar Items will be held to 100 words maximum; anything over will incur a charge of \$40.00/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 londonderrytimes@nutpub.net.

Model Railroading

On February 9, the seacoast division of the National Model Railroad Association is running their Derry Fun Night program. The program is held the second Friday night of each month, 7 - 9 p.m., at the Marion Gerrish Community Center, 39 West Broadway, Derry. If you are interested in model trains and would like to join other like-minded hobbyists from beginner to expert for a fun evening program come to Derry Fun Night the second Friday of each month. For additional information go to the Division's website at seacoastnmra.org/calendar.

New Location Republican Committee

The Londonderry Republican Committee (LRC) has exciting news. We now have a new "home" for our meetings. The Victory Baptist Church under the direction of Pastor Tim

Hawkins has graciously offered the use of their conference room for our monthly meetings. These meetings will be held there on the third Thursday of each month, 6:30 p.m.

Arts Cafe

The Londonderry Arts Council's Arts Café returns Saturday, Feb. 10. A day of music, art and coffee returns for the 4th year from 10 a.m. - 4 p.m. at the Londonderry Senior Center on 535 Mammoth Road (adjacent to Rockingham Road/ Mammoth Roads. Admission to this event is free. For more information Email: Events@londonderryArtsCouncil.org

Potters Bowl

On Saturday, Jan. 27, Community Caregivers of Greater Derry is hosting their 13th Annual Potter's Bowl fundraiser from 5 - 8 p.m. at the Pinkerton

Academy Freshman Cafeteria in Derry. For \$40, patrons are able to pick a handcrafted pottery bowl donated by local NH artists, and enjoy over a dozen different soups donated from local restaurants in the Derry area as well as delicious breads & desserts. In an effort to encourage more families with children, we will be selling a Kids Under 12 ticket for just \$10. A pottery wheel demonstration will be occurring in the hour prior to the event for waiting patrons. Auction items donated from other New England artists and craftsmen include oil, acrylic and water color paintings, matted photography, wooden crafts, clothing and handcrafted jewelry. The value of all art donated amounts to over \$5,000. It is not too late to donate your fine art, pottery or homemade craft to a good cause. To purchase tickets to the

event, please call Caregivers at 432-0877 x 1 or drop by 1B Commons Drive, Unit 10, Londonderry, during the business day.

Free Meals

Please join us for free, family-friendly meals, served in a relaxed atmosphere. Meals are generally held as posted below, but may be rescheduled for holidays. Please call the facility to check on holiday times. We look forward to seeing you! Dinner on Jan. 26, at First Parish Derry, from 5 - 6:30 p.m.; Breakfast on Jan. 28, at Episcopal Church of the Transfiguration Derry, from 9 - 10 a.m.; Lunch on Jan. 28, at St. Jude's, Londonderry, from 1:30 - 2:30 p.m. For more information, please visit: <http://freemealsinderry.blogspot.com>

St. Gianna's Closet

St. Gianna's Closet provides free children's clothing to any family in the community that is in need. It is now well-stocked with sizes birth to teen as well as winter coats. Please contact Liz at 437-6678 to receive clothing.

Needle Crafts

Although the long winter months lie before us, the needlecraft books we have on display at Leach Library this month will help you have fun

and keep warm indoors. Whether you are a beginner or a seasoned expert, we have something for you. If you have a specific craft or project in mind, the Leach Library Reference Staff can help find the right book for you.

Continuing Education Program

Programs are open to the public at no charge, except as otherwise indicated. Donations to the Etz Hayim Synagogue will allow us to continue to offer these and other programs, and are gratefully accepted. Thurs. Nights, at 7 p.m. Etz Hayim Synagogue, 1 1/2 Hood Road, Derry. For more information, please contact: Stephen Soreff, MD, at soreffs15@aol.com or 603 895-6120.

Lamplighters

A womans group with the goal of helping less fortunate woman and people in NH meets every 4th Thursday of the month 7 p.m. at Londonderry Presbyterian Church at 128 Pillsbury Road, Londonderry. If you have any questions please call 781-866-9976.

LEEP Applications

Now accepting applications for the 2017-2018 school year! If your child turned 3 by September 1 and is a Londonderry resident, consider enrolling

your child in the Londonderry Early Education Program (LEEP) preschool program. We are a developmentally appropriate preschool that is respectful of the talents and needs of individual children. Our teachers are all certified educators and the program is provided by the Londonderry School District. Although we currently have a wait-list openings are anticipated. Applications are available online on the Moose Hill School website. We also have our LEEP Handbook available online on the Moose Hill School website if you'd like additional information on the program. For more information, contact Kathy Kelley at 437-5855 ext. 7223 Please email Kathy Kelley at kkelley@londonderry.org or Kim Speers at kspeers@londonderry.org.

