

Londonderry Times

August 30, 2018 ♦ Volume 19 – Issue 34

A FREE Weekly Publication



First Day

New Principal of Matthew Thornton Elementary School, Amity Small, welcomes students as they exit their buses on Monday morning, Aug. 27. Small, who was at the Londonderry High School, takes over from Sharon Putney who left at the end of last year. *Photo by Chris Paul*

Council Covers a Wide Range of Topics at Latest Meeting

CHRIS PAUL
LONDONDERRY TIMES

During the Public Comment section of the Aug. 13, Town Council meeting, Tax Collector Diane Mullholland stated she sent out past due collection notices from 2015 and older. She added that the town collected a good portion but needed waivers for those

with payment plans who are current.

She also added that there are four parcels of land that they are looking to deed to the town. The first parcel is on Dianne Road: map 3 lot 138A-1, the others are; map 8 lot 23; map 15 lot 154; and map 18 lot 7.

After Steve Cotton questioned if there were

any environmental issues, Mullholland said she had asked Richard Canuel, who inspected the property, and was told there were not any environmental issues.

Council member Ted Comb's ask with theses four properties that are coming out of the tax base, how much is the

continued on page 3

Beautify Londonderry Committee Seeks Sponsors and Volunteers

MIKE BYERLY
LONDONDERRY TIMES

Beautify Londonderry, a long running, volunteer-led program that organizes beautification projects in town is in crucial need of new members to join their organizing committee. Half of the current members had to bow out recently due to various medical issues after serving over ten years with the program.

To keep the program running, the committee is looking to add three to five new members. The time commitment is limited compared to many other volunteer positions

in town since the program only runs in the spring with some lightweight planning in October to get organized for the spring effort.

Typical volunteer activities include emailing past volunteers, ordering and picking up supplies, managing social media, coordinating activities with the town, coordinating volunteers, taking photos, inventory and soliciting donations.

While the program is running volunteers spend 4-5 hours per month helping.

In addition, after a two-year hiatus from fundraising, the committee is seeking donations

from local businesses to sponsor their efforts. Donations are used to purchase supplies for roadside cleanups, mulch and plants for landscaping, repairs and replacements of the "Welcome to Londonderry" signs at the border. They also fund efforts to recruit volunteers including signs, flyers and advertisements and they pay for "thank you" t-shirts for participants.

Beautify Londonderry offers four levels of sponsorship: Leadership Team - \$1,000 or more. Partnership Team - \$500 - \$999. Sponsorship Team - \$250 -

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Sisters Go Beautiful Lengths in Helping Those in Need

MELISSA BETH RUIZ
LONDONDERRY TIMES

"I haven't personally seen it..." Ashley Greenwood, Junior at Londonderry High School said when asked about her little sister's friend's new hair. "But I saw pictures...and (her) smile was amazing! Especially for how hard it's been."

"That smile! You would never know..."

Last year, Ashley's younger sister, Skyler, now in fourth grade, experienced something even adults cannot prepare for - her best friend had to undergo treatment for Leukemia, and subsequently began to lose her hair.

With the help of Pantene Beautiful Lengths and the American Cancer Society, a wig was presented to Skyler's class on behalf of her brave young friend. Not long after, Skyler and her mother personally delivered the wig to the Boston Children's Hospital.

After seeing what her best friend had to go through, young Skyler decided to pledge to donate her own hair to honor her friend, who is now in recovery. In solidarity, Ashley will be accompanying her on the LHS gymnasium floor on the school's Day of Giving.

"She's always wanted to cut her hair," said Ash-

ley. "It's just amazing that it's for this cause."

Ashley explained that the pledge has brought her and her sister closer together. The two have bonded through periodically measuring the current length of their hair and how short it will be after their collective donation, smiling the whole way through.

continued on page 6

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Blues Festival on Town Common Benefits Our Veterans



On Saturday, Aug. 25, blues-lovers set up on the Londonderry Town Common and enjoyed some music for a great cause. The fourth-annual Blues Festival, hosted and organized by Londonderry's Dennis "Dr. Harp" Martin, benefited the Disabled American Veterans (DAV) and raise awareness for homelessness among veterans. The VFW Women's Auxiliary will be selling baked goods throughout the day, with all proceeds being donated to the DAV. The Londonderry Grange had a booth set up as they continue there efforts to put a new roof on the historic building. A variety of raffles were also part of the day as well for items such as military blankets made by Martin's wife, Manchester Monarchs tickets, and a 50/50. The Long Blue Cat Brewery donated several gift cards for the event as well, which will also be raffled off throughout the day. "Veterans Affairs also had a table set up

Photos by Chris Paul



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Londonderry Native Supports the Navy's "Silent Service" in Guam

A 2003 Londonderry High School graduate and Londonderry, New Hampshire, native is providing a critical maintenance capability to the U.S. Navy's submarine force in the Pacific as part of a hybrid crew of sailors and civilian mariners working aboard the expeditionary submarine tender, USS Frank Cable.

Lt. j.g. Derek Pomer is an engineer aboard the Guam-based submarine tender, one of only two such ships in the U.S. Navy. The Frank Cable and its crew provides maintenance and resup-

ply capabilities both in port and at sea.

"I am proud of getting to see ships go back to sea," said Pomer. "Seeing the fruits of my labor is rewarding. Every small cog comes together and makes the military work as a whole."

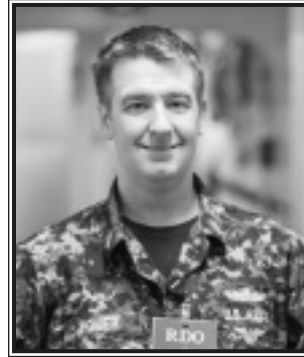
Pomer credits success in the Navy to many of the lessons learned in Londonderry.

"I learned as a child that when given a task, take ownership of it and don't start something you cannot finish," Pomer said.

Guam is also home to

four Los Angeles-class attack submarines, Frank Cable's primary clients, but the ship can also provide repair and logistic services to other Navy ships like cruisers and destroyers. The submarine tenders provide maintenance, temporary berthing services and logistical support to submarines and surface ships in the Pacific Ocean as well as the Persian Gulf, Red Sea, Arabian Sea, and parts of the Indian Ocean.

With a crew of more than 600, Frank Cable is 649 feet long and weighs approximately 23,493



Derek Pomer

tons

The integrated crew of sailors and civilian mariners builds a strong fellowship while working alongside each other. The crews are highly motivat-

ed, and quickly adapt to changing conditions. It is a busy life of specialized work, watches and drills.

"Seeing the sailors succeed and watching them have the enlightening moments in their career is what I like most about my job," Pomer said.

Though there are many ways for sailors to earn distinction in their command, community, and career, Pomer is most proud of being selected as a mustang. A mustang is a slang term in the United States Armed Forces, referring to a commissioned officer who began

this or her career as an enlisted service member.

"I am proud of being selected as a mustang because I am carrying on the tradition of being in the Navy, the first naval officer and my dad rendering my first salute," said Pomer. "A former chief saluted his son."

"Serving in the Navy gives you time to reflect and grow up, getting to see how we all fit in the grand scheme of things," Pomer said. "One person can make a difference and being able to see that is one of the coolest things I have ever done."

Town Council

Continued from page 1

town losing in revenue. Diane responded, "None of the lots have buildings on them so not really anything" all except Dianna is land locked. The town could sell them once it is deeded.

The council then accepted the motion passing 3-0

Finance Director, Doug Smith added that a few years ago the town put in place a system to help tax payers who may have fallen behind to be able to stay in their homes and have a payment plan that works for them. He wanted residents to know that they want to work with them to help them get

though a bad situation. He said it is better for people to contact him and get a plan in place before things get out of hand.

Doug McNutt, a representative from the American Association of Retired Persons, New Hampshire spoke to the council about Londonderry being part of their age friendly towns where they look at housing, transportation and communication.

"We want to make it better for the people of all ages not just older people. We help you with what you want to do we are only advisory we are here just for support, advice and to give you tools. We are not looking for any money."

Town Manager Kevin Smith told the board that

Colleen Mailloux, the Town Planner, has already started working with them. We will be seeing more of them soon.

Also during public comment, Londonderry State Representative Doug Thomas informed the council about a Washington D.C. conference that he and two other State Reps attended. He felt that Londonderry was well represented at the conference where they spoke about many issues. One of the biggest topics was about getting grants to help with school funding issues. He also mentioned that they paid for the trip themselves.

Another local resident, Ray Breslin, also addressed the council. He

wanted to thank Marge Badois, and Mike Speltz of the Conservation Commission, and Steve Cotton for their efforts in making sure the town is getting air and water testing. "What I want to say is the air quality test we should not have to pay for but water is very important and \$35,000 may not be enough to pay for the testing needed to be sure our water is ok. If the town is serious there are a number of state and federal agencies that will help with the financial burden needed to make sure the testing is done right. We should look into well testing like we did in the past but with all the construction and blasting we should add looking into

the aquifers, brooks and streams. 75 to 80% of the town is on wells, so making sure they are not contaminated is a priority. We need to protect our water for the future generations."

Next North fire station update now that 90% of the siding is replaced we are looking for \$7,660 to paint it so it is all one color. Mr. Combs asked why do we need to paint Mr. Cotton stated that there was a misunderstanding and some of the building trim is and white and some beige this will make it all on color.

Farrell stated that he hope that central fire does need repaired Like that other two.

