

# Londonderry Times

March 14, 2019 ♦ Volume 20 – Issue 11

A FREE Weekly Publication



## Under the Sea

Students at South Elementary School have been busy rehearsing for their upcoming performance of Disney's *The Little Mermaid Jr.* Pictured, Ariel is played by Jillian Willwerth and Sebastian is Alexis Thibodeau. See more photos page 9. *Photo by Chris Paul*

## Londonderry Destination Imagination Team Advances

IDAN VINITSKY  
LONDONDERRY TIMES

Nine teams from Londonderry and one from Derry competed on Saturday, Mar. 9, at the Southern Regional preliminary round of the Destination Imagination Tournament. One of the Londonderry

teams, Duct Tape Dudes, as well as the team from Derry Village Elementary School, named The Imaginators, advanced to the New Hampshire Destination Imagination State Finals that are scheduled to take place at Nashua High School South on Sat-

urday, March 30.

Nine more Derry teams will be competing for tickets to the State Finals at the Eastern Regionals, this upcoming Saturday, Mar. 16, at Manchester Memorial High School. Eventually, the teams that will win the

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## New Carwash Conditionally Approved Near Manchester Line

MACK LEATHURBY  
LONDONDERRY TIMES

Representatives of CHD 603, LLC presented a proposal to the Planning Board for a fully automated car wash on Roundstone Drive in Londonderry. The 2.6-acre property abuts Manchester and is near the intersection of Old Pettingill Road and Raymond Wiczorek Drive.

The property is currently a vacant lot next to an Irving Gas Station. It would have two automated lanes, four vacuum islands and a small office space. It would be

open from 6 a.m. - 11 p.m. daily.

The property is located within a Gateway Business District zone. According to the town zoning ordinances, this type of district "is intended to allow for the development of gateways to the Town of Londonderry, centers of commerce, and employment centers for the Southern NH region."

As a requirement of this district, a project would have to adhere to Londonderry's Sustainable Site & Building Design guidelines. More

specifically, the ordinance says, "The proposed development of the property shall be determined to meet the 'Certified' level of LEED (Leadership in Energy and Environmental Design) Certification or higher (Silver, Gold, or Platinum). The project need not actually receive LEED certification, but must be able to demonstrate that the project would meet the 'certified' level of certification criteria."

The applicant requested a waiver from this requirement. The

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## Conservation Discusses Musquash, Reviews Tree Farm Parking Plan

MIKE BYERLY  
LONDONDERRY TIMES

Kit Plummer who owns a Christmas tree farm on Pillsbury Road on property that has a conservation easement came to the Commission to update them on plans to revise the parking lot at the tree farm. He said that a combination of high growth in the business and a request from the town to improve the parking situation are driving the proposed change.

He shared that when he first started the business, he hoped to sell a couple hundred trees a year. This year he sold 225 trees, but sold out on the third day in business,

and there were people that he had to turn away.

He told the Commission that the last two years he has planted 1000 trees to try and meet future demand and hopes that he can sell about 600 trees a year.

He also told the Commission that the town public works and engineering department had spoken to him about avoiding having people back out onto Pillsbury Road. As a result, he would like to move the parking lot behind the current sales shed. He said he plans on stripping the top soil and putting down 1-1/2 inch crushed gravel to prevent people from getting stuck in the

mud.

He explained that his easement allows him to do this, but it required notifying the Conservation Commission before he does so. Member Gene Harrington stated that this is an approved use and was glad to see it was being done with minimal environmental impact and to improve safety. The full Commission agreed giving their unani-

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# "Once On This Island Jr." Shows March 15 and 16 at Matthew Thornton



MACK LEATHURBY  
LONDONDERRY TIMES

"Once On This Island" is magical musical celebrating human love and the spirit of hope with a burst of the Caribbean Sea and warm sunshine. The Matthew Thornton student cast who play the islanders are enthusiastic to present this production and theme to the community.

Your senses will be on alert as the rain falls, fire burns, wind blows, and hearts soar. Set on an attractive stage re-creation of a sea-swept Caribbean village, "Once On This Island" will surround you with the vibrant story of a young woman who travels far and wide to reunite with the man who has captured her heart.

The Drama Club production team including Meg Gore, Jennifer Brown, and Katy Gore have been working with the students on the musical since September, empowering the students to move their comfort zones to connect with the audience. As in the past productions, Drama Club parents have been involved helping to develop sets, costumes, lighting and providing technical production support as well playbills, advertising and communications.

Meg Gore has been leading the M.T. Drama Club students for a number of years, though she will be taking a final bow from the program after next year's performance. Gore says, "Once on This Island" is going to be exceptional! The children

really understand how the production pieces fit together to connect with the audience and they are excited to present this musical to the public. They're doing a great job!"

As Gore transitions from her role as M.T. School Drama Club leader, she has launched a small educational theatre program, the Ovation Theatre Company, which will be presenting Les Misérables over the upcoming Memorial Day weekend. The production team's talent, efforts and organization have been a primary reason why M.T. Drama Club programs are so professional and present topnotch efforts from the students.

This is a story about a little girl who is caught in a big island storm and is calmed by commoners on

a small island divided by class standing – where "peasants" pray to the gods and the "grand hommes" live in fine homes, drive exotic cars and throw extravagant parties. The little girl is named Ti Moune and she is swept out to sea by a gigantic storm, where she is saved by Agwe, the god of water. Agwe puts her in a tree on an island above the waters, where she is discovered by a loving couple, Mama Euralie and Tonton Julian who adopt her.

Ti Moune later saves the life of handsome stranger, Daniel and prays to the gods for a different life. As her new life unfolds, she is caught in a suspenseful effort to save Daniel or destroy him. As the suspense builds Ti Moune is transformed by the gods as the people of island come together to celebrate her life's events.

Ti Moune, the older, enchanted hero of the story is played by Alaina Anthony, 4th grader and Ti Moune as a young girl is played by 4th grader,



Anastasia Leathurby.

The Matthew Thornton Drama Club has a wonderful group of singers, dancers, story tellers, actors and actresses who have put big efforts into their roles. The gods are Agwe, played by Tommy Brown, Asaka by Meg Carroll, Erzullie by Allie Woods, and Papa Ge by Joey Holden. Ti Moune's adoptive parents, Mama Euralie and Tonton Julian are played by Malia Smith and Jack Birch.

Daniel is played by Ryan DiBurro, Andrea by Meg Carrol, Daniel's Father by Owen Demboski, and Andrew Ayers plays the Gatekeeper.

The Storytellers in the musical are Maddy Buchanan, Regan Burns, Owen Demboski and Joe Nahlik. The Villagers and Village Dancers include

Elyza-Ann Comtois, Addy Demas, Kylie Harrison, Lily McKinney, Colin Evans, Melissa Holt, Morgan Anastasi, Andrew Ayers, Joey Connolly, McKenna Duffy and Annika Lewis.

Amity Small, Principal of Matthew Thornton says, "The students have been working incredibly hard on their parts for "Once On This Island" Jr. and I don't know where they get all of their energy. It is a wonderful production and the community is sure to remember and and enjoy it."

Performances will take place at the Matthew Thornton School, Londonderry on March 15 at 7 p.m. and March 16 at Noon and 7 p.m. Tickets are available in advance online at [mtdcnh.booktix.com](http://mtdcnh.booktix.com) and tickets will also be available at the door.

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## DI Team

**Continued from page 1**  
State Finals will qualify to the Destination Imagination Global Finals, where they will have the opportunity to compete with teams from other 46 states across the US, as well as 15 countries from around the world. New Hampshire has more than 260 teams this year, in four regions. Each team can have up to seven members and has a Team Manager, an adult that help the students stay on track, but is not allowed to help the team develop their solution.

Over 1,800 Students from New Hampshire take part every year in the Destination Imagination Tournament, where they compete in a variety of challenges based on the STEAM principals: Science, Technology, Engineering, the Arts and Math, as well as social entrepreneurship. Teams

typically spend two to five months developing and practicing their Challenge solutions.

Each team is faces a different challenge and competes in its age group: Elementary Level, Middle Level or Secondary Level. There is also a non-competitive Early Learning Challenge, that allows participants to develop social and problem-solving skills. Londonderry had a Rising Stars team in the non-competitive category. This team has been together since kindergarten and this was the kids' third year in the Rising Stars team.

The longest running Londonderry team is Duct Tape Dudes. The team, coached by Bill O'Connor, qualified for the State Finals after winning first place in the Secondary Level of the On Target Challenge, a technical challenge. The team is comprised of five grad-

uating seniors and one freshman.

The Imaginators, from Derry Village Elementary (DVS), qualified after winning the Medical Mystery Challenge, a scientific challenge, on Elementary Level. The team, coached by Jacques Ludman, has one fifth grader, two fourth graders and one third grader. The kids performed a musical about a young girl who has had an ischemic stroke.