Walk with Me

Are you losing or have lost someone? A child, a parent, a sibling or a friend? It can be a painful journey but you don't have to walk it alone anymore. Just come "Walk With Me". Meetings are the 2nd and 4th Tuesdays of the month at 7 p.m., at the Londonderry Presbyterian Church, 128 Pillsbury Road, Londonderry. If you have any questions please call 781-866-9976.

Derry's Frost Fest Gears Up for Another Weekend of Wintery Fun

BY KATIE O'DONNELL
LONDONDERRY TIMES

Frost Fest returns for another year of family fun, inviting locals to mingle with their neighbors the weekend of Feb. 9. Annual favorites, like the ice sculptures, snowshoeing, shows and the chili contest are set to return. Those who attended last year can look forward to many of the same events, according to Eric Bodenrader, the director of Parks and Recreation.

"It's fun to be able to provide a fun outdoor winter carnival," said Bodenrader. "It's just a wonderful event."

Families looking for something warm to do on a Friday night can enjoy a showing of the classic "Willy Wonka and the Chocolate Factory" at the Adams Memorial Opera House. The movie is sponsored by This Is Derry and is the inspiration for the Ice Breakers' ice sculptures this year, which will also be on display starting Friday. Ice Breakers will begin carvings at noon, according to Bodenrader, and should finish just in time for the film. The Derry Village Rotary Club will again be hosting a spaghetti supper at the Pinkerton Acad-

emy Senior Cafeteria starting at 5 p.m. on Friday night.

Saturday will get a little wild at the Veterans Hall with the return of Wildlife Encounters and their animal show. The group brings in a variety of creatures, like reptiles, birds and mammals and educates children through interactive learning. The show is free to the public. The Derry Public Library is also bringing back its free puppet show to Veterans Hall, which will start at 11 a.m. before Wildlife Encounters. Other kid friendly events will be over at

Midgard Comics in Hood Commons from 1 p.m. to 3 p.m.

Frost Fest is inviting all cooks worth their salt to bring their best pot of chili to the Beaver Lake Improvement Association's chili making contest at Gallien's Town Beach on Sunday from noon to 3 p.m. The association is looking for participants to win one of three prizes, including bragging rights for best chili. Interested chefs can sign up with Diana Tompkins through her email at DianaTompkins@beaver-lake.org.

For the last few years, the weather had not

cooperated as well as organizers had planned. Last year, the threat of snow caused many of the outdoor activities planned on Sunday at the Hoodcroft Golf Course to be canceled. The year before had mild weather that put the kibosh on any events on Beaver Lake because of thin ice conditions. Three years ago, a blizzard caused freezing temperatures and record snowfall.

When asked if the weather may be an issue again this year, Bodenrader said, "who knows, we live in New England!"

This year, though, if

Mother Nature gives the town a break, attendees can look forward to outdoor activities like sledding at the Alexander-Carr Playground as well as hockey and skating at Gallien's Town Beach during the weekend. Cross-country skiing, snowmobile rides and cookie decorating are all still planned for Sunday at Hoodcroft. The outdoor events will start at noon and the cookie decorating will begin at 1 p.m.

"We keep our fingers crossed that everything goes off without a hitch," said Bodenrader.

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Londonderry Police Log

Selections from the Londonderry Police Logs

Monday - Jan. 15
1:56 a.m. Overdose transported to hospital from Holstein Avenue.
4:25 a.m. Suspicious activity investigated on High Range Road.
9:40 a.m. Four officers render services for Airport Alert at Manchester Boston Regional Airport.
11:24 a.m. Overdose transported to hospital from Holstein Avenue.
8:14 p.m. Arrest made for Violation of Protective Order on Horseshoe Lane. Zachary Brewster, 19, of Londonderry charged with Stalking.
10 p.m. Services rendered at motor vehicle accident on Adams Road.

Tuesday - Jan. 16
8:10 a.m. Three officers investigated suspicious activity on Melody Lane.
9:03 a.m. Keeping the peace on Dickey Street.
12:59 p.m. Keeping the peace on South Road.
2:09 p.m. Services rendered for Criminal Mischief on Chase Road.
2:14 p.m. Investigated three vehicle accident on Rockingham Rd at Liberty Drive.
2:47 p.m. Peace Restored after disturbance at Speedway on Nashua Road.
3:36 p.m. Motor vehicle accident investigated at Harvey Industries on Jack's Bridge Road.
4:15 p.m. Services rendered at Structure Fire (garage), at L-Town Garage on Rockingham Road.
5:51 p.m. Services rendered at motor vehicle accident on Nashua Road at Mohawk Drive.