Doug Smith also spoke about the finances management policy updates,

basically making it more flexible to react to changes and conditions, and having it reviewed every two years by Town Council. To expend \$11,065 for new remote cable equipment

Before the meeting adjourned, Council Chair John Farrell brought up a discussion on a Town Pool saying, "There has been a lot of conversation in town about a Town Pool, since the town doesn't have a body of water." Farrell asked the town manager to set up a feasibility study for it. Other council members agreed.



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Editorial

Happy Labor Day

With Labor Day almost upon us, it is important to look back and understand why it came to be the federal holiday it is, and how the significance of it has been lost.

Not so long ago, most Americans had a standard workday 9 to 5 or an eight-hour shift at a factory.

They had designated time for lunch, and expected to head home when their shift ended.

But that type of workday has mostly gone the way of the horse and buggy. People work until the job is done, or they put in 50 or 60 hours a week to show their diligence, or they take on overtime or extra shifts because there's no one else to do the job or they are given no choice.

So while Labor Day was established to honor the worker, in practice it's a bit different. Most stores are open and offer sales to bring in customers, and if the day is given as a holiday, many businesses expect their employees to work extra to make up for it.

Labor Day in 2018 is little more than an end-of-summer holiday. People attend barbecues, parties, a last visit to the ocean or the lake, perhaps some fireworks and then it's back to business as usual.

According to the U.S. Department of Labor, Labor Day is a creation of the labor movement and is "dedicated to the social and economic achievements of American

workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and wellbeing of the U.S." As the country changed from an agricultural to a manufacturing economy, labor unions began organizing strikes and rallies to protest dangerous conditions and seek better hours and pay. Some of those events turned violent. And some gave rise to what would become Labor Day.

On Sept. 5, 1882, 10,000 workers took unpaid time off to march in New York City, holding the first Labor Day parade in U.S. history. The idea of a "workingmen's holiday," celebrated on the first Monday in September, caught on, and states passed legislation recognizing it. Congress legalized Labor Day in 1894.

Today, most of us don't give a lot of thought to the workers who fought for basic health and safety rights more than 100 years ago. Indeed, in today's political climate, presidential candidates champions their fights against unions, argue over whether to increase the minimum wage, and suggest Americans need to put in even more hours at work.

So perhaps this coming Labor Day, as northern neighbors that we are of the cities that began the American Industrial Revolution, we might take a moment or two to recall what this "day off" is all about.

Letters

Response to Don and Steve Show

To the Editor,

As one half of the Don and Steve show, I wish to say thanks for being a part of the show. I have to tell you it is tough going up against the number one reality show in the Country. That would be "the Country" itself, although humor is not the real intent of our show. It occurred to me since you probably missed last week's episode of the Country; let's bring you up to speed, shall we? In last week's shocker Paul Manafort was found guilty on 8 counts (would have been 18 but I understand there was a "trumpet" on the Jury.) These include Tax Fraud, Failure to file foreign Bank accounts and Bank Fraud (stay with me as this is important). Michal Cohen, his longtime Lawyer had pleaded Guilty to 8 counts, of which 2 are criminal Campaign violations. Is that it? No, there's more. David Pecker CEO of AMI, AKA the National Enquirer (most likely called the bible to, what did you call yourselves, Deplorables?). He has an Immunity deal in exchange for testimony. And finally, Allen Weisselberg, CFO of the Trump Organization has taken an Immunity deal as well.

Pardon me, (that was

a joke) however I am going to provide you with the Spoiler Alert!

You see there is a New York Times best seller book just out called: House of Trump, House of Putin. Pretty much says the relationship stretches back more than 30 years (Yes, despite, I don't know no Russia comments). Claims Trump was 4 Billion in debt and the Russians bank rolled him. Most interesting is; the claim Trump Organization is just an affront to Russian Money Laundering, and has been for years. I know what you're thinking, it's just a book. Perhaps, but I do not believe Mr. Pecker or Mr. Weisselberg think it's "just a book". In case you were unable to there on your own; this where the bank fraud comes into play (from stay with me above). Last week's Cliff hanger: Where are the contents of the Safe?

My apologies if you were offended by Ignorant Orange Clown comment. Perhaps these will fit better: "Un-Indicted, Criminal, Co-Conspirator"? Or, "Most Corrupt Administration ever witnessed"?

I can tell you I have sworn of the FFN network many years ago. It still is just amazing to me what this Network makes people say, i.e., "Nonexistent Collusion", "Absurd regulations." I think we are just now at the begin-

ning of understanding how deep the "rabbit hole goes".

I have got to say for a Reality show, it really is much, much better than ours. This one has: Mob elements, Elliot Ness fighting the crime family, informants flipping, people pleading guilty, Court room drama, Hidden safes, Adultery, Foreign Intrigue, Endless plot twists, and Lying. So, what's not to like? Hope it wins an Oscar!

Steve Homsey
Londonderry

Half Staffing U. S. Flag for Senator McCain

To the Editor,

In honor of Senator John McCain's death I have half staffed my U.S. flag until after his interment on Sunday, September 2, 2018. Senator McCain was the ultimate patriot who served our country as a naval officer and outstanding senator. He embodied what this country stands for - freedom of speech; perseverance; loyalty; and common decency to all, including those whom he disagreed with. Senator McCain's voice will truly be missed in the U.S. Senate.

Regards,
Donald Moskowitz
Former E5 and O3,
U.S. Navy
Londonderry, NH

Londonderry Times welcomes letters of up to 500 words on topics of local interest, written by local residents, and prints as many letters as possible. Please e-mail your letters to the Londonderry Times at londonderrytimes@nutpub.net. All letters must include the writer's name, address and phone number for verification if needed; name and town of residence will be printed. Londonderry Times reserves the right to reject or edit letters for content and length, and anonymous letters will not be printed.

Deadline is 5 p.m. Monday.

Have an Announcement?

This service is provided free of charge to Londonderry residents who wish to announce the birth of their child or grandchild, marriage engagement, wedding or milestone event such as a Silver Wedding Anniversary. This is a great way to share your news with your local community. The Londonderry Times also accepts obituary notices. Please contact us at 537-2760 or e-mail to londonderrytimes@nutpub.net.

Londonderry Times

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As Hunting Season Approaches Safety is the Key

MELISSA BETH RUIZ
LONDONDERRY TIMES

The end of summer is upon the Granite State, and soon groups of residents will be trading in their swimming trunks and bathing suits for bright orange vests and camouflage.

Hunting season officially kicks off in New Hampshire on September 1st, with the opening of the black bear and small game seasons. Archery seasons for turkey and white-tailed deer go underway beginning September 15. Waterfowl hunting begins in September, with dates varying by species and zone.

In order to take part in any hunting season, a hunter must obtain a New Hampshire hunting license. Licenses may be purchased online, by mailing in an application, or by visiting a local

licensing agent (a list by town is available at wildlife.state.nh.us/licensing/agents.html). A valid state-issued ID must be presented in order to obtain a hunting license.

By state law, anyone who plans to buy a hunting license must complete the respective hunter, bowhunter, or trapper education course, or show a previously issued license of the same type. For more information on how to enroll in a hunter education course, visit wildlife.state.nh.us/hunting/hunter-ed.html.

Whenever firearms and archery are involved, safety measures must be taken seriously. The following are some safety tips for hunters to keep in mind:

For firearm hunters, follow these best practices: treat every firearm

as if it were loaded, unload firearms when not in use, never climb a fence or tree or jump over a ditch or log with a loaded firearm, only point at what you intend to shoot, never shoot a bullet at a flat, hard surface or water, keep fingers off of the trigger until ready to shoot, clearly identify a target and what is beyond it before shooting, make certain that the gun barrel and action are clear of obstructions. Always store firearms and ammunition separately, know where your hunting partner is at all times, if you are accompanied by a hunting dog, always keep him or her under control, and perhaps most importantly for all types of hunting, avoid alcoholic beverages or other mood-altering drugs before or while on the hunt. These same guidelines can be

applied to bowhunters, as well.

Planning for the weather behooves any type of hunter. Hunters can be at risk for hypothermia in cold, wet conditions, even in temperatures as high as 50 degrees. To reduce risk of hypothermia, dress in warm layers, avoiding moisture-retaining cotton and opting for a water-repelling outer layer. Before going out, be sure to check the weather report for inclement weather so as not to be caught off guard by an unexpected storm.

It is never advised to head out on a hunting trip without letting a friend, relative, or neighbor know about where you will be and when you expect to return. Should the unexpected happen, this person can alert authorities of your absence and help can be sent out to you as soon as possible.

Outdoor safety is not limited to hunters. Those who prefer to simply enjoy the beauty of the woods are advised to take

their own safety precautions.

Sight-seers are urged to avoid colors and patterns that blend into the surroundings, such as white, black, brown, earth tones, animal patterns, and camouflage. Bright orange, red, or bright green clothing is best for visibility, especially for vests and hats. These bright colors will help you stand out to hunters so that they will be better able to avoid accidentally hitting you.

Making your presence known is a great way to ensure your safety. Talking loudly to a companion, whistling or singing, or even taking a portable music-playing device will help nearby hunters acknowledge your location. However, for common courtesy, noise should be reduced once safety is established so as not to scare away any potential game from the hunters.

Hikers with four-legged walking companions should not let their dogs walk off-leash in an area that allows hunting,

especially in areas with game the dog may want to chase.