Three Londonderry teams were part of the Game On Challenge, the fine arts challenge. Two of those teams (The Loot Llamas and an unnamed team) participated on Elementary Level and one more unnamed team was part of the Middle Level competition with two teams from Bedford.

In the Head's Up Challenge, an improvisational challenge, four teams represented Londonder-

Day. It was noted that the attendance this year was far bigger than any time in recent memory, likely due to good weather and a big effort to publicize the event. Next year will be the thirtieth anniversary of Musquash Field Day, so the Commission is hoping to do something special to celebrate that.

Member Deb Lievens said the application for state grants to upgrade or replace culverts to make them wetland and wildlife friendly will be opening soon. She plans to contact the town planning department to see if someone from the town can look into applying for grant money for Londonderry.

ing area into a parking lot. After discussion, members agreed that as a next step they would reach out to the town public works department for guidance on how to proceed with getting approval for and planning the project.

Member Gene Harrington said that he there is a dredge and fill application required, a ledge crossing, elevation changes and that the access road would need to cross Ever-source's power line right of way.

Continuing on the topic of the Musquash, the Commission talked about Musquash Field



The Londonderry Destination Imagination team 'Duct Tape Dudes' is coached by longtime mentor Bill O'Connor.

ry, two on Elementary Potato Chips and an Century from Londonderry Level (Fire Alpacas and unnamed team). On the ry competed on Elementary Level. All those team and two more on Middle lence, the engineering did not qualify for the Level (The Dramatic challenge, SLBT of the next round.

## Conservation

**Continued from page 1**  
mous informal approval of the project.

Commission Chair Marge Badois said that the forestry work to expand habitat for rabbits in the Musquash Conservation Area had started at Hickory Hill including the clearing of an equipment staging area where logs would be deposited, processed and trucked out. The project is expected to take a few weeks with the exact timing depending on the weather and how quickly the work progresses.

In the past, the Commission had discussed turning the cleared stag-

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## Editorial

### Read Across America

March is marked in many local schools as Read Across America month, and celebrates children's author Dr. Theodor Geisel, better known to the world as Dr. Seuss.

Dr. Seuss's birthday is March 2, but month long celebrations are taking place all over. True to the famed children's author, school activities focus on reading.

While Read Across America was created by the National Education Association, no matter what people think of unions, we hope everyone can agree on the importance of reading, and of reading to children early and often. Whether it's dressing up as the Cat in the Hat, creating green eggs and ham, serving as a "celebrity reader" in a local elementary school, or just cuddling up to your child to read a bedtime story, Read Across America reminds us of the importance of what could easily become a lost art in the rush of life today.

There's not a more important factor in future success than the ability and the desire to read. Most of us take our ability to read for granted and don't remember how we learned, but we use the skill everyday. Research shows that kids who spend time reading recreationally perform better in school, and whether it's by reading traffic signs or employment applications, college textbooks or exam questions,

reading follows us through our lives.

Read Across America isn't just for kids. There is great enjoyment to be had from sitting by a warm fire or relaxing by a pool and letting a good book transport you to another world. If your child's asks you to spend a little extra time reading at home this week, go for it. In the midst of busy, out of control schedules, it will be time well spent. While you're at it, schedule a trip to the children's room at your local library. Seeing an entire building filled with books can open up yet another memorable reading experience for your youngster.

There is also great enjoyment to be had from learning something new from and informative nonfiction on your favorite figure or subject. Whatever the genre, there's nothing quite like getting lost in a good book, these habit starts young.

Across America underscores the importance of the simple act of picking up a book and getting lost in its story. You can read on your phone, you can read on a computer, a paper and best of all, you can read a book. And when you read to a child, you're building memories for both of you. As Dr. Seuss wrote, "You're never too old, too wacky, too wild, to pickup a book and read to a child."

## Taste the Chili and Chowder at the Fifth Annual St. Peter's Cook-off

MACK LEATHURBY  
LONDONDERRY TIMES

Here's a chance to try out your best chili and chowder recipes on the community and see who is the best cook for this category in the Londonderry Area. St. Peter's Fifth Annual Chili and Chowder Cook-off Contest will be held at St. Peter's Episcopal Church on Saturday, March 30. This is a real fun time ... so don't miss it!

St. Peter's Episcopal Church is located at 3 Peabody Row (at the corner of Mammoth Road), Londonderry. This is a great event ...and everyone is invited to enjoy the food and the fun at a bargain price and for a good cause!

There will be 25 teams of cooks expected to face off for bragging rights in this fundraising event. Net proceeds will go to support St. Peter's Church and Hero Pups™. Who will get the bragging rights to be named best cook this year? The event includes celebrity judges, a gift raffle, and cash prizes.

Anyone can attend or enter a crockpot of chili or chowder in the competition, using their favorite

recipe. Cook registration is open at 4:15 p.m., with tasting and dining from 4:30 p.m. - 6 p.m., and the awards will be presented at 6 p.m.

For a \$10 donation, attendees will be able to sample all the competition chili or chowder, while enjoying a background of country and western entertainment. Kids, 10 and under are just \$5.

Attendees will be able to vote on their favorite chili/chowder to win the People's Choice Award. Awards will also be given for best overall chili/chowder as determined by the celebrity judges.

There will be plenty of fun for the kids too, with Kid's Choice voting and treasure filled piñata's, waiting to be broken.

To register your chili or chowder entry, email Lee O'Connor (loconnor621@gmail.com), call 781-801-8161 or go the St. Peter's Londonderry website: <https://stpeterslondonderry.org/blog/st-peters-fifth-annual-chili-chowder-cookoff-contest>

Laura Barker of Hero Pups will be there with Hero Pups to help begin the springtime celebra-

tion. Barker is the founder of Hero Pups and a recipient of the President's Volunteer Service Award for her dedication to veterans and military families - Twice!

Barker is one of WZID's outstanding women of 2018 and is a wounded warrior mom, who is passionate about using her background with dog rescue and training working dogs to help the program on many levels.

Hero Pups, based in Stratham, New Hampshire, places pups with veterans and first responders throughout New England. Their focus is on helping those who are dealing with post-traumatic stress, anxiety and service-connected challenges. These dogs provide increased independence and Peace-of-Mind when placed with their new owners. By using shelter and rescue pups whenever possible, they are able to help relieve the symptoms while helping a rescue pup in the process.

Come to St Peter's Church on March 30 for a good time, a good cause and to enjoy a good feast of chili and chowder.

## St. Gianna's Place Prepares to Open Soon

St. Gianna's Place has signed a lease and will soon open its doors to provide a caring home to local women experiencing crisis pregnancies. Mothers are able to stay at St. Gianna's Place throughout their pregnancies and during the first year of their children's lives. Residents at St. Gianna's Place will have access to job and life skills training, parenting classes, and counseling focused on helping them move forward in a positive direction.

Board of Directors President, Monica Rahilly,

says, "St. Gianna's Place is dedicated to pregnant women in need and their babies. We want them to know that they are loved and that they can have a bright future. Our goal is to give them the help they need to live fulfilling, productive lives."

To celebrate opening, and to raise funds and awareness, St. Gianna's Place is hosting a benefit banquet on May 1, 2019 at the Executive Court Banquet Facility in Manchester. The guest speaker is James Wahlberg, Executive Director of the Mark Wahlberg Youth Founda-

tion and creator of the critically acclaimed film, *If Only*. Mr. Wahlberg is active in shining a light on the effects of addiction, and works to promote meaningful dialogue about this problem in families, schools, and communities.

Banquet reservations are \$65 each and include dinner and the talk given by James Wahlberg. Additional information about St. Gianna's Place and the banquet is available at [www.stgiannasplace.org](http://www.stgiannasplace.org)

## Londonderry Times

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# Middle Schoolers Cap Off Sprit Week with Team Building



Londonderry Middle School students capped off their Spirit Week recently with each grade facing off in team challenges ranging from whipped cream fishing for gummy worms to hoola-hoop competitions and relay races.

*Photos by Chris Paul*

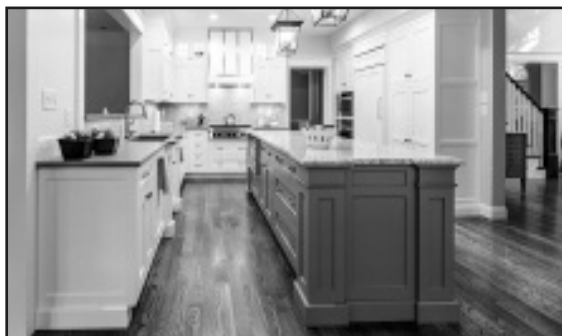
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# Reflections Program Presents Top Arts Awards to Local Students

MACK LEATHURBY  
LONDONDERRY TIMES

This year marks the fiftieth anniversary of the National PTA Reflections Program for the Arts. The theme for this year's student artists was "Heroes Around Me". On March 6, the New Hampshire State PTA presented the Reflections exhibit and awards for many of the arts projects that were entered into the N.H. State PTA contest.

