

Nutfield News

January 4, 2018 • Volume 14 - Issue 1

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Town Council Considers Solar Energy at Transfer Station

ALEX GUITTARR
NUTFIELD NEWS

The Derry Town Council was recently tasked with deciding whether or not to allow for the implementation of a new solar energy panel system at the Transfer Station during their last meeting on December 19.

Based off the goals and desires of both the Energy and Environmental Advisory Committee (EEAC) and Net Zero Committee to provide Derry with clean energy, the two have been working throughout 2017 to establish a solar system somewhere in Derry to promote this goal, amongst other reasons. As such, Michael Fowler, the Director of Public Works, along-

side Jeff Molton, Chair of the Net Zero