To avoid encountering hunters altogether, there are plenty of locations where hunting is prohibited. Most state and national parks do not allow hunting, and Sundays are often hunting-free days.

Regarding any hunting lures, the NH Fish and Game department urges hunters not to use natural urine-based deer lures as fall hunting seasons begin. These products can potentially spread Chronic Wasting Disease, a fatal neurological disorder in white-tailed deer and moose. Synthetic lures are permitted for New Hampshire hunting.

Hunting and fishing in New Hampshire can both be enjoyable activities, but they both involve rules and regulations in the interest of safety and ethics. For a complete explanation of all types of hunting, fishing and trapping and their rules and regulations in New Hampshire, as well as answers to frequently asked questions, visit wildlife.state.nh.us



Winning Women

On Monday Aug. 20, Londonderry women's softball league team Blue Fish beat Josie's jewels with a score of 14-3 to win the league championship, the two teams played in a back to back double header double elimination series. This is the leagues 17th season! For more information please visit lws-nh.info Pictured back to front are: Karen wassermen, Christina Dermite, Tristin Manson, Colleen leach, Connie Corcoran, Taylor wood, brooke kennedy, Jessica Toomey, Gabby Pucciarelli, Karissa Stefanani, Val shay, Corrie Binette and Roxanne Nelson.

Courtesy photo

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Sisters

Continued from page 1

"It's brought so much joy to us." Ashley beamed.

The Greenwood sisters will be joining over a

hundred other students in giving at least 8 inches of their hair at Londonderry High School's 12th annual Day of Giving. The drive will benefit Pantene Beautiful Lengths, a donation effort from the hair care company to give

wigs to patients losing their hair to cancer treatment.

Since 2007, LHS has held its own drive to donate ponytails to Pantene. When the drive first started over ten years ago, the turnout was just over 60 students on that first day. In recent years, the Day of Giving has brought in around 150 students with each drive, with even more donating throughout the year.

"Students are what makes it happen." Said LHS Teacher, Pep Rally Emcee, and Day of Giving Coordinator, Steven Juster. "They are the Angels. Without them, nothing happens."

Juster mentioned that students will often come to his classroom throughout the school year, showing off new short hairstyles with ponytails preserved in plastic bags to go on to a patient waiting for a wig. The school will help send out donations, with contributors' addresses and names attached, all year, should students find they are unable to give on the day of the event.

Juster further mentioned that since the

drive has grown, he's had students participate in the drive who have been preparing to give since hearing about it in middle school, perhaps from older siblings who have previously pledged.

The Day of Giving is always announced during the Fall Pep Rally to remind and/or introduce the drive to students. This shout-out gives students the opportunity to pledge and prepare for that coming year, the next year, or the year after that—whatever year they are ready and willing to contribute their own beautiful lengths.

Though for 2020's Day of Giving, LHS will be end-

ing their decade-long partnership with Pantene. According to Juster, starting on December 31st, 2018, Pantene will be discontinuing its Beautiful Lengths campaign, and will take the next few years to complete wigs from their donations.

Juster stated that the school will consult with the American Cancer Society (ACS) to choose another company to work with, as the ACS takes great care in vetting the organizations they work through.

"I just want to put it out there, especially because it's the last one for Pantene, to just do it!" said Ashley regarding stu-

dents who may be on the fence about giving their own hair at the event. "Go for it, because your hair will grow back...use the beauty of how your hair can grow, and use it for another beauty—to help people with cancer who can't."

"Think about the smile someone will get when they get their hair. And when you cut it, you'll feel so good."

This year's Day of Giving at LHS will be held at the winter pep rally on December 21st, 2018. For more information on the Day of Giving at LHS, Steven Juster can be reached at sjuster@londonderry.org.



Londonderry sisters Ashley (left) and Skyler (right) Greenwood pledge to give their hair at LHS's Day of Giving in honor of Skyler's best friend, in recovery after undergoing treatment for Leukemia. Ponytails collected from the drive will be made into wigs for patients losing hair due to cancer treatments.

Beautify

Continued from page 1

\$499 and Friendship Team - up to \$250. Leadership and Partnership sponsors will be featured on future volunteer t-shirts and all sponsors are thanked with an advertisement placed in the Londonderry Times.

Over the years Beautify Londonderry has focused on two primary areas, the first being roadside litter pick up. Originally called Roadside Pride before being merged into Beautify Londonderry, this effort was organized by residents John Loker, Maury Lavoie and Andy Morneau.

This part of the program recruits and equips

citizen volunteers to pick up trash from a variety of roads in town. Most volunteers work in or near their neighborhoods. Beautify Londonderry tries to focus on the areas that are the messiest. These tend to be the roads in town with double yellow lines. The program is happy to support clean up efforts anywhere in town. Volunteers are given trash bags, gloves, safety vests, water and a commemorative t-shirt.

The second thrust of the program is planning and organization of adornment projects at town facilities and common areas. Usually this involves spring cleanup, mulching and sometimes plantings. Specific projects vary from year to

year. In the past, efforts have focused on the schools, town offices, fire stations, the senior center, the town common, as well as other town properties.

There is a strong need for volunteers as the number of potential projects and road cleanups always greatly exceeds the usual volunteer manpower. In the past, volunteers have been individuals, families, scouting groups, sports teams, school clubs and businesses.

Anyone interesting in learning more about the committee, sponsorships or simply volunteering can contact Mike Byerly, Beautify Londonderry Chair at mbyerly@londonderry.org or 537-9551.

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Be Smart About Your LDL's and HDL's: Cholesterol Education Month

MELISSA BETH RUIZ
LONDONDERRY TIMES

Summertime is synonymous with barbecues, ice cream nights, fair food, etc. Fall also has its share of festival confectations, along with such delights as Halloween candy and Thanksgiving feasts, which make way for Christmas cookies and other goodies.

While most people save their promises to themselves to start eating healthier and looking out for their health for New Year's resolutions, the Center for Disease Control urges the public to think ahead of the curve, and as early as late Sum-

mer, at that.

September is National Cholesterol Education month. An ideal time to get blood cholesterol levels checked and to learn how to manage and prevent high cholesterol; as well as the perfect time to learn about the food and lifestyles that will help keep cholesterol levels in check, says the CDC.

Cholesterol is a waxy, fat-like substance found in the body and in many foods such as meats, cheeses, milk chocolate, cakes, etc. While the body does need cholesterol to function normally, the CDC says that the body does make its own, and

makes all that it needs, so consuming an excess of it from foods can lead to dangerous consequences.

Too much cholesterol can build up in the arteries, narrowing them after a while and thereby increasing the risk for heart disease and stroke.

According to the CDC, more than 102 million American adults aged 20 years old and older have total cholesterol levels at or above 200 mg/dL (milligrams per deciliter), with more than 35 million of these adults having levels of 240 mg/dL or higher, putting them at risk for heart disease. Ideally, total cholesterol levels, accounting for LDL (Low Density Lipoprotein, or "bad" cholesterol) and HDL (High Density Lipoprotein, or "good" cholesterol) cholesterol combined, should end up being less than 200 mg/dL.

The CDC states that many people with high total cholesterol levels go unaware, as high cholesterol doesn't typically have symptoms. Should someone suspect that he or she, or someone he or she knows, is at risk for developing high chole-

sterol, a simple blood test can determine total numbers to assess if there is a problem or not. This blood test, called a lipoprotein profile, can measure total cholesterol levels, including LDL, HDL, and triglycerides (the main constituents of natural fats and oils).

The National Cholesterol Education Program recommends that adults aged 20 years or older have their cholesterol checked every 5 years. According to the CDC, less than half of young adults who have risk factors including obesity, smoking, high blood pressure, diabetes, and family history of cholesterol problems, don't get cholesterol screening, even though up to a quarter of them end up having elevated levels of cholesterol.

Many assume that high cholesterol levels are only a risk in older adults. However, high cholesterol can develop as soon as early childhood, with those at risk often being overweight.

In the United States, more than one-fifth of youth aged 12-19 years have had at least one abnormal lipid level, says

the CDC. The CDC further states that it is important for children over 2 years of age to have cholesterol levels checked, should they have any of the following risk factors: being overweight/obese, having a family history of high cholesterol, a family history of heart disease, diabetes, high blood pressure, or a certain chronic condition (chronic kidney disease, chronic inflammatory diseases, congenital heart disease, and childhood cancer survivorship).

Most people associate increased risk for high cholesterol with diets consisting of foods high in saturated fats, such as bacon, butter, etc. However, recent studies have also found that diets high in refined carbohydrates, such as white bread, white rice, pastas, etc have also contributed to elevated total cholesterol levels.

Those with high cholesterol levels can manage their condition through a variety of means. In some cases, a doctor may need to pre-

scribe medications to treat the condition, but small lifestyle changes go

a long way in reversing and preventing high cholesterol.

Reducing the consumption of refined carbohydrates and introducing more foods higher in fiber, such as leafy green vegetables like spinach, into a person's diet, getting at least 2 and a half hour of moderate or 1 hour and 15 minutes of vigorous physical activity per week, maintenance of a healthy weight, and abstaining from or quitting smoking are all great measures to take towards healthier cholesterol levels, and therefore a healthier heart.

Needless to say, with upcoming fairs, gatherings, and holidays, it can be difficult to completely abstain from partaking in a variety of tasty seasonal treats. Doing what is necessary for a long, healthy life is paramount, but this is not to say one should never enjoy the little things that make life a little sweeter. As the saying goes, "Everything in moderation."