The N.H. State Awards ceremony took place at the Gilbert H. Hood Middle School in Derry, New Hampshire and began with open time for attendees to browse the art exhibit awards before student awards were handed out. Award presentations were conducted by N.H. PTA Reflection Chair, Sally Bertrand and by Michelle McKinnon, New Hampshire PTA president.

Bertrand has been involved with the Reflections program for many years and has seen the program grow each year, as more PTA units and students were added to the program. This will be Bertrand's last year as Chair and she was visibly excited, as she called out the award winners and the young artists presented their works, projects and movements to the audience.

Bertrand said, "Reflections is a wonderful way to encourage young artists and this year was



Londonderry Middle Schooler Jake Smith shows off his entry at the Reflections State Awards Ceremony.



Matthew Thornton fifth grader Jamie Neese displays her third place winning photograph "The Guardian" at the show.



The dance partners of South School Dance Choreography winner Caitlin Batts accepted her certificate. Photos by Chris Paul

special, as it was the 50th anniversary of this national PTA program. The children in New Hampshire have many talents and the Reflections program is a wonderful way for the children to express themselves. One of the things I like the most about the program is that it gives an opportunity for recognition to students, who may not excel in academics or sports."

Bertrand also pointed out that the New Hampshire PTA is especially proud to be a part of the national PTA reflections program. The PTA believes that all children

deserve a quality arts education and encourages students to pursue artistic expression through participation in the annual reflections program. In its 50-year history, the program has encouraged millions of students across the nation who attend American schools to explore their artistic talents.

This year in New Hampshire, 30 local PTA units participated, and 247 pieces of artwork were judged at the N.H. State level. The twenty-one 1st place winners in the various arts programs will go on to the national PTA judging and national

winners will be announced in May.

The categories in the national and N.H. Reflection program include literature, music composition, visual arts, photography, film production and dance choreography.

Several local students won First-In-State honors. Oliver Forbes, a second grader from East Derry, won first place for his literature story titled "Hero". In the photography category, Isabella Smith, a second grader from South Londonderry, won first for her photograph titled "Desmond the Therapy Horse". Also, in the photography category Victoria Paradise, a sixth grader from West Running Brook School in Derry, won first prize for her photography titled "The Power of Produce". In the film production category, Riley Pear-

son, an eighth grader from West Running Brook School in Derry, won first prize for her film titled the "Heroes Inside Us".

Other local students won merit awards including Charlotte Rolfe, a third grader from South Londonderry for literature, Sarah King, an eighth grader from West Running Brook for music composition, Caitlyn Batts, a fifth grader from South Londonderry for dance choreography, Gabriella Freccero, kindergarten from Moose Hill for visual arts, Leah Kembell-Cook, a fifth grader for visual arts, Katelynn Ortiz, an eighth grader from Gilbert Hood middle school for visual arts, and Riley Pearson, an eighth grader from West running Brook for visual arts,

Michael Cowan, a second grader from East

Derry was honored for photography, Brielle Cowan, a fifth grader from East Derry for photography, Jamie Nease, a fifth grader from Matthew Thornton for photography, Leela Smith, an eighth third grader from South Londonderry for photography, Emma Hazard, an eighth grader from West Running Brook for photography, Henry Forbes, kindergarten from East Derry for film production, Sarah Pearson, a fifth grader from Derry Village for film production, and Victoria Paradise, a sixth-grader from West Running Brook for film production.

The theme for next year's national PTA reflections will be "Look Within". Interested students may start on their artwork now to compete for next years awards.

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# Iditarod Comes to Life for Matthew Thornton Students



New Hampshire musher Gail Guertin brought the Iditarod Great Sled Race to life for Matthew Thornton Elementary School fourth graders during a visit with her Siberian Huskies.

Guertin, who owns Howling Hill Siberian Huskies of Sutton and is one of about 100 mushers in the state, gave a presentation about the breed and the race that included a demonstration with her sled and lines.

This year Guertin

brought two of her young Siberian Huskies for the demonstration. Birch and Cherry stole the show for the young audience.

Guertin also showed off her new state-of-the-art sled, which is made of much lighter metal materials which makes it easier to be pulled on by fewer dogs.

Guertin, who visits local schools annually also had plans to give a presentation at North Elementary School, said children love learning about

the Iditarod.

"First, they love to learn about the dogs," she said, noting her program offers a hands-on learning opportunity. "In New Hampshire, there are still a lot of people who haven't heard about the sport, or haven't even heard about Iditarod."

Guertin, who runs with her dogs on the Northern Rail Trail and at Bear Brook State Park, told the students about

how she trains and feeds her own dogs, as well as what the diet and training are for dogs that compete in the Iditarod race.

She also explained the difference between the dog breeds that are used to pull sleds in the Iditarod.

Each year Matthew Thornton students study the Alaskan race and try to pick a winner. Following their pick in the race to see how they do.

*Penny and John Webster, at right, helped Musher, Gail Guertin with her Iditarod presentation last month during Matthew Thornton's annual class project of learning about the event. Photos by Chris Paul*

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# National Nutrition Week Becomes a Month-Long Event

MELISSA BETH RUIZ  
LONDONDERRY TIMES

As the snow comes to a stop and slowly melts away, each day the Granite State gets closer and closer to Spring. Many people will soon be thinking about how to lose their winter weight to uncover their "Summer bodies" as they begin to plan their beach trips.

But there is more to getting fit than fitting into a swimsuit. There's a saying which goes, "Summer bodies are made in the kitchen," and the Month of March has an observance that aligns with that perfectly.

In March of 1973, a group of members from the American Dietetic Association (now known as the Academy of Nutrition and Dietetics) embraced a newly initiated "National Nutrition Week" as a way to help educate the public on proper nutrition, while promoting the importance of dietetics as a profession. Seven years later, the week-long observance would be

expanded to the entire month of March in response to a growing public interest in nutrition.

National Nutrition Month works to promote the importance of making informed food choices and developing sound eating and physical activity habits for overall health and well-being.

While individual nutrient requirements may vary, the U.S. Department of Health and Human Services lists the following eight healthy eating goals for general wellness.

First, the USDHHS recommends that mealtime plates be half filled with fruits and/or vegetables, stating that the more colorful the portions, the more likely the plate will contain more of the vitamins, minerals, and fiber the body requires to be healthy.

Next, it is advised to make half of the grains one consumes whole grains, for example, replace white bread with whole grain bread. While refined white flours may be enriched with nutri-

ents to make up for the ones lost in processing, not all are adequately replaced, and whole grains naturally contain lots of vitamins, minerals, and healthy fats that the body needs.

The USDHHS also suggests switching from full fat milk to skim or 1 percent, as the alternative contains the same amount of calcium and other essential nutrients as its whole counterpart, but with fewer calories and less saturated fat.

Choosing a variety of lean protein foods is also highly recommended by the USDHHS. Red meats such as beef, pork and lamb tend to contain more saturated fat than poultry and fish, and saturated and trans fats can lead to high cholesterol and heart disease, says the American Heart Association.

Using the Nutrition Facts label to choose lower sodium versions of

foods such as soup, bread, etc., is encouraged. The public is urged to look for labels reading, "low sodium," "reduced sodium," or "no salt added." Excessive consumption of sodium can lead to high blood pressure as it causes the body to retain extra fluid, causing an added burden on the heart. Too much sodium also increases risk of stroke, heart failure, osteoporosis, and kidney disease.

Replacing sugary drinks with water is also encouraged. Sweetened beverages such as soda, juice, etc., contain extra calories and in excess can lead to health problems. The USDHHS suggests adding a slice of lemon, lime, or watermelon to water for those who would be missing the flavor.

Drinking more water in general is also important for overall health, as the body uses water in all

its cells, organs, and tissues to help regulate temperature and maintain all bodily functions. Four to six cups of water is the rule of thumb for generally healthy people, although it is possible to take in too much water if a person has certain health conditions, such as thyroid disease or heart problems, or if a person is taking medications that cause water retention, such as non-steroidal anti-inflammatory drugs (NSAIDs) or certain antidepressants.

Incorporating eight ounces of seafood into the weekly meal plan will offer protein, minerals, and omega-3 fatty acids (a heart-healthy fat), says the USDHHS. Salmon, haddock, and Pollock are great examples of healthy seafood.