Wednesday - Jan. 17
12:46 a.m. Citation issued for traffic offenses on Twin Isles Road.
2:17 a.m. Motor vehicle accident investigated on High Range Road at Shasta Drive.
4:09 a.m. Citation issued for traffic offenses on Winterwood Drive.
4:10 a.m. Citation issued for traffic offenses on Bay-

berry Lane at Pendleton Lane.
4:26 a.m. Citation issued for traffic offenses on Tokanel Drive.
4:29 a.m. Motor vehicle accident investigated on Adams Road at sharp curve.
4:38 a.m. Services rendered at motor vehicle accident on Mammoth Road at Adams Road.
7:21 a.m. Motor vehicle accident investigated on Mammoth Road at South Road.
8:14 a.m. Motor vehicle accident investigated on Pillsbury Road.
8:38 a.m. Services rendered at motor vehicle accident on Rockingham Road at Page Road.
9:05 a.m. Motor vehicle accident investigated on Rockingham Road Lefebvre's Auto Repair.
10:54 a.m. Motor vehicle accident investigated on Red Deer Road at Bear Meadow Road.
10:57 a.m. Juvenile Offenses investigated on Royal Lane.
11:37 a.m. Services rendered at motor vehicle accident on Litchfield Road at Misty Lane.
11:43 a.m. Warrant served and arrest made on Danbury Court. William Glen, 41, of Londonderry charged with Domestic Violence Simple Assault.
3:58 p.m. Motor vehicle accident investigated on Shasta Drive
4:22 p.m. Motor vehicle accident investigated on Shasta Drive.
5:13 p.m. Services rendered at motor vehicle accident on High Range Road at Hickory Hill Drive.
7:32 p.m. Motor vehicle accident investigated on Rockingham Rd at Perkins Road.

7:56 p.m. Assisted Londonderry Fire Dept. on Pinyon Place.
9:34 p.m. Assisted Londonderry Fire Dept. on Boulder Drive.

Thursday - Jan. 18
7:48 a.m. Three officers

investigate overdose at McDonalds on Nashua Road.
8:44 a.m. Services rendered at motor vehicle accident on Sanborn Road at North School.
11:19 a.m. Motor vehicle accident investigated on Old Derry Road.
12:24 p.m. Services rendered at motor vehicle accident on Horseshoe Lane at Kendall Pond Road.
2:18 p.m. Three vehicle accident investigated on Mammoth Road at Fieldstone Drive.
6:39 p.m. Motor vehicle accident investigated on Rockingham Road at Seasons Lane.

Friday - Jan. 19
7:08 a.m. Services rendered for Medical Emergency at Manchester Boston Regional Airport.
10:20 a.m. Warrant served and arrest made at Derry Police Dept. Kenneth Scribner, 24, of Portland, Maine charged with Theft; from a Building.
12:06 p.m. Assist Londonderry Fire Dept. with transport to hospital from Commons Drive.
3:31 p.m. Drug Offenses investigated at Bank of America on Nashua Road.
4:01 p.m. Motor vehicle accident investigated on Harvey Road at Harris Street.
4:20 p.m. Services rendered at motor vehicle accident on Bartley Hill Road at Perkins Road.
5:53 p.m. Services rendered at motor vehicle accident on Hardy Road at Sundy Lee Terrace.
7:05 p.m. Medical Emergency transported to hospital from Manchester Boston Regional Airport.
7:06 p.m. Peace restored after Juvenile Offenses on Ash Street.
10:16 p.m. Assist Londonderry Fire Dept. with Transport to hospital from Stage Coach Circle.

Saturday - Jan. 20
1:05 a.m. Domestic Dis-

Continued on page 19

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Beating the Winter Blues in the Granite State

LORE COSTA
LONDONDERRY TIMES

Winter in New England can be brutal and people have been known to develop seasonal depression. The “winter blues” can be characterized as mild depression with a lack of motivation and low energy that also is associated with cold and flu season.

Fortunately, there are a lot of ways to beat the winter blues and keep healthy during this season before spring gets here. Fitness instructor and health educator, Nicole Nichols shared

some helpful tips to help beat the winter blues and be ready to welcome spring with a smile.

Exercise is essential in staying healthy at any time of the year. The effects of a strong workout can last for several hours and help an individual maintain energy throughout the day. Exercise can also help to release “feel good” chemicals in the brain that can boost a person’s mood overall. It may seem very tempting to curl up in a ball and watch the world go by in confides of your home, but exercising regularly can lift your spirits. Take some

time to take the dog for walk, do a quick jog around the neighbor, or even go snowshoeing with a few friends.