For more resources on preventing high cholesterol, visit www.cdc.gov/cholesterol

OBITUARY

Jane Fillmore



Jane Fillmore, 73 of Londonderry, died Wednesday Aug. 22, 2018 surrounded by friends & family. Jane was born in Jamaica Plains, MA on May 23, 1945 the daughter of the late Earl and

Ruth (Somers) Dearborn. She resided in Londonderry NH for the past 40 years, formerly living in Gardner, MA and Pembroke, NH. Jane is a graduate of Pembroke Academy Class of 1963, and went on to graduate from UNH. Jane was a loving wife, mother, and grandmother who dedicated her life to serving the Lord. She was the President of Aglow from 1979-1981 and served with the NH Alliance and Londonderry Clergy and most recently served with 1269 outreach in Manchester.

She is survived by her husband of 46 years, John Fillmore III of Londonderry, three daughters, Jessica and husband Brian Fraioli of Wilmot, Jocelyn and husband Nathan Perez of Pembroke, and Julie and husband Alex Collins of Hooksett; twelve grandchildren, Jason Fraioli of Fort Worth, TX, Michael, Hanna, Heather, John, Maria, and Anthony Fraioli of Wilmot, Samuel Perez of Pembroke, and Isaiah, Malik, Aiyaina, and Trystian Collins of Hooksett; and Nephew Jay Young and his wife Molly of Cornish. Jane was pre-deceased by her sister Linda Holland of Pembroke.

A service will be held on Wednesday Aug. 29, from 2 - 4 p.m. in the Peabody Funeral Home and Crematorium, 290 Mammoth Rd., Londonderry. Family and friends are invited to the Fillmore home in Londonderry immediately after the service to spend time with the family.



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Some Words of Advice For Seniors Applying To Colleges

MIKE BYERLY
LONDONDERRY TIMES

This article is the first in a series based on a collaboration between Maureen O'Dea, the Director of School Counseling at Londonderry High School and the Londonderry Times. The articles will cover various aspects of the college planning process

including finding colleges, choosing a college, paying for college and other related topics.

To kick things off, the focus is on what seniors should be doing as they enter the intense home stretch in the college process. At this point, it is assumed that your student has at least a starter list of colleges in mind

and they have taken standardized tests at least once – either the SAT or ACT. As juniors, students would have taken an SAT test last spring in school.

If they have not taken either test, get them registered for one as soon as possible. The next SAT is on Oct. 6, but you have to register for it by September 7. The next ACT is on Oct. 27, but you have to register for it by Sept. 28.

To get off on the right foot in early September, O'Dea recommends parents sitting down with their senior to discuss plans and goals. It might be less stressful to do this as an evening out (perhaps dinner at a favorite restaurant) with your college-bound child. Go over your strategy for the school year.

Do they want to take any additional standardized testing? If they need teacher recommendations, who will they ask? How much can you afford to pay for college?

Review your child's list of colleges. If necessary, find a few more colleges using an online college finder to make sure you haven't neglected any possible colleges. Decide if you want to go to any college fairs to learn about colleges on your list. LHS is hosting a college fair in the gym on September 19 from 6:30-8 p.m. with about 100 colleges represented. See if

admissions representatives from the colleges that interest your student will be visiting LHS, and if so plan to attend their information sessions.

In Oct., learn about Early Decision or Early Action at target colleges and decide whether your senior will apply to any colleges under those options or if they will apply as Regular Decision.

O'Dea says that this is also a good time to create a calendar to keep track of the application and financial aid dates for each college. On the topic of financial aid, all colleges require filing of the Free Application for Student Aid (FAFSA) for your

student to be considered for financial aid. A smaller number of colleges also require a form called the CSS/Profile. Make sure you understand which is required for your colleges. LHS is hosting a Financial Aid Night on Oct. 3 at 6 p.m. in the LHS cafeteria. Students are welcome and can win a \$250 scholarship.

Most colleges require some sort of essay as part of the application, so look into what is required for each and get started on them. Lots of colleges use the Common Application, a unified application that lets students easily apply to multiple colleges. Have your student create an account and check it out.

There is an essay requirement built in and some colleges will also require supplemental essays.

Consider making college visits to the schools at the top of the list and schedule any interviews that can be completed on campus or with college alumni. Early in the year is a good time to figure out what your student and family can afford to pay for college. If the college is visiting LHS be sure you attend the meeting. If you can't, be sure you contact the admissions representative and let them know you couldn't miss class. Demonstrated interest plays a role in the admission decision.

Based on your finances, the strength of your student's academic record and the college they apply to, the Expected Family Contribution is something that can vary. It is a good idea for the parents to get a sense of what they and the student will be asked to pay by running through the Net Price Calculator (NPC) for a few of the top colleges on the list.

Starting in Nov. it is crunch time. Parents you might have to start nagging your teen about early application deadlines, if applicable. Families should also narrow the college list to those schools to which applications will be sent. Most colleges have regular decision application due dates in Dec. and Jan. As the student starts working on (or completing) applications, parents can offer to proofread and provide constructive criticism.

OBITUARY

Sandra L. Berger



Sandra L. Berger, 71 of Londonderry, NH died Wednesday Aug. 22, 2018 at her home surrounded by her loving family. Sandra was born in Lynn, MA on Sept. 5, 1946, the daughter of the late Harry and Gilda (Kashnow) Dornfeld. She had resided in Londonderry for the past 31 years, formerly living in Andover and Lynn, MA. Sandra was a graduate of Lynn Classical High School Class of 1964, and later graduated from Fisher Junior College in Boston, MA. Sandra was a devoted wife, mother, grandmother and a friend to all she met.

She is survived by her husband of 52 years, Howard M. Berger of Londonderry, two children, Karin Lewis and her husband Jay of Concord, NH, and Stephen Berger of Windham, NH, two granddaughters, Rachel Lewis and Sarah Lewis of Concord, one brother, Gerald Dornfeld and his wife Marilyn of The Villages, FL, as well as several nieces, nephews and many cousins.

Following cremation, calling hours were held on Tuesday Aug. 28, from 3 – 6 p.m. in the Peabody Funeral Home and Crematorium, 290 Mammoth Rd., Londonderry. A celebration of Sandra's life followed at 6 p.m. in the funeral home. Family and friends were invited to the Berger home in Londonderry on Wednesday Aug. 29, after 10 am to spend time with the family. In lieu of flowers, donations in her memory may be made to the American Cancer Society Making Strides of Nashua. Please donate to the team Bubbi's Run. To send a condolence or for more information, please visit www.peabodyfuneralhome.com.

OBITUARY

Patricia A. Wood



Patricia A. "Patsy" Wood, 70 of Londonderry, died Monday Aug. 27, 2018 at her home. Patsy was born in El Paso, TX on Oct. 19, 1947, a daughter of the late Arnold and Florence (Plocharczyk) Roberts. She had resided in Londonderry for more than 25 years, formerly living in Derry. Patsy had a great sense of humor and was quick witted. She loved singing on the porch with her family and friends. Patsy also enjoyed all sorts of crafts.

She is survived by her husband of 52 years, John W. Wood of Londonderry, two sons, Johnnie Wood and his wife Joy of Hooksett, and Jamie Wood and his wife Lisa of Londonderry, two daughters, Kristen Farnell and her husband David of Derry, and Kimberly Wood of Londonderry, seven grandchildren, Kellsie, Patrick, Taylor, Matthew, Nicholas, Curran and Autumn, her step-sister, Donna Ouellette, as well as several nieces and nephews. She was predeceased by her sister, Priscilla Gurley.

Following cremation, calling hours will be held on Friday Aug. 31, from 4 – 7 p.m. in Peabody Funeral Homes and Crematorium, 290 Mammoth Rd., Londonderry. A memorial service will follow at 7 p.m. in the funeral home. In lieu of flowers donations to be made to Dana-Farber Cancer Institute, P.O. Box 849168, Boston, MA 02284-9168. To send a condolence or for more information, please visit www.peabodyfuneralhome.com

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Summer Break Brings Parents Together to Build Positivity



CHRIS PAUL
LONDONDERRY TIMES

What started as a post on the Londonderry Moms Facebook page, has now turned into a school-wide endeavor to turn Elementary school bathroom stalls into a place of encouraging messages for young students.

North School PTA member, Jennie Fitzpatrick, had the idea to paint these encouraging messages on the bathroom stall doors at North School over the summer and now Matthew Thornton and South School

have parents and staff members doing the same.

All-in-all about 20 parents were involved in the North School effort before school began on Monday, Aug. 27, and about 10 positive messages were painted on stall doors in four of the school's bathrooms.

Sayings like "Be Awesome Today, Spread Kindness Not Germs - Wash Your Hands" and "You are Braver Than You Believe, Stronger Than You Seem and Smarter Than You Think," are just a few of messages that will greet students many times over the school year."

Fitzpatrick noted, "It will be great to start the school year off with some positivity," while she was putting some finishing touches on the stalls last week.

At Matthew Thornton Elementary School, new Principal Amity Small said that along with the PTA volunteers, professional painters, Brush and Hammer Painting have been designing sayings in all the school's bathrooms.

Some of the sayings children will find there are "Be the Reason Someone Smiles Today" and "Be Kind."

The effort goes along

with the school district's overall philosophy of creating a positive learning environment for students.