Avoiding and/or cutting back on foods that contain "hard fats" is a crucial step in ensuring

proper nutrition, according to the USDHHS. These foods include cakes, cookies, pizza, processed and fatty meats (hot dogs, ribs, bacon, sausages) and ice cream. Excessive consumption of these "hard fats" can lead to obesity and related issues such as high blood pressure and diabetes.

As previously mentioned, individual nutrient needs may vary. A consultation with a physician or dietician can help determine what meal plan is right for each person.

So those who are embarking on a weight loss or fitness journey, keep in mind that the body is a machine, and it requires the right fuel to keep firing on all cylinders.

For more information on National Nutrition Month and on how to maintain proper nutrition, visit eatright.org.

## Carwash

Continued from page 1

town planning department supported granting of the waiver because the car wash would not have the high traffic volume that was envisioned when the Gateway District requirements were created.

In addition, they highlighted that the project had a lot of aspects that got is close to LEED certification. The Planning Board agreed, unanimously granting the waiver.

The developer said

that they already have state and Manchester approval to extend utilities from Brown Avenue to the Manchester-Londonderry line. As part of the site development, the utilities would be extended to the parcel in Londonderry.

The developer described how water and soap drainage would be handled at the site. Sediment drains and an oil/water separator for treatment would be within the car wash. Town planning staff said that the plan for water treatment met current stan-

dards.

Resident Ray Breslin expressed concern that, like PFOA, there could be chemicals that are deemed safe today, but found in the future to be problematic. The developer added that the car wash would use less water and soap compared to other car washes since it had the newest technology.

The developer shared the results of their traffic study. Based on looking at actual volume from a similar car wash in Goffstown, they estimated

that during the peak hour in the morning there would be 40-46 cars entering and exiting the car wash.

In other business, the Board was notified of a lot merger done by Coca Cola. This type of adjustment does not require Board approval. A representative of Coca Cola said that the company has the right of first refusal to buy several abutting residential properties. This adjustment followed the purchase and demolition of one such house.



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# South School Students Rehearsing for Little Mermaid Jr. Show



Students at South Elementary School have been quite busy over the past several months preparing for the March 28 and 29 performance of Disney's The Little Mermaid, Jr. Over 50 students are involved in the production which features a number very familiar characters. Ariel is played by Jillian Willwerth, Prince Eric will be performed by Alex Nalen, Sebastian is played by Alexis Thibodeau, Scuttle is Andrew Pizzi, Ursula will be played by Lindsey Hodkinson, Madelyn Murry is Flounder and Flotsam and Jetsam are played by Dominic Frasca and Leah Doherty. *Photos by Chris Paul*

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# Kids Coop Theatre Performs Singin' in the Rain Jr.



The Kids Coop Theatre performed their annual Young Directors Showcase last weekend with "Singin' in the Rain Jr." The 32-member cast features children from Derry, Londonderry, Hampstead, Sandown, Manchester, and Windham. Sandown's Logan Young played the lead role of Don Lockwood, Megan Lautieri, of Derry, played Lina Lamont, Kathy Selden was played by Derry's Bryn Steinmetz, and Cosmo Brown was played by Ryan Carrigan of Derry.

*Photos by Chris Paul*

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# LONDONDERRY SPORTS

## LHS Late Basket Sends Boys Hoops Team to Semis

IDAN VINITSKY  
LONDONDERRY TIMES

In a season that saw them win one wild game after another, there seemed to be no other way for the Londonderry High School's Boys' Varsity Basketball team's final home game of the season to end but the same.

On Friday night, Mar. 8, the fourth seeded Lancers had to use a big comeback and a late, final seconds basket to beat the fifth seed Winnacunnet 42-40. The win punched the teams ticket to the Division I tournament's semifinals happening on Wednesday, March 12, at UNH, after the Londonderry Times went to press. Londonderry will face the undefeated Exeter Blue Hawks, with the winner playing on Saturday, Mar. 15, 3 p.m., also at UNH for the title against either Salem or Portsmouth.

Londonderry's way into the tournament began last Tuesday, March 5, with a 49-40 home win over the 12th seed, Nashua South. The Lancers showed strong defense early in the game and led 12-7 after eight minutes and 21-16 at the half. They were able to double their lead in the next quarter and enter the final eight minutes with a ten-point lead, 36-26, before putting the final touches on their vic-



*Lancer senior center Max DesRosiers tries to penetrate the Winnacunnet defense in the first half of play during the team's Quarter Final win last week.*

tory.

Ethan May had 15-points and Jackson Cox scored 12. Cole Keegan and James Buttafuoco finished with seven points each, Dean Haggett and Max DesRosiers scored three points each and Will Reyes finished with two.

Three evenings later, the Lancers' offense was fairly absent from the game for the first two and a half quarters in their quarter-final game against Winnacunnet. Londonderry led 9-6 after a physical first quarter, but Winnacunnet, who lost a close home game to

LHS last month, slowly found their rhythm. In the second quarter, Londonderry needed six and a half minutes to score their first points and the half ended with an 18-13 Warriors lead.

Things did not improve for Nate Stanton's players after the break, and Winnacunnet jumped into their largest lead of the game, 30-18. That was also where the home team's comeback started. An 8-1 run helped Londonderry finish the third quarter down by only seven points (33-26), but with three minutes to play, Winnacunnet looked on its way to the next round, thanks to a 39-31 lead.

One of the visitors' best players in the game, Jack Schakke, fouled out with on an odd call and Londonderry used that as momentum to complete the comeback with field goals from Keegan and Buttafuoco. With the score tied at 40, Londonderry stole the ball and took a timeout and got a chance to win the game.

May took a tough midrange shot and missed and Buttafuoco could not make the first offensive rebound, but the ball fell into Cox's hands and his floater went in, giving Londonderry the lead. The Warriors had the ball with 3.9 seconds left and Ben Allen almost sent the

game into overtime, but his lay-up missed and the home team celebrated.

Cox finished with 13 points (seven in the fourth quarter), Keegan had 12, DesRosiers scored seven, May six and Buttafuoco four. Allen led Winnacunnet with 15, Schakke had 11.

"I am loving every second of it. It does not get any better than this", said Stanton after the game, "Kudos to the kids. They are so resilient. I just love their fight, they are a young team and they just get it. Our defense is winning us games and we hit some key shots at the end. I just had to light the fire and remind the kids what we are all about. We took care of the ball in the final minutes. We are going to enjoy this one".

Cox said about his game winning shot: "It was really just position and everybody boxed out and I had a perfect shot. The crowd was excellent, we needed them. They



*Sophomore guard Jackson Cox helped put Londonderry into the lead with under five seconds left in the game last week. Photo by Chris Paul*

love us and we love them. We have been in those situations before and it probably helped us."

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# Lancer Girls Reach Junior Varsity Basketball Semis

IDAN VINITSKY  
LONDONDERRY TIMES

It was a season of a few ups and downs for Londonderry High School's Girls' Junior Varsity Basketball team, but exactly as the Varsity team did a week later, when the playoffs arrived, the Lady Lancers were ready and used a surprising win to advance to the semifinals.

The regular season ended with the Lancers managing a quality 12-6 record for coach Jamie Doyle's team and LHS entered the tournament

as the sixth seed. On Feb. 23, they beat the 11th seed Concord in the first round of the playoffs, and the next day, edged the third seed, Goffstown, in a close game, before losing on Feb. 25 to the number two seed, Pinkerton Academy, 49-26, after trailing just 27-17 at the end of the first half.

"It was a very good group of kids, that worked hard every day", said Doyle as the season ended, "They always showed up for practice with the right mindset

and determination to get better every time they stepped on the court".

Team Members were: Alexis Meola (sophomore), Lauren Rauseo (sophomore), Shannon Rauseo (sophomore), Ashley Doyle (junior), Katherine Marshall (sophomore), Sarah Clegg (sophomore), Maura Buckley (junior), Madelyn O'Shaugnessy (freshman), Olivia Chau (freshman), Kylie Crawford (sophomore), Ali Myron (sophomore).



Lancer JV Girls Basketball team finished the season with a 12-6 record and made it all the way to the JV Semifinals. Courtesy photo

# Londonderry Players Help BG Girls Win State Basketball Title

IDAN VINITSKY  
LONDONDERRY TIMES

For the fourth straight year, Bishop Guertin finished as the best team in New Hampshire Interscholastic Athletic Association Girls' Division I Varsity Basketball. On last Saturday, March 9, the Lady Cardinals added

another DI title with their 46-33 win over Portsmouth in the finals. Brianna Wilcox, a junior guard and forward for the title winning team is from Londonderry, and was great for BG in the final game, scoring ten points and adding three assists and three

rebounds. This was Wilcox's third championship with the team, and hopes to complete her perfect high school streak next season.