Healthy eating is also important while battling seasonal depression. Be sure to avoid processed foods (whole wheat bread and sugar). These foods not only devoid the body of key nutrients, but can also seize energy levels and negatively affect a person’s mood and cause depression, lack of concentration and mood swings. Although a chocolate bar may appear to be a mood booster, it is more beneficial to reach for an

apple in the long run.

Getting involved in the community is another great way to boost your mood and really make a difference. Currently, the town of Londonderry has 15 appointed boards, committees, and commissions. Most of these meetings are held in the early evening’s hours on week-nights.

Depending on the workload and responsibilities of the committee, they will meet either monthly or biweekly. If you are interested in serving as an appointed volunteer for the town of Londonderry, contact Kirby

Wade (kwade@londonderry-nh.org) in the Town Manager’s office and fill out a Londonderry “Talent Bank” form. You will be able to see all of the boards that are looking for volunteers and put your name out there for future openings. If there are no openings, your application will still be kept on file.

Even though it may be cold outside, getting sun can increase a person’s mood levels. The sunlight provides Vitamin D and helps to boost the immune system. Keeping shades up during the winter to let sunlight in can help boost

one’s mood level without even realizing it.

It is also important to remember to take time to relax after work or school to avoid an overload of responsibilities. Read a book, go for a walk, take a yoga class, meditate, get involved with the Londonderry community, anything to decrease stress levels and maintain a center of balance.

Times can be uncertain in the beginning of a new year, but spring will be in reach soon and new exciting opportunities arise every day if you look close enough.

The Upper Room Announces Third Annual TURFF Road Race

LORE COSTA
LONDONDERRY TIMES

The Upper Room, a Family Resource Center, is pleased to announce their Third Annual Road Race: TURFF: The Upper Room Race For Families. TURFF is Sunday, April 8, and registration is open now. The Certified 5K and 10K race course starts at

Pinkerton Academy.

This is truly an up-and-coming community event that is growing more popular every year. Nearly 200 stalwart souls joined us last year to welcome Spring with a Certified 5K and a 10K run through the neighborhoods of Derry, and we’re expecting double that number this year. Its timing, one week

before the Boston Marathon, means serious runners can use TURFF as an acclimating race before the big one!

Brenda Guggisberg, Executive Director of The Upper Room, explains that this community event promotes health and exercise, and thus bolsters The Upper Room’s mission of pro-

moting strong families. “This is a great event that brings out teams from our community partners like Salem Fire and Derry Police, families with young children who enjoy the fun run, and plenty of local athletes who want an early April run. We will have food, music and prizes for top runners too.”

Our first sponsor is Runner’s Alley in Manchester, we are pleased to have their support.

To learn more about

TURFF, please visit URteachers.org or lightboxreg.com/the-upper-room-race-for-families-turff_2018

Police Log

Continued from page 18
turbance response leads to arrest on Charleston Avenue. Jesse Maheu, 26, of Londonderry Charged with two counts of Criminal Mischief (vandalism), Domestic Violence - Assault, and Domestic Violence Simple Assault.
9:53 a.m. Three motor vehicle involved in accident on Nashua Road Exit Four.

10 a.m. Larceny/Forgery/Fraud Investigated at Wallace Farm on Bridle Path.

7:03 p.m. Disturbance investigated at 7-Eleven on Rockingham Road.

10:15 p.m. Drug Offenses investigated on Winding Pond Road.

Sunday - Jan. 21

8:33 a.m. Services rendered at suicide attempt on Victoria Drive.

11:55 a.m. Motor vehicle

accident investigated on Harvey Road at Webster Road.

12:55 p.m. Motor vehicle accident investigated on Old Derry Rd

3:09 p.m. Services rendered for Criminal Mischief on Merlin Place.

7:19 p.m. Motor vehicle accident investigated on Gilcrest Road at Pillsbury Road.

8:11 p.m. Four officers respond to an attempted

suicide on Elijah Hill Road. Person transported to hospital.

10:13 p.m. Disturbance investigated at Speedway on Nashua Road.

11:38 p.m. Disturbance investigated at Manchester Boston Regional Airport.



TOWN OF LONDONDERRY PLANNING BOARD

The Londonderry Planning Board will hold a Public Hearing on Wednesday, February 7, 2018 at 7:00 P.M. in the Moose Hill Council Chambers, 268B Mammoth Road, Londonderry, NH to consider the following:

Request for a modification of the conditions of approval from the October 11, 2017 Notice of Decision on a site plan to construct Phase 1 of an elderly housing development, consisting of 21 housing units, a clubhouse and associated site improvements; Nashua Road/NH Route 102, Adams Road and Cross Road - Map 6 Lot 84 & Map 6 Lot 59-1, Zoned AR-1, Cross Farm Development, LLC (Owner & Applicant)

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