Above from left, Jennie Fitzpatrick, Lisa Karoul and Abby Kelly put the finishing touches on the saying on the North School bathroom stalls last week. At right some of the stalls at Matthew Thornton. Photos above by Chris Paul



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***I'll see you at the Polls at
the LHS Gym on Sept. 9.***

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Old Home Day Casts Winners of Annual Baby Contest



Carter Volodin took the Little Londonderry Master sash.



Kennedy Eggers was voted as this year's Little Miss Londonderry.



Penelope DeCarolís had the Best Personality.



Best Smile was Trey Mark Gulezian whose dad, Steve, won little master 37 years prior.



The Best Dressed award went to Everly Harlow.

Over 30 babies competed in this year's Old Home Day Baby Contest held in the Matthew Thornton Gym on Saturday, Aug. 18. Helping judge the competition this year were Miss Londonderry, Sarah White of Hooksett and Miss Auburn, Emma Cohan of Nottingham. The judges had their hand full needless to say. *Phtos by Chris Paul*

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CHRIS PANTAZIS
LONDONDERRY TIMES

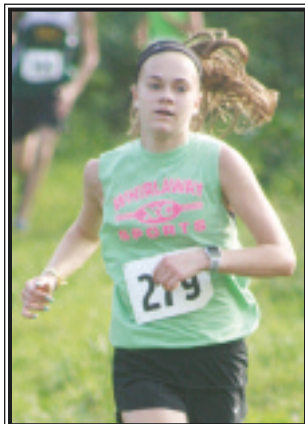
For the second year in a row runners hailing from Litchfield stood out in the Mack's/Greater Derry Track Club Run for the Apples Cross-Country 5K which rolled through the aromatic Londonderry orchards in pretty steamy weather late this past Sunday afternoon, Aug. 26.

Eighteen-year-old Campbell High School graduate and current Southern New Hampshire University student Luke Hogan was out front of the crowd of 115 runners through much of the race. And he finished up first in a time of 17 minutes and 22 seconds.

The second and third place finishers - also hailing from Litchfield - were



Luke Hogan



Bethany Graham



Some 155 runners competed in the 22nd Run for the Apples 5K.

brothers Trevor and Tyler Scopelites respectively in 18:16 and 18:37. Londonderry teen Tyler Kraft finished fourth (19:14), and 50-year-old John David Toscano of Salem represented the older runners well by finishing fifth overall (19:30).

The female winner was 13-year-old Salem resi-

dent Bethany Graham, who crossed the finish line eighth overall in 20:18. Kate Von Pichl of Londonderry was the fifth female across the line - 17th overall and first among the 40-49-year-old women - exactly a minute behind the female winner in 21:18.

Directed as it has been

every year by longtime GDTC member Eldon Burkinshaw, the 2018 event went unhindered by a weather forecast which initially called for potential rain around the time the event began. Instead, the conditions were steamy.

It was the second year in which a runner from

Litchfield took top honors. Sixteen-year-old Jeff Allen won the 2017 race in an excellent time of 15:20. And it was also the second straight year in which a 13-year-old girl paced all of the females. Early teen Fiona Doherty from Manchester was the 2017 female winner in 19:15.

Other Londonderry

runners who enjoyed noteworthy performances in this year's event were young Lillianna Cawthorn (second among the 1-12 girls), Emily Von Pichl (fourth among the 17-39 women), Rob Barry (second among the 40-49 men and 14th overall), and Dave Law (fourth among the 60-99 men).

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Londonderry Summer Hockey League Crew Wins a Championship



Patrick Murphy tied things up with a goal in the second period against Bedford.

CHRIS PANTAZIS
LONDONDERRY TIMES

In its very first season playing in the New Hampshire Junior Monarchs' High School Summer Hockey League the Londonderry Orange squad proved to be better than the other ten teams in the league in winning the championship.

The locals, who were led by head coach Jim Cotter and his assistant Jeremy Seibert, overcame a 1-0 deficit by scoring three unanswered goals in the second and third periods in handing the Bedford

squad a 3-1 defeat in the title contest played at the Tri-Town Arena in Hooksett on Thursday, Aug. 23.

The trophy-hoisting Londonderry squad, which was made up entirely of players from the Londonderry High School ice hockey program, saw Bedford bag the only goal of the first period. But the locals answered with the tying goal from Patrick Murphy and the go-ahead tally by Zac Rheault in the second period, and Anthony Federico added an insurance



Zac Rheault got the go-ahead goal during the teams championship win.

marker on an open netter at the end of period three. Goalie Cam Donovan did strong work between the pipes for the champs.

Both LHS and Bedford squads went 10-2 over the course of the season, with John Stark rounding out third place at 9-2-1. Londonderry scored a total of 74 goals during the summer and gave up less than half of that with 34.

Along with the aforementioned players, the large title-winning Londonderry crew included Patrick Cohen, Jack Beirne, Connor Paiton,

Nick Pitarys, Brandon Savage, Michael Ziv, Ethan Cohen, Kevin Grif-



Anthony Federico puts home an empty netter.
Photos by Chris Paul

fin, Austin Cardosi, Joey Cole Ferguson, Matt Naso, Stowell, Jack Thompson, Sam Seibert, Kyle Hamilton, Derek Felix, Evan Cotter, and Jake Holland.

Defending Champion LHS Spirit Squad Ramping Up For a Run at a Repeat

CHRIS PANTAZIS
LONDONDERRY TIMES

Perhaps one of the finest moments in the Londonderry High School spirit program's history came last fall when coach Chelsea Dennis' Lancers got past the dominant Pinkerton Academy juggernaut and won the Division I title. And the only thing tougher than becoming a champion is remaining a champion.

Coach Dennis and her team are working diligently to be worthy of a title repeat this year, and in

that effort veterans will be looked to perform some of the magic which helped the locals get to the top of the D-I mountain last fall.

Included in that crew will be senior Kathryn Hughes, juniors Emma Gehris, Ashley Greenwood, Megan McHugh, Caitlyn Czekanski, and Samantha McCarthy, and sophomores Nikki Longua, Alana Mobbs, Lilly Tharrington, Alyssa Pitarys, and Reyanna Broadhurst.

The team's large crew of newcomers includes

senior Erin Leonard, sophomores Kylee Dodge, Arianna Squeglia, Kaylee Rowan, Jayden Stack, and freshmen Brooke Bodkin, Ava Campbell, and Madison Ouelette.

Dennis, who feels strongly that her Lancers have an excellent chance to repeat against top competitors like Pinkerton and Concord, states that her team's keys to success will include "A positive attitude, communication, and teamwork."

Dennis will be assisted by Nicole Otis again this fall.

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GOD BLESS

Skilled Lady Lancer Soccer Squad Hopes Lessons Were Learned

CHRIS PANTAZIS
LONDONDERRY TIMES

When the 2017 Londonderry High girls' varsity soccer squad's campaign finished last fall, longtime coach Derek Dane and his charges had a fair amount to lament. But with a strong bunch of returnees coming back for the 2018 season, they also had a lot from which they hoped to have learned.

There may not be a better girls' soccer coach anywhere in New Hampshire than Dane, and you can be certain that he expected his 2017 contingent to do better than an 11-7 record - good for seventh place in tough Division I - and a quarterfinal-round exit from the state

tournament thanks to a loss to Exeter.

Last year's LHS girls' team dealt with some injury trouble which hindered it, but a number of losses late in contests stung everybody on the team and were one of the chief points of lamentation for the Lady Lancers as their uniforms were being stuffed into moth balls.

Battle-tested returnees from that 2017 crew include starters and seniors Bella Cossette and Sammie LeClair (both midfielders) and juniors Gwen Barnes (defense), Lea Baum (defense), Darby Dupuis (middie), Abbie Ellis (defense), Jasmine Richards (goalie), and Olivia Stowell (middie).

Other returnees include juniors Alyssa Anderson (forward), Olivia Galluzzo (middie), Rachel Stone (defense), and Gillain Vilela (middie).

The sizable crew of promising newcomers includes juniors Kelly Calawa (forward) and Alexzandra Metro (defense), sophomores Katie McCudden (middie) and Delaney O'Leary (middie), and lone freshman Ashley Manor (middie).

"We're talented," said coach Dane. "Last season we lost too many games in the last 10 minutes. We need to learn from that experience, stay focused mentally, and compete for a full 80 minutes and into extra time if necessary."

When asked to look at which Division I opponents he expects to vie for upper-echelon positions this season, Dane responded, "The usual suspects, including (defending state champs Manchester) Central and Bedford. Concord and Winnacunnet were strong last season. I'm curious to see how newly-promoted Goffstown, Portsmouth, and Windham do."

Londonderry began its 2018 campaign at home against the defending state champs from Central this past Tuesday night - after Londonderry Times press time - and they'll hit the road for the first time to play at Manchester Memorial on Friday the 31st.



Veteran Sammie LeClair carries newcomer Delaney O'Leary in a fun drill during a recent Londonderry High girls' soccer practice. Photo by Chris Pantazis

Graduation Hit LHS Boys' Soccer Squad Hard, But Youth Rising

CHRIS PANTAZIS
LONDONDERRY TIMES

The 2017 season was an impressive and productive one for a Londonderry High School boys' soccer contingent which went an excellent 12-3-2 but fell short of a final-four finish thanks to a 1-0 loss to the eventual Division I champs from Concord High in quarterfinal-round tournament play.