Wilcox told the Londonderry Times, "I think this year was a year of change and becoming a more mature group,

because of how young we were and how previous seniors and graduates laid the foundation down for us to work off. Each year it is a great competition and a great ending."

Also from Londonderry, freshmen forward Charlotte Sullivan, got a chance to play in her first championship game, in final 50 seconds, but did not have a scoring opportunity.

The team from Nashua, who finished the season with a 20-0 record, faced the sixth seed Clippers at the Southern New Hampshire University gym two days after Portsmouth shocked Pinkerton Academy in the semifinals. The Cardinals' great press forced many turnovers in the first half and BG led 20-12 at the break. The lead grew to 12



Londonderry's Bri Wilcox defends for Bishop Guertin during the game against LHS this season.

points after three quarters (36-24) and finished the job in the last eight minutes.

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# LHS Boys Freshman Hoops Finish Season With Two Wild Games

IDAN VINITSKY  
LONDONDERRY TIMES

The Londonderry High School's Boys' Freshman Basketball team was an improbable three-point buzzer-beater shot away from making it to this year's tournament finals.

The young Lancer team, who had a record of seven wins and eight losses during the 2018-19 regular season, finished as the tenth seed and was paired with the seventh-seed Portsmouth in the

postseason's first round, on Feb. 24. It was the highest scoring game of the season for the LHS crew and the lead switched hands multiple times from the tip-off until the final buzzer.

Eventually, Londonderry was able to pull off the upset win by a 60-59 score. That close win send the Lancers to a quarterfinals match against the number two seed, Bedford High School.

In that quarter final

match-up, LHS had six minutes left to play, and the game looked all but over as the Lancers trailed 33-20, but Londonderry suddenly scored 18 unanswered points and led 38-33, with only a minute on the clock.

Then Bedford, who made their own come back dashed the Lancer's dream. The Bulldogs scored a three pointer and got the ball back with 5.6 seconds left, and down by only three points. Londonderry's

defense did a good job, but was not able to stop a miracle fade-away three-pointer, that sent the game into overtime, where Bedford prevailed with a 48-45 win.

"I could not be prouder of how hard the team fought until the end of every game", said coach Shaun Yelle, "The future of Lancer basketball is as bright as can be. It was a very good season. It was the hardest fighting freshman team, who never gave up in any game".

Londonderry's top performances this season were a 22-point game by Tyler Murray in a 47-40 win over Alvirne, a 16-point game by Luke Longua in a 51-45 win over Dover, a 15-point game by Corey Nolan that led the team to a 42-23 victory against Windham and 19 points scored by Johnny Bristol in the play-off upset against Portsmouth.

Team members were:

Luke Longua, Anthony Salcito, Corey Nolan, Tyler Murray, Joey O'Neil, Colby Smith, Johnny Bristol, Jack Marshall, Nathan Defazio, Danny Garrity, Aidan Warren, Andrew Sorell, Grady Daron.

## Athletes of the Week

Week of March 4

**Patrick Hagearty**  
Senior, Indoor Track  
& Field:



Patrick was the top NH qualifier in the shot put, at New England's and finished in 14th place. He was the only New England qualifier from Londonderry High School.

**Malie Soucy, Sophomore**  
Unified Basketball



This is Malei's first year of Unified Basketball. She showed improvement throughout the season with her skills and was quick to transition from offense to defense. She was also supportive of the blue team this season by attending their games and cheering them on.

*Student Athletes supplied by Athletic Department*



## Senior Twirler's Swan Song

During the final home game of the Londonderry Boys' Basketball season, Lancer Twirling senior Morgan Torre performed for her final haltime routine. Morgan appeared on a regular basis with her friend Emily Cowlette, and the two girls were joined at the last home game with Salem High twirler Olivia Bollhorst.

*Photo by Chris Paul*

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# Londonderry JV Hockey Team Finishes Fourth in Division

IDAN VINITSKY  
LONDONDERRY TIMES

The Londonderry High School's Boys' Junior Varsity Ice Hockey team finished the season in the fourth place in their division. The Lancers' season concluded on Feb. 24 with a home

game against Bedford at the Tri-Town Arena in Hooksett and the team's final record wound up being 2-5-4. In the newly formed JV league, only the top two teams qualify for the postseason and LHS did not make the cut. The Lancers did tie

against those top two teams, Concord and Bedford, in their final two games of the season. Lancer JV coach Jim Cotter marked the Dec. 30 game against Pinkerton, a 1-0 win for Londonderry, as his team's best performance of the season.

"It was a hard fought game and we were able to come out on top," Cotter explained.

About the season in general Cotter said, "I believe this team met all expectations. We had a very young team, with seven freshmen and three

sophomores. They played very well as a team and improved markedly throughout the season. We are excited about the level of play that we expect to see from them next season."

The JV team members from the 2018-19 season

were: Noah Malcolm, Brandon Savage, Drew Nutter, Jack Beirne, Evan Cotter, Derek Felix, Connor Paiton, Nick Laverriere, Ethan Cohen, Kevin Griffen, Jake Holdsworth - Goalie, Michael Ziv - Goalie.

# LHS Exit Junior Varsity Basketball Tourney in First Round

IDAN VINITSKY  
LONDONDERRY TIMES

Londonderry High School's boys' Junior Varsity Basketball team's season ended last Saturday, Mar. 2, with a first round loss at the JV tournament.

The 26th annual Division I JV Tournament was held at Manchester Memorial and the Lancers, who finished the regular season with two wins, were ranked 18 and last entering the playoffs, where they lost 55-46 to

the home Memorial team. The top ranked team Bishop Guertin won the three-day event with a 69-56 victory over Exeter in the finals.

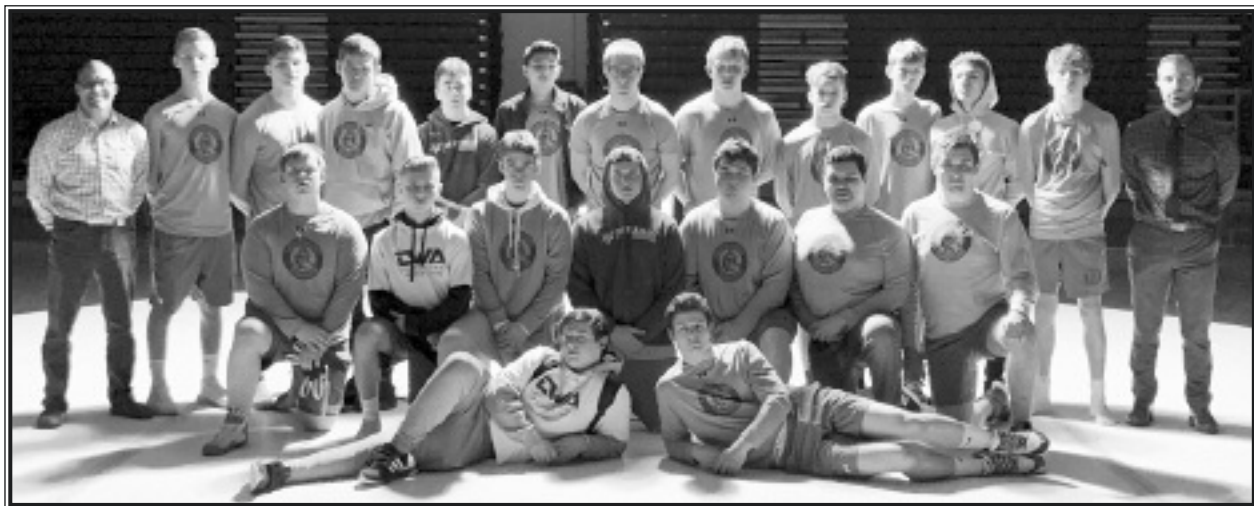
Londonderry's two wins of the regular season came on a home game

against Timberlane on Feb. 13, a game that had to be postponed from the previous day due to a snow storm, and nine days later, at home again, this time at the expense of Salem. "The boys got better as the year progressed

and we had a very young team," told coach Alex LaRosa to the Londonderry Times.

Team members for the 2018-19 season were: Justin Hoggard, Anthony Salcito, Manny Waters,

Johnny Bristol, Andrew Sorrell (Freshmen), Josh Patenaude, Nick Pao, Jacob Ruppell (swing), Scott McEvoy (swing), Domenic Viola, Marek Michno, Zach Furlong, Brian Gould (sophomores).



## Placing at States

Five Junior Varsity Wrestlers from Londonderry High School placed at the Division I Junior Varsity State Meet on Feb. 10. Mike Watts and Taylor Dyer took second place in their brackets, Steven Valentin, Chris Rossi and Wyatt Lamontagne finished in third place. Other team members this season were Ben Laverty and Justin Miller. Coach Jason Cucolo said: "JV had a strong season, competing in challenging tournaments and matches all year long."

*Courtesy photo*

# LHS Releases the 2019 Football Schedule

IDAN VINITSKY  
LONDONDERRY TIMES

After enjoying a fantastic regular season last fall, by winning the South Division with an impressive 8-1 record, but losing a muddy heartbreaker at home to Pinkerton Academy in the playoffs first round, the Londonderry High School Varsity Football team has some big plans for the next fall season.

This week, the Lancers 2019 schedule was released. They will open their new season at home against Concord High School on Friday, Sept. 6 and will travel to Salem

High School the next week. On Sept. 20, the Lancers will play their second home game of the season, when the play host to the Timberlane Owls.

From there, the team will continue to three straight games on the roads. First, they will visit rivals Pinkerton on Sep. 27 and then, travel to Windham, on Oct. 5 and Bedford, Oct. 11. The final three games of the regular season will be against Goffstown on Oct. 18, a trip to Manchester to face Memorial, on Oct. 25, and a home game against Manchester Central on Nov. 11.



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# Lancer Cole Keegan Excels as Rare Three Sport Athlete

IDAN VINITSKY  
LONDONDERRY TIMES

Londonderry High School's Varsity Football team had the second best Division I record in the 2018 fall season. Londonderry High School's Boys' Varsity Basketball team was one of the top Division I teams during the entire 2018-19 winter season. Londonderry High School's Boys' Varsity Lacrosse team will go soon into the 2019 spring season with high expectations, after reaching last year's final four. Those three strong teams have one player linking them: Junior Cole Keegan, a rare three-sport athlete who is enjoying success everywhere he goes these days.

Keegan has been playing basketball since he was a little kid: "In fourth grade I got cut from the Londonderry Basketball Club team", he tells the Londonderry Times. By the time he was a sophomore, he already played varsity basketball for the Lancers. His dad, who played college rugby ("I have an older brother who played football and a sister in basketball. We are a family of athletes"), used to play lacrosse with him in the back yard and Keegan says that being a lefty in writing and a righty in other things helped him a lot on the lacrosse field, where he is able to go both ways. He picked up football in fifth grade and started as a quarterback, before



Lancer junior Cole Keegan is proving that there is still some outstanding three-sport athletes out there despite dwindling numbers. Photos by Chris Paul

breaking his arm playing lacrosse. He returned to football a few years later: "I was a tall and skinny kid, not very good or coordinated", he remembers, "During the summer after my freshman year I got really good at football and was starting for the team as a sophomore".

In the past, three-sport athletes were in just about every grade, but you can barely find them these days: "When I went to high school, everybody did it", says LHS long-time trainer, Michelle Hart-Miller, a strong advocate of multi-sport athletes, "Read the research and statistics. 90 percent of the Patriots who just won the Super Bowl were multi-sport athletes. The difference in athleticism and there are less uncommon injuries, because in one sport you are doing the same motor movement pattern over and over again. You have bet-

ter movement if you do different sports and you adapt different coaching styles and become a better and a well-rounded athlete".

LHS' football coach, Jimmy Lauzon, agrees: "three-sport athletes are a rarity recently and it is unfortunate. College coaches want athletes, not the guys who can do only one thing. And you get one shot at the high school experience, so why wouldn't you want to be involved in other programs? Cole is a perfect example of how being a three-sport athlete is beneficial for you. What he does well on the court helps him on the field, with his ability to jump and box out for the ball. His footwork is better in

football thanks to basketball and his tough defense, the dives on the floor and fights for the ball all come from football".

"When I am trying to get open in lacrosse or even basketball, those cuts I do, the short routes, that comes from football", testifies Keegan, "The aggressiveness for tackles too. And jumping from basketball helps me in football. All my coaches tell us to do other sports and I think it is a great idea".

In that case, how come we don't see three-sport athletes anymore? "It disappeared because getting into college is a bigger deal today", believes Keegan's lacrosse coach, Roger Sampson, "There are a lot of new require-

ments that did not exist 20 years ago, so you need time for that and sometimes, must take a season off. Also, most kids are not passionate for three sports and have so many choices now that we did not have growing up. They are pulled away. It is sad, but that is the way it is. Cole is a great athlete, a natural talent and as a passion about all three sports, which is the difference maker in his case. I love the three-sport athletes, because they come into my spring season in great shape. Cole will enter his lacrosse season after playing three good seasons in a row".

Keegan admits that sometimes fatigue can be another problem: "I am always tired after practice. I am always doing something, no breaks. But I want to keep doing it next year, as a senior, and play one of my sports in college and hopefully, also as a pro". Hart-Miller understands the fatigue issue and says: "The kids listen to me talk about recovery all the time. You do need days off. Sleep is crucial too. And you don't want to do two sports in the same season".

"If there is any downside, is that sometimes I have to tell him to take it easier", adds Sampson, "You have to fight

through bumps and bruises, especially if you play contact sports. But he never uses those injuries to take a step back and that makes Cole great. He leads by example".

Speaking to Keegan's three coaches, the same term kept coming: "He's very coachable", they all said. "Cole is an amazing kid", says his current coach, Nate Stanton, "I love coaching him. He is way more confident this year, an offensive threat and a captain. Being a captain when you are a three-sport athlete shows how mature you are. He is a huge asset for all three teams. It is rare when a kid can pick up a basketball in November and say 'let's go'".

"Cole has been one of my favorite kids to coach in the last few years", declares Lauzon, "He is always willing to work on things and I know he is not afraid to get extra work on his own. He always has a smile on his face. He has a bright future in football, if that is the sport he chooses. Playing three sports has given him an advantage".

So what is his favorite sport out of the three? "Everyone asks me that, but it depends on the season I am in. And in the summer? I just do all three."

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## TOWN OF LONDONDERRY HERITAGE/HISTORIC COMMISSION

The Londonderry Heritage/Historic Commission will hold a Public Hearing on Thursday, March 28, 2019 at 7:00 P.M. in the Sunnycrest Conference Room, 268B Mammoth Road, Londonderry, NH to consider the following:

Application for certificate of approval for the construction of a freestanding sign, Two Litchfield Road, Map 12 Lot 68, Zoned C-III & HOD, New Hampshire Democratic Party (Applicant) and CC Properties, LLC (Owner)

Public hearing on the adoption of proposed by-laws. The proposed by-laws can be viewed online at [www.londonderrynh.org](http://www.londonderrynh.org) on the Heritage Commission page or during business hours at the Planning & Economic Development Department.

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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.

: We will run the full versions of any calendar items online free of charge at [www.nutpub.net](http://www.nutpub.net). Please send items to [londonderrytimes@nutpub.net](mailto:londonderrytimes@nutpub.net).

## Lions Spring dance

Spring Dance April 6, from 6 - 11 p.m. Londonderry Lions Hall, Mammoth Rd. Cost \$20 or \$35 per couple BYOB for ticket information you can call Jerry at 434-5387 All proceeds help support Lions scholarship fund and other Lions charity event in our community.

## Building Respect Among Culturally Diverse Groups

Talk With An Expert About Building Respect Among Culturally Diverse Groups on Thursday, April 4, at 7 p.m., at Etz Hayim Synagogue (1-1/2 Hood Rd., Derry) will host a discussion with James B. Farmer, Esq., entitled "Bridges: Building Respect in Diverse Groups to Enhance Sensitivity." During his 30-year career as a federal prosecutor in Boston, Farmer served, variously, as U.S. Attorney (Interim), Chief of the Criminal Division, Chief of the Organized Crime Strike Force, and Chief of the National Security Unit ("NSU"). As NSU Chief, Farmer supervised the office's anti-terrorism efforts, including the 2013 Boston Marathon bombing investigation and trial. Throughout his tenure as NSU Chief, Farmer met regularly with Arab, Muslim, and Sikh community leaders as part of BRIDGES (Building Respect in Diverse Groups to Enhance Sensitivity), a group formed in the wake of the 9/11 attacks to facilitate quiet communication between federal, state, and local government officials in Massachusetts and the leaders of these communities, who were concerned about their communities' civil rights and felt under intense public scrutiny. Notably, Farmer was the United States Attorney (Interim) during the 9/11 attacks in 2001. Farmer will talk about both the group's challenges and its successes in main-

taining vibrant lines of communication during often-trying circumstances. He will also discuss the somewhat unusual decision to have senior anti-terrorism prosecutors participate as part of this ongoing conversation. The lecture series is free and open to all. For more information, please or visit the synagogue's website at [www.etzhayim.org](http://www.etzhayim.org)

## Renew

Renew will be open Saturday, April 13, from 8-10:30 a.m. at Calvary Bible Church, 145 Hampstead Rd, Derry. Arrive by 10 a.m. Renew will also be open every Thursday 9-11:30 a.m., please arrive by 11 a.m. NH residents only. Renew offers free, gently-used apparel. Each household is limited to 15 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 [renew-calvary@gmail.com](mailto:renew-calvary@gmail.com) or call the church secretary at 434-1516.