However, the crew of players which enjoyed that lofty level of success was absolutely decimated by graduation this

past spring, with more than a dozen of those varsity Lancers climbing the stage to collect their diplomas.

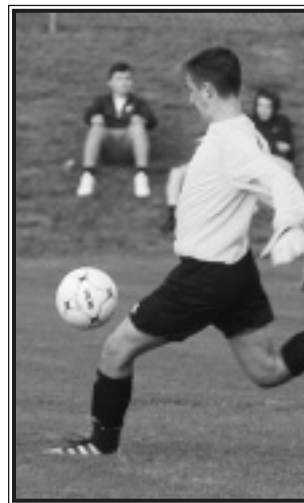
As a result, LHS veteran soccer coach Todd Ellis found himself with a significant rebuilding process beginning as he and his youthful charges stepped in this, the first week of the 2018 campaign with a road game at Manchester Central this past Tuesday, Aug. 28, after Londonderry Times press time. The locals will play their first home match against

Manchester Memorial this Friday the Aug. 31.

The Lancers' tiny list of returning starters includes versatile senior Brian LeClair and juniors Alex Hufford (goalie) and Nick Weinmann (defender).

Other varsity returnees include seniors Jack Brown, James Cranmer (both midfielders), and Tyler VanAvery (striker), and juniors Keith Fletcher (defense) and Brady Hanley (a middie).

The squad's newcomers include junior Sean Sullivan, sopho-



LHS Goalie Alex Hufford returns for 2018.

more middies Anthony Ramy and Cody Hanley and striker Hunter Smith.

"After graduating 14 seniors last year, we are a very young team," said coach Ellis. "We are still trying to find our footing, but if we continue to train hard, we will continue to improve and hopefully be playing our better soccer toward the end."

When asked to state which opponents concern him the most going

into the new campaign, Ellis named Bedford and the Manchester Central contingent against which his Lancers opened up in the Queen City earlier this week.

Ellis, who has coached at a great many levels over the years, is one of those coaches who always seems to find a way to get the utmost out of his charges, be they seasoned veterans, tender youths, or a mix. And opposing teams know it.

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Lancer Football Squad Looks Strong as Campaign Begins

CHRIS PANTAZIS
LONDONDERRY TIMES

The 2017 Londonderry High School football team was able to take numerous positives away from its season last fall despite the fact that that campaign concluded with consecutive lopsided losses to Nashua South in the final regular season contest and then undefeated Salem in the playoff quarterfinals.

Coach Jimmy Lauzon's Lancers went a solid 6-3 overall, and the grapevine chatter coming into the 2018 campaign is that Londonderry may well be one of the toughest Division I contingents around.

There are a bunch of talented and battle-tested veterans back in the LHS fold for the new season, and none may be more significant than junior running back and defensive back Jeff Wiedenfeld, who produced more than

1,000 rushing yards for the Londonderry offense during the 2017 campaign.

But Wiedenfeld is certainly not the only well-seasoned player back in the LHS fold this fall, and Lauzon and his assistants are excited about what their Lancers might be able to accomplish on the field over the next several months.

"We like our group of kids this year a lot," said Lauzon. "We hope to build on the experience our team gained from last season. We are bringing some key players back, and if they learned from the things they did last year then we should be better off for it. Our staff is very pleased with how hard our group has worked this season, and we hope it translates to the field."

Lauzon and his Lancers get their 2018 season officially kicked

off this Friday night the 31st over on the seacoast at Portsmouth High.

The team's seniors include Tim Bajek (a lineman), Brendan Bedell (lineman), Josh Berube (lineman), Zack Chau (offensive and defensive back), Evan Cormier (quarterback/defensive back), Nate Cripe (wide receiver/DB), Max Desrosiers (tight end/defensive line), Taylor Dyer (OL/linebacker), Nathan Gehris (OL/LB), Patrick Hagearty (lineman), Jake Holland (back), Devin Janas (back), Mason Marquis(running back/LB), Ethan May (WR/DB), Jack Ogden (OL/LB), Devin O'Loughlin (WR/DB), Mitchell Phelps (back), Ben Psaledas (OL/LB), Cam Storage (RB/LB), and A.J. Thistle (lineman).

The juniors include Richard Alback (lineman), Cam Babine (TE/DL), Cooper Bartlett (OL/LB),

Jay Delano (lineman), Brandon Drake (back), Jay Hayes (WR/DB), Blaine Hopkins (lineman), Lorenzo Inglese (WR/DB), Matt Jones (back), Tyler Kayo (RB/LB), Cole Keegan (WR/DB), Ian Lidster (WR/DB), Tim McAlister (WR/DB), Jake McEachern (QB/DB), Justin Miller (lineman), Matt Pemberton (back), Kyle Proulx (back), Gabe Ramshaw (lineman), Alex Tssetsilas (WR/DB), Nate Truesdale (WR/LB), Michael Watts (lineman), Artie Wilkinson (back), Nick Walter (lineman), and Anthony Santosuosso (back).

The Lancers' sizable sophomore crew includes Aiden O'Loughlin (QB/DB), Alejandro Arnaiz (TE/DL), Joseph Behling (lineman), Sebastian Bernardini (WR/DB), Tim Breau (lineman), Eric Brown (lineman), Keith Cucinotta (RB/LB), Robbie Derhak (back), E.J.



Quarterback Jake McEachern hands the ball off to Cam Storage during a recent Londonderry High grid practice. Photo by Chris Pantazis

Donovan (lineman), Hayden Naar (RB/LB), Anthony Pucillo (lineman), Eric Cliff Fusco (WR/DB), Dan Raza (back), Wil Reyes (SB/LB), Lucas Seaman (WR/DB), Mike Waddle (lineman), Ian Ward (OL/LB), and Justin Watson (lineman).

Good Mix of Talent Has 2018 LHS Boy Harriers Looking Strong

CHRIS PANTAZIS
LONDONDERRY TIMES

The future will no doubt be quite bright for the Londonderry High boys' cross-country squad. But with a fine mix of freshmen and sophomores with some older

athletes on the 2018 team, it's possible that the future is right now for coach Matt Smith's Lancers.

Londonderry, which finished a strong third in tough Division I last fall and went top-five at the

state Meet of Champions a week later, boasts a top five which includes a senior, a junior, and no less than three sophomores.

Back in the 2018 fold and grasping more vital high school experience are senior Kyle Hoglund,

11th grader Kerry Daley, and sophomores

Will Heenan, Matt Griffin, and Ryan Young.

Add to that fine quintet other varsity returnees Eric Nowack (a senior), Ben Palumbo (senior), Christian Smith (senior), Dylan Hotter (junior), and sophomores Cam Robbins and Jack Sprague and freshman newcomers Andrew Young and Will Plante and you have definitive reasons for longtime coach Smith - himself a former LHS running stalwart - to be excited.

"We're still a really young team as more than two thirds of our roster is comprised of freshmen and sophomores. That said, up front we have a nice blend of seniors and underclassmen who gained a lot of big meet experience last year," he said. "We're really excited about this group's potential because of their dedication and work ethic on top of their outstanding talent. If we can continue to train well and keep progressing, we can be one of the best teams in Division I and New Hampshire

along with Concord and Pinkerton."

Concord's Crimson Tide enters the new campaign as the defending D-I champion, with longtime Pinkerton coach Mike Clark's Pinkerton Astros having won the previous four state titles and always in the running for another.

The Lancers will officially open their 2018 campaign by playing host to the arch-rival Pinkerton Astros and the Exeter High School Blue Hawks at LHS next Tuesday, Sept. 4.

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Coach Feels His Lancer Golfers Can Achieve Plenty This Fall

CHRIS PANTAZIS
LONDONDERRY TIMES

Depending at least partially upon how well his seniors can play over the next few months, Londonderry High golf coach Dan Grant feels as though the Lancers can be a strong competitor in the 2018

Division I picture.

Grant saw his Londonderry High crew post a modest 8-12 record last fall, but his 2018 group has some excellent returnees including seniors Brian Boyle, Thomas Marcantonio, Sam Seibert, and Josh Traynham who will be supported by

skilled newcomers Riley Anderson, Matt Anderson, Zach Rheault (all sophomores) and James Griffin (a freshman).

When asked what his squad's keys to 2018 success will be, coach Grant responded, "Senior leadership. If the seniors play the way they are capable

of the rest of the team will follow. Brian and Thomas are the pace-setters for the team. Another key will be confidence. The kids on this team are awesome kids. They're positive, respectful, and hard working. They have talent and a lot of potential. They just need to believe

in themselves and their game as much as I do."

Grant expects Concord, Keene, the defending state champs from Bedford, and Exeter to be among the top Division I competitors.

The locals got their 2018 campaign officially under way last Wednesday, Aug. 22 on their home links at the Pas-saconaway Country Club in Litchfield and faced off against the first of the aforementioned opponents as well as Dover's Green Wave.

The Concord High Crimson Tide won the match by shooting a 199, with Londonderry second (205) and Dover bringing up the rear (222).

"Brian Boyle tied his career low with a 36, Thomas Marcantonio eagled the 370-yard par-four seventh hole by flying in his approach shot, and James Griffin contributed with an impressive 44 in his first varsity

round," said coach Grant.

The Lancers were then right back on the Pas-saconaway links on Friday the 24th against the Alvirne High Broncos and the always-tough Black-birds from Keene. And the hosts didn't do quite as well as they had in their opener.

Keene bagged the win by shooting a team score of 210 with Alvirne second (215) and the Lancers bringing up the rear with a 218.

"It was a tough day for the Lancers," lamented coach Grant.

Boyle paced his crew with a 42 while Josh Traynham was good for a 43 and Sam Seibert and Matt Anderson each shot a 44.

The locals return to action this Thursday the 30th at the Atkinson Country Club against the host Timberlane Owls as well as Manchester Central's Little Green contingent.

Local Swimmers Make Waves at Major Meet

CHRIS PANTAZIS
LONDONDERRY TIMES

A crew of talented Londonderry swimmers who compete for the Executive Swim Club of Manchester enjoyed some great experiences and rose to noteworthy challenges at a pair of events in New England states outside of New Hampshire recently.

At the New England Senior Championships at Brown University in Rhode Island, Katie Witkop was nothing less than a powerhouse in four events, all of which she won.

The Londonderry lass won the 100-meter butterfly in 1 minute and 08.41 seconds, the 100-

meter breaststroke in 1:21.33, as well as the 200-meter breaststroke and the 100-meter freestyle.

Other Executive team members from Londonderry who performed well at that Rhode Island competition included event winners Allegra Walker in the 200-meter breaststroke and Lindsey Walker in the 100-meter backstroke.

Those two talented athletes also teamed up with Emma Schulman and Grace Walker to win the 400-medley relay, setting a new New England record of 4:22.95 in doing so.

Also competing for the Executive at that

event were locals Jack Januario, Matthew Lashua, Alex Bedard, Mark Zoda, Aidan Daudier, Matt Rantala, Jack Brazer, Colin Allen, Kyra Chen, Mike Shusta, Alex Tjje, Cam Watelet, Matthew Crane, Mattea Dumdey, and Katherine Brennan. Tess White was named the New England Swimming Scholarship winner, and she competed in four events.

During that same weekend at the New England 10-and-under Age Group Championships at Harvard University in Cambridge, Mass., Londonderry's Will Erdtmann did strong work

for his Executive contingent.

He put forth a fine effort in the 50-meter freestyle, and his fellow Londonderry residents Noah Richardson and Andrew Gordon also competed at Harvard.

Other Londonderry kids who competed hard and well during the recently-concluded campaign for Executive were Reed Erdtmann, Kendall Reynolds, Josh McDonald, Katerina Szwec, and Natalie Szwec.

The area team is now gearing up to be able to aim at more success in the short course season in September.

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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.

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! On Sept. 9, Dinner will be served from 5 - 6:30 p.m. at Episcopal Church of the Transfiguration 1 Hood Road, Derry; on Sept. 23, Breakfast will be served at 9 a.m., at Etz Hayim Synagogue, 1-1/2 Hood Road, Derry; on Sept. 28, a Spaghetti supper will be served from 5 - 6:30 p.m., at First Parish Congregational Church, 47 East Derry Road, East Derry; On Sept. 30, lunch is served from 1:30 - 2:30 p.m., at St. Jude

Church, 435 Mammoth Road, Londonderry; on Sept. 15, Dinner served from 5 - 6 p.m., at St Luke's United Methodist Church 63 East Broadway, Derry; on Sept. 9, Dinner will be served from 5 - 6:30 p.m. at Episcopal Church of the Transfiguration 1 Hood Road, Derry; on Sunday, Sept. 23, Breakfast will be served at 9 a.m. at Etz Hayim Synagogue, 1-1/2 Hood Road, Derry; on Sept. 28, a Spaghetti supper will be served from 5 - 6:30 p.m. at First Parish Congregational Church, 47 East Derry Road, East Derry; on Sept. 30, lunch is served from 1:30 - 2:30 p.m., at St. Jude

Church, 435 Mammoth Road, Londonderry; on Sept. 15, Dinner served from 5 - 6 p.m., at St Luke's United Methodist Church 63 East Broadway, Derry; A Special Derryfest breakfast will be held from 7 - 10 a.m. There will be no 5 p.m. dinner.

Lamplighters' Bake Sale

Londonderry Presbyterian Church, located at 126 Pillsbury Rd, Londonderry. Is hosting Lamplighters' Bake Sale on Sunday Sept. 9, in benefit of: Homeless Veterans food pantry, and Recovering Women's Shelter. You can help by buying the delicious goods or donating home baked goods!

The Blessing of the Backpacks

Students are invited to bring their backpacks to be blessed to the Londonderry Presbyterian Church, Sunday, Sept. 9, 10 a.m. Profes-

sionals are encouraged to bring their briefcases or instrument cases to be blessed for the New Seasons. For more information, call Karla: 781-866-9976.

Aviation Museum Gala and Auction

The Aviation Museum 18th Annual Gala and Auction; Fly in a cockpit through virtual reality, videos, autographs, memorabilia, unique and exciting auction items and much more. On Sept. 29, at Murphy's Taproom & Carriage House 393 NH-101, Bedford, starting at 5 p.m. with cocktails, hors d'oeuvres, virtual reality experience & silent auction. Buffet Dinner 6:15 p.m. - 7 p.m. Tickets are \$75, attire is semi-formal or please wear clothing that represents your affiliation with aviation.

L-Town Turners

Londonderry's competitive jump rope team is hosting open try outs, on Sept. 10 at 6:30 p.m., in the Matthew Thornton Café. Jumpers must be age 7 by Dec. to be considered for the team. Each jumper will perform a routine incorporating basic skills, this routine can be viewed on the L-Town Turners Facebook page ([om/LTownTurners\) as well as e-mailed. If you are interested in learning more about the team and/or trying out for L-Town Turners, please contact Christina Baez \(Head Coach\) at \[Ltownturners@gmail.com\]\(mailto:Ltownturners@gmail.com\).](http://www.facebook.c-</p>
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Renew

Renew will be open Saturday, Sept. 8, from 8 - 10:30 a.m. at Calvary Bible Church, 145 Hampstead Road, Derry. Arrive by 10 a.m. Renew will also be open every Thursday 9 - 11:30 a.m., please arrive by 11 a.m. Derry residence not required. Renew offers free, gently-used apparel. Each household is limited to 20 of the newest items, plus a reasonable number of older items. Enter at the church marquee sign. Donations of good condition, modern clothing may be placed in the donations bin by the door at any time. No donations of money are asked or accepted. For details, search for "Renew Derry" on Facebook, email renewcalvary@gmail.com or call the church secretary at 434-1516.

Derry Fun Night

This program is held the second Friday night of each month, this month will be held on Sept. 7 from 7 - 9

p.m., at the Marion Gerrish Community Center, 39 West Broadway, Derry. Big Boys and Big Electric Trains: Operating Antique Trolley Cars. Fred Hessler briefly relates his experiences with locomotives and his "conversion" to become a motorman operating antique trolley cars. He will also present the basics on what makes a trolley car go, and, just as importantly, what makes it stop. Always a part of the program is Model Showcase where modelers bring in the latest project they are working on to show and discuss. 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.

Londonderry Voter Information

The Supervisors of the Voter Checklist will meet at the Town Clerk's Office to correct the checklist and register voters on: Wednesday, September 5, From 6 - 7 p.m. To register to vote, one must provide: Proof of

Continued on page 17

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Around Town

Continued from page 16

Londonderry residency Proof of citizenship (passport, birth certificate, naturalization papers) Photo ID Applicants for registration who possess proof of identity, age, citizenship, and domicile should bring that proof when they come to register. Qualified applicants who do not possess proof or who do not bring proof with them may register if they sign an affidavit attesting to their qualifications for identity, age, and citizenship. More than 30 days before an election, applicants without proof of domicile will be asked to retrieve proof and return to register. Within 30 days of an election and on Election Day, applicants without proof of domicile with them may register to vote if

they sign an affidavit attesting to their domicile and either agreeing to bring or send in proof or attesting that they are not aware of possessing proof of domicile. Kristin Grages, Supervisor of the Checklist, Chairman Town of Londonderry 603-682-0259.

Library Closure

The library will be closed on Monday, Sept. 3, for Labor Day.

NH Man of the World

On Thursday, Sept. 13, at 7 p.m., a program "John Winant: New Hampshire Man of the World" by Richard Hesse. This program is free and open to the public with seating limited to the first 90 individuals. It will be held in the library's lower-level meeting room. Light refreshments will be served. Perfor-

Derry Garden Club

The Sept. 7 meeting of the Derry Garden Club will be held at The Derry Boys and Girls Club, 40 Hampstead Road, in Derry beginning at 10 a.m. Real Fallu, owner of Perennial Design Landscaping, will present a program on "Companions You Can Count On". There will be perennials for sale as well as banjo music, provided by Mr Fallu. It is also the 83rd Birthday meeting and we will honor past presidents. A luncheon will be provided. New members and guests are always welcome.

Journey of Hope

Healing through grief and loss due to addiction. Londonderry Senior Center 535 Mammoth Rd., Londonderry. We offer the group on the second and fourth Sundays at 6 - 7:30 p.m. Our

mission is to promote healing in the grieving process for those who have lost a loved one through the unique circumstances and chaos of addiction; through education, encouraging support and compassion. Facilitated by: Jim Gamache, Julia Gamache, & Jerry Goncal, Journey-of-hopenh@gmail.com

Spring Hill Farm Fall Festival

On Oct. 13, from 9 a.m. - 3 p.m. Local vendors, music, arts and crafts, wagon rides, garden tours, trail guides, history displays, and more. Currently seeking interested vendors! \$10 reserves a spot. Email response or questions to: SHFAC@ChesterNH.org

Adult Summer Reading Program

This fun program for adults is running now till

Friday, Aug. 31. If you have not yet registered, please stop by the Reference Desk to sign up. All adult library card-holders in good standing are eligible to join the program. For more information, please call 432-1132.