## Poor Houses and Town Farms

On Friday, April 5, the Chester Historical Society presents at 7 p.m. Poor Houses and Town Farms: The Hard Row for Paupers, at Stevens Hall, Chester. From its earliest settlements New Hampshire has struggled with issues surrounding the treatment of its poor. Steve Taylor was the founding executive director of the New Hampshire Humanities Council and is a lifelong student of the state's rural culture. This is a very difficult program to get booked because of its popularity and took the historical society 2 years. For more infor-

mation see [www.nhhumanities.org/events/poor-houses-and-town-farms-hard-row-paupers-17](http://www.nhhumanities.org/events/poor-houses-and-town-farms-hard-row-paupers-17),

## So You Think You Can Cook, Londonderry?

St Peter's Episcopal Church, at the corner of Mammoth Rd., and Peabody Row, will be hosting its very popular Annual Chili and Chowder Cookoff on Saturday, March 30, at the spacious church. Cooks should sign in and set up by 4:15 p.m., and Taster's Choice will be from 4:30 - 6 p.m. There will be Celebrity Judges, Pinatas, a Gift Raffle and More. St Peter's is asking \$10 for General Admission/Tasting, and \$5 for ages 10 and under. This year, half of the proceeds from the Cookoff will benefit St Peter's Community Outreach. The other half of the event's proceeds will go to Hero Pups, a NH non profit which specially trains shelter and rescue pups to serve as Companion and Service Animals to Veterans and First Responders who have been traumatized as a result of their extraordinary service. Please join us at St Peter's on March 30, at 4:30 p.m. for this outstanding event. To register, please visit [stpeterslondonderry.org](http://stpeterslondonderry.org) or call Lee at 781-801-8161.

## Republican Meeting

The Londonderry Republican Committee will meet on Thursday, March 21, at the Victory Baptist Church, 78 Litchfield Rd., Londonderry, from 6:30 - 8:30 p.m. We will be conducting our biannual election for chair.

## Karaoke Night

On March 15, Karaoke with DJ Sharon will start at 7 p.m. at 6 Sargent Rd., Londonderry. Non-members interested in joining Post 27 are welcome to attend. For more information about the happenings at Post 27 go to our website [www.alpost27.com](http://www.alpost27.com), call us at 437-6613, visit our Greeley Parmenter

Harrington Facebook page or follow us on Twitter @ALPost27.

## St. Paddy's Day Party

A St. Paddy's Day Party with classic rock provided by Bazooka Joe will be held on March 16 at 6 Sargent Rd., Londonderry. Non-members interested in joining Post 27 are welcome to attend. For more information about the happenings at Post 27 go to our website [www.alpost27.com](http://www.alpost27.com), call us at 437-6613, visit our Greeley Parmenter Harrington Facebook page or follow us on Twitter @ALPost27.

## VA Bingo

Post 27 will be playing bingo with patients at the VA Hospital in Manchester on March 25, from 7 - 8:30 p.m. We'll be serving pizza and diet soda as well as providing \$150 in prize money. For more information about the happenings at Post 27 go to our website [www.alpost27.com](http://www.alpost27.com), call us at 437-6613, visit our Greeley Parmenter Harrington Facebook page or follow us on Twitter @ALPost27.

## "Dublin in Song & Story"

On Thursday, March 21 at 7 p.m., the Leach library will have Mr. Tom O'Carroll present "Dublin in Song and Story". Dublin-born folklorist, folk-singer, and instrumentalist Tom O'Carroll brings a wealth of stories, humor, wit, and history to his performances. 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.

## 'W.A.S.P' Movie Night

Help celebrate Women's Aviation Month with this spirited and sassy documentary about Women Airforce Service Pilots of World War II on Thursday, March 21 at 7 p.m., at the Aviation Museum, 27 Navigator Rd., Londonderry. Free to all! For more information call (603) 669-4820, email [avmuseum@nhahs.org](mailto:avmuseum@nhahs.org), or visit the museum's website, [www.aviationmuseumofnh.org](http://www.aviationmuseumofnh.org).

## Yoga Session for Seniors

The Londonderry Senior Center offers yoga classes to the senior community. Barbara Scott and Lisa Kress conduct an eight-week series of affordably priced yoga classes. These classes are designed especially for sen-

iors to help increase balance, flexibility and strength, as well as maintaining well-being. Classes take place at the Londonderry Senior Center, 535 Mammoth Rd., Londonderry on Tuesdays and Thursdays from 9 - 10 a.m. You may sign up for either the Tuesday or Thursday class - or both. Next session beginning the week of April 1. Registration for new students begins March 19. Payment is required at time of registration. For more details call the Senior Center at 432-8554.

## Easter Celebration

Join us at the at the Aviation Museum, 27 Navigator Rd., Londonderry, on the Saturday, April 13 at 11 a.m., prior to Easter weekend for a fun-filled family event. Crafts, stories, treats, outdoor activities (weather permitting) and surprises. For more information call (603) 669-4820, email [avmuseum@nhahs.org](mailto:avmuseum@nhahs.org), or visit the museum's website, [www.aviationmuseumofnh.org](http://www.aviationmuseumofnh.org).

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## Antiques Appraisal

The 2nd Annual Londonderry Antiques Appraisal Day will be held on Sunday, May 19, start gathering your finds! It was a giant success last year so we're doing it again! Bring your antiques, collectibles & family treasures to our second annual event featuring Daniel F. Reidy, appraiser/antiques dealer/auctioneer. Reidy has over 30 years of experience and is the owner of Discerning Eye, an estate appraisal and disposition

planning business. Stay tuned for updates!

## Activities

Young adults in grades 6 - 12 are invited to complete any of the activities located on the drum table in the Leach Library young adult area, starting now and ending at 8 p.m. on Saturday, March 30. For each activity completed and handed in at the circulation desk, participants will be entered into a random drawing for a chance to win a Barnes & Noble gift certificate!

## Lenten Fish Fry

The Knights of Columbus council 3023 of St. Thomas Aquinas in Derry, will be holding their 10th annual Lenten Fish Fry from now continuing on each Friday until April 12. We will be serving dinner from 5 to 7 p.m. at the St. Thomas Aquinas Center, 26 Crystal Avenue in Derry. Dinner includes a fried haddock fish fillet, french fries, cole slaw, tartar sauce and a roll for \$9.50. The children's dinner includes fish sticks, or mac and cheese, with french fries for \$3.50. Take out dinners are also available. For more information c o n t a c t [stevellhom@aol.com](mailto:stevellhom@aol.com).

## Evolve!

A group for young woman ages 13 to 18 to talk about today's challenges meets every Wednesday from 5:30 - 6:30 p.m. at the Upper Room, 36 Tsienneto, Rd. Derry. This is a free weekly group. To register, Call 437-8477 to register ext. 16.

## Artist Submission

Are you an artist? Are you interested in crafting a part of Londonderry's history? If so, please submit a design for Londonderry's version of the Nutfield 300th Anniversary commemorative coin! All submissions should meet the following guidelines and be emailed to [khildonen@londonderry-nh.org](mailto:khildonen@londonderry-nh.org) by Friday, March 15. The design should represent apple orchards or another part of Londonderry's agricultural heritage. It should be circular in shape and with detail appropriate to be engraved on a pewter coin approximately 1.5-2 inches in diameter, the drawing submitted should be 6-8 inches in diameter, It should be entirely of the artist's original design, but it can be

Continued on page 19



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## Londonderry Police Log

### Selections from the Londonderry Police Logs

#### Monday - March 4

**4:15 a.m.** Wires Down Action: Removed Hazard on Gilcreast Road.

**7:36 a.m.** Wires Down Action: Services Rendered on Hillside Avenue.

**3:34 p.m.** Assist Londonderry Fire Dept Action: Services Rendered at Hologic Inc on Navigator Road

**4:27 p.m.** Motor Vehicle Stop Arrest and Arrest on Mammoth Road at Fieldstone Drive.

**6:29 p.m.** Trespassing reported and investigated on Pinyon Place.

**8:44 p.m.** Investigated report of Wires Down on Buttrick Road at Spectrum Gymnastics Academy.

#### Tuesday - March 5

**9:18 a.m.** Disturbance

investigated at Londonderry High School.