Greater Manchester Lyme Disease Support Group

Hosted by David Hunter this group meets on the third Wednesday of every month at 6:30 p.m. at the: Bedford Presbyterian Church 4 Church Road Bedford. For more information call 660-3425 or email dhunter31@gmail.com

Lions Club Meeting

General Lions Club Meetings are on the 2nd and 4th Monday of the month at 7 p.m., at Lions Hall, Mammoth Road. We are always welcoming new

members to help support our community, so stop in to learn more.

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.

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,

Continued on page 19

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Londonderry Police Log

Selections from the Londonderry Police Logs

Monday - Aug. 20
2:13 a.m. Overdose transported to hospital from Winding Pond Road.

7:14 a.m. Four officers assist other police department with investigation on Harvey Road at Grenier Field Road.

9:25 a.m. Missing person investigated on Midridge Circle.

9:57 a.m. Unlawful activities investigated on Kendall Pond Rd at South Road.

11:14 a.m. Services rendered for juvenile offenses on Wiley Hill Road.

1:22 p.m. Suspicious activity Action: Investigated on Trolley Car Lane.

2:08 p.m. Juvenile offenses investigated on Victoria Drive.

3:15 p.m. Warrant served and arrest made on Donald Street. Peter Byko, 57, of Manchester charged with Conduct After an Accident and Criminal

Mischief (vandalism).

Tuesday - Aug. 21
12:34 a.m. Disturbance investigated on Valley Street.

4 a.m. Suspicious activity investigated on Nashua Road at Crossroads Mall.

5:40 a.m. Three officers respond to Disturbance on Valley Street which results in transport to hospital.

12:21 p.m. Services rendered for suspicious activity on Poplar Circle.

12:58 p.m. Suspicious activity investigated at Aviation Museum on Navigator Road.

4:14 p.m. Auto Theft investigated at Nashua Road Mobil on Nashua Road.

5:46 p.m. Services rendered after report of missing person on White Plains Avenue.

9:35 p.m. Peace restored after domestic distur-

bance on Stonehenge Road.

Wednesday - Aug. 22
1:39 a.m. Services rendered for medical emergency at Manchester Boston Regional Airport.

1:52 a.m. Services rendered in assisting Londonderry Fire Dept. on Valley Street.

9:15 a.m. Criminal mischief investigated at Sunoco on Nashua Road.

11:12 a.m. Motor vehicle accident investigated on High Range Road.

3:47 p.m. Five officers render services for a domestic disturbance on West Road.

4:47 p.m. Services rendered for medical emergency at Manchester Boston Regional Airport.

5:53 p.m. Criminal mischief investigated on Charleston Avenue.

6:20 p.m. Weapons off-

Continued on page 19

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Londonderry Native Prepares to Serve as Surface Warfare Officer

FROM SURFACE WARFARE OFFICERS SCHOOL COMMAND

A 2008 Londonderry Senior High School graduate and Londonderry, native is currently serving with the U.S. Navy as a surface warfare officer (SWO), charged with leading the bridge watch team and ensuring safety of navigation on one of the Navy's modern warships.

Ensign Alex Hartnett completed the Junior Officer of the Deck (JOD) course at Surface Warfare Officers School (SWOS) Aug. 3.

"The JOD course was extremely beneficial," said Hartnett. "I learned a great amount about ship handling and I feel far more prepared to meet the challenges I will face as a SWO."

Graduation from this course is a new requirement starting in 2019 for SWOs before they report to their initial assignments in the fleet.

"Here at SWOS, we are excited about the new JOD course as it gives us the opportunity to immerse young officers in ship handling simulators



Ensign Alex Hartnett

before they set foot on the ship," said SWOS Commanding Officer Capt. Scott Robertson. "It is an intense four weeks, but the end result is more proficient and confident

ship handlers reporting to their first ship. The small student-to-instructor ratio also provides the ability to maximize the reps and sets in our simulators and we can increase the complexity of the scenarios as the students' ship handling skills develop."

Hartnett obtained a bachelor's degree in criminal justice from University of Massachusetts Lowell in 2012 and was commissioned through Officer Candidate School (OCS).

"I served five years enlisted in the Army and had the opportunity to attend OCS through the Navy," said Hartnett. "I wanted to continue to serve our country and

continue my adventure. I'm inspired by those who raise their right hand and love getting to work with them."

Hartnett will soon report to the guided-missile destroyer USS Thomas Hudner in Mayport, Florida, and will serve as the ship's main propulsion officer.

Hartnett is the son of Richard and Gail Hartnett, who reside in Londonderry, New Hampshire.

Making up a significant portion of all officers in the Navy, SWOs are found all over the world, aboard every surface combatant in the U. S. Navy. From navigation and ship handling, to maritime warfare and naval engineering,

whether at war or during peace, they regularly deploy across the globe to protect the nation's interests, promote freedom of trade, and perform humanitarian assistance.

SWOS readies seabound warriors to serve on surface combatants as officers, enlisted engineers and enlisted navigation professionals in order to fulfill the Navy's mission to maintain global maritime superiority.

For more information on SWOS, visit www.public.navy.mil/netc/centers/swos or follow SWOS on Facebook at www.facebook.com/SWOSCOLCOM.

Police Log

Continued from page 18
enses investigated on Elwood Road.

6:53 p.m. Suspicious activity investigated on Westminster Drive.

Thursday - Aug. 23

11:53 a.m. Assisted Manchester Police Dept. on Pettengill Road near FedEx building.

5:35 p.m. Three officers investigate a disturbance at Wendy's on Nashua Road.

9:01 p.m. Three officers respond to, but could not locate a report of an attempted suicide on Horseshoe Lane.

11:03 p.m. Services rendered for juvenile offenses on Fieldstone Drive.

Friday - Aug. 24

9:01 a.m. Motor vehicle accident investigated on Nashua Road near St. Mary's.

11:51 a.m. Services rendered for criminal threatening on Wilshire Drive.

3:44 p.m. Services rendered for Neighborhood Disputes on Hall Road.

6:28 p.m. Assisted Londonderry Fire Dept. with transport to hospital from Nutfield Country Store on Shasta Drive.

8:26 p.m. Four officers keep the peace on Winterwood Drive.

10:04 p.m. Peace restored after disturbance on Ash Street.

11:10 p.m. Suspicious activity investigated on Nashua Road at Young Road.

Saturday - Aug. 25

1:35 a.m. Suspicious activity investigated on Gilcreast Road.

5:08 a.m. Services rendered for fire at McDonald's on Nashua Road.

5:23 p.m. Neighborhood disputes investigated on Fairway Road at Rolling Ridge Road.

8:46 p.m. Services rendered for fire on Harvey Road.

9:10 p.m. Five officers investigate disturbance on Nashua Road.

Sunday - Aug. 26

12:38 a.m. Assault investigated on Fairway Road.

4:02 a.m. Motor vehicle

accident investigated on Mammoth Road.

11:44 a.m. Services rendered for traffic control on Pillsbury Road at Londonderry Road.

5:33 p.m. Domestic disturbance investigated on Harvey Road.

6:04 p.m. Suspicious activity investigated at Manchester Boston Regional Airport.

7:03 p.m. Three officers investigated Fire on Pinyon Place.

9:12 p.m. Services rendered for suspicious activity on Hickory Hill Drive.

9:15 p.m. Services rendered structure fire on Sparhawk Drive.

11:32 p.m. Peace restored after domestic disturbance on Granite Street.

Around Town

Continued from page 16

128 Pillsbury Road, Londonderry. If you have any questions please call 781-866-9976.

Supporting Women's Education

The Londonderry Women's Club is now accepting applications for an Adult Female Scholarship in the amount of \$1000. The requirements are: must be a female at least 23 years of age and a current resident of Londonderry; must be currently enrolled at an accredited post secondary institution and must have completed a minimum of half of the time or credits toward the

named degree, certificate or licensing program. The deadline for submitting applications is Sept. 30. Applications are available at the Leach Library and online at www.londonderrywomensclub.org

Walking Together

A support group for widows and widowers

meets every 1st and 3rd Tuesday of the month at 7 p.m., at the Manse at Londonderry Presbyterian Church, 128 Pillsbury Road, Londonderry. When we meet, we walk together our journey of grief. No need to do it alone. If you have any questions, please call 781-866-9976.

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TOWN OF LONDONDERRY PUBLIC HEARING

ACCEPTANCE OF UNANTICIPATED FUNDS UNDER RSA 31:95

The Londonderry Town Council will hold a public hearing pursuant to RSA 31:95-b, acceptance of unanticipated funds in excess of \$10,000, relative to the receipt of grant funds for Special Operations Unit Training from the State of NH, Department of Safety. The public hearing will be held on Monday, September 10, 2018 at a meeting of the Council scheduled to begin at 7 p.m. in the Moose Hill Conference Room, 268B Mammoth Road, Londonderry, NH. Information on the funds to be accepted is available in the Finance Office during regular business hours. The public is urged to attend.

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