**11:04 a.m.** Services rendered for Medical Emergency at Manchester Boston Regional Airport.

**5:36 p.m.** Suspicious activity Investigated at Manchester Boston Regional Airport.

#### Wednesday - March 6

**2:29 p.m.** Suspicious activity investigated at Speedway on Nashua Road.

**2:48 p.m.** Peace restored after Domestic Disturbance on Horseshoe Lane. **2:52 p.m.** Services rendered after report of Trespassing on Judy Drive.

**6:54 p.m.** Services rendered in keeping the peace on Moulton Drive. **7:31 p.m.** Three officers

investigate disturbance on Nashua Road.

**8:07 p.m.** Arrest made by four officers during a Domestic Disturbance at Sleep Inn on Perkins Road. Anthony Green, 26, of Rochester, N.H. Charged with two counts of Domestic Violence Simple Assault and one count of Sexual Assault - with an Object.

**8:29 p.m.** Disturbance results in transportation to hospital on Symmes Drive.

**8:55 p.m.** Peace restored after Domestic Disturbance on Fieldstone Drive.

#### Thursday - March 7

**12:02 a.m.** Suspicious activity investigated at  
**Continued on page 19**

## CLASSIFIED ADS \$1<sup>00</sup> PER WORD

Ad will run in Three Newspapers and Reach Homes in Londonderry, Derry, Chester, Hampstead, and Sandown!

Deadline for placing ads is Monday at 3 p.m. for that week's publication.

**ALL ADS MUST BE PRE-PAID**

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**e-mail text to:  
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## Around Town

Continued from page 16

either hand or computer drawn, The artist should ideally be a resident of Londonderry or someone with strong ties to the town. All ages are welcome to submit a design, Please include in your submission the artist's name, phone number, email address, and if under 18, the contact information for a parent or legal guardian. Questions? Please email Kirsten Hildonen at khildonen@londonderryh.org.

### Transitions Young Adult Strategies

A new group where young adults can talk about things that are challenging meets every Thursday from 6 - 7 p.m. at the Upper Room, 36 Tsienneto, Rd. Derry. This is a free weekly group. Drop ins welcome. Call 437-8477 to register ext. 24 for more information/options for dates and times.

### Vaping Deterrent Workshop

Do you know someone who is looking to give up vaping? This workshop will show teens how to break the habit and replace it with healthier options. On Thursday, April 4, from 2:30 - 4 p.m. at the Upper Room, 36 Tsienneto, Rd. Derry. Participants will gain strength by being with other people also trying to quit. This event costs \$25.

## Police Log

Continued from page 18

Manchester Boston Regional Airport.

**9:40 a.m.** Assisted Londonderry Fire Dept. with Services on Norwich Place.

**10:04 a.m.** Drug Offenses investigated at L-3 Warrior Systems - Insight Technology on Technology Drive.

**11:19 p.m.** Services rendered at report of Trespassing on Elijah Hill Road.

**2:03 p.m.** Services rendered in keeping the peace on Trolley Car Lane.

**4:23 p.m.** Three officers respond to report of missing person on Fiddlers Ridge Road.

**8:55 p.m.** Criminal Threatening investigated on Olde Country Village

Call 437-8477 to register, ext. 15. Will also be held May 2, and June 6.

### Co-Parenting Workshop

A workshop series for co-parenting after divorce or separation will be held on March 18, 25 and April 1, from 5:30 - 7 p.m., at the Upper Room, 36 Tsienneto, Rd. Derry. Learn how to protect your child's well-being by keeping the children out of the middle, allowing children to love both parents, and working on communication and recovery. This workshop costs \$50 (book included) scholarships available. Call 437-8477 to register, ext. 22.

### Flume and Isinglass Voting

Young adults in grades 6 - 12 are invited to the Leach Library to vote for their favorite Flume or Isinglass nominated title, starting now and ending at 8 p.m. on Saturday, March 30. Flume Award titles are books nominated by New Hampshire high school readers. Isinglass Award titles are books nominated by New Hampshire middle school readers. Voting slips are located on the drum table in the young adult area. You may vote for more than one book. For each voting slip handed in, you will be entered into a random drawing for a chance to win a Barnes & Noble gift certificate!

Road.

#### Friday - March 8

**10:38 a.m.** Services rendered for suspicious activity on Pettengill Road UPS.

**10:44 a.m.** Services rendered for Drug Offenses at Londonderry High School.

**10:45 a.m.** Services rendered for Drug Offenses at Londonderry High School.

**1:45 p.m.** Warrant served and arrest made on Pomp Road, Chester. Matthew Jackson, 25, of Chester charged with Criminal Threatening (intimidation, etc).

#### Saturday - March 9

**12:02 a.m.** Peace restored after disturbance at The Stumble Inn on Rockingham Road.

**1:17 p.m.** Services ren-

### Teen Information for Parenting Success

A weekly support program for young parents ages 13 to 23 will meet every Wednesday, from 5 - 7 p.m. at the Upper Room, 36 Tsienneto, Rd. Derry. This is a free weekly group. Childcare available. Call 437-8477 to register, ext. 12.

### UR Parents

A weekly Resource group for parents, grandparents and caregivers raising teens meets every Thursday, from 6:30 - 7:30 p.m. at the Upper Room, 36 Tsienneto, Rd. Derry. This is a free weekly group. Drop ins welcome.

### Londonderry Early Education Program

Now accepting applications for the 2019-2020 school year! Are you considering preschool for your child? If your child turned 3 by Sept. 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. Programs for three-year old preschoolers meet from 8:45 - 11 a.m. either 2 or 4 days

per week and our program for our prekindergarten students meet from 12 - 2:30 p.m. either 3 or 4 days per week. Tuition rates are: Preschool: \$150 per month for a 2 day per week program and \$200 a month for a 4 day per week program. Prekindergarten: \$180 per month for a 3 day per week program and \$200 a month for a 4 day per week program. 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.

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#### Sunday - March 10

**9:19 a.m.** Report of Domestic Disturbance results in transported to hospital on Oakridge Drive.

**10:01 a.m.** Shoplifting investigated at N.H. Liquor Store on Michels Way.

**5:09 p.m.** Burglary investigated by three officers on Boyd Road.

**5:07 p.m.** Suspicious activity investigated on Premier Drive at Anthony Drive.

**9:46 p.m.** Welfare Check performed by four officers on Oakridge Drive.

per week and our program for our prekindergarten students meet from 12 - 2:30 p.m. either 3 or 4 days per week. Tuition rates are: Preschool: \$150 per month for a 2 day per week program and \$200 a month for a 4 day per week program. Prekindergarten: \$180 per month for a 3 day per week program and \$200 a month for a 4 day per week program. 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.

### Bingo

The Londonderry Senior Center, 535 Mammoth Rd., Londonderry, has Bingo every Tuesday, Wednesday and Thursday from 12 p.m. - 2 p.m. all seniors over 55 are welcome, come and enjoy the fun. Cash prizes, small fee per card. If you want more information call Senior Center at 432-8554.

### Women's Writing Group

Derry Women's Creative writing group meets the second and fourth Thursdays of every month at the Derry public Library at 6:30 p.m.

### 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.

### 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-offhopenh@gmail.com

### 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.

### 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.

### Greater Manchester Lyme Disease Support

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

### National Model Railroading

Seacoast Division of the National Model Railroad Association is running their Fun Night program. The program is held the second Friday night of each month, 7 - 9 p.m., at the Marion Garish Community Center, 39 West Broadway, Derry. Using Molds to make resin parts Rich Breton will be on hand to show examples of various molds, including two part molds, and will spend in time with an interactive discussion and a show and tell type format. Mold making/casting is a way to get small detail parts not otherwise available. Always a part of the program is Model

Showcase where modelers bring in the latest project they are working on to show and discuss. We will set up a swap table so bring anything that you would want to give away, sell or swap. Remember, one man's junk is another man's treasure. 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.

### Child Find

Free Community Child Find Program for all Londonderry residents ages two half years through five years, eleven months of age who are suspected of having vision or hearing problems or developmental concerns. The Child Find Program will be held at Londonderry early education program (LEEP) Moose Hill School located at 150 Pillsbury Rd., on April 4. we encourage parents of preschoolers to set up an appointment if they have any concerns. For more information, or to schedule an appointment, call: Kathy Kelley 437-5855, ext. 7223 between 9 a.m. - 3 p.m. No Child Will Be Seen Without An Appointment.

### 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.

## Seeking for Historical Events

Seeking Military Reenactors, Military Displays (Vehicles, Equipment, etc.) from any time period. Londonderry Historical Society is looking for any interested groups or individuals who would be interested in celebrating our 300th and/or forming a relationship to participate in our functions throughout the year. If you or your group is interested please contact Roger Fillio at 603-434-1694 or email rogerfillio@myfairpoint.net.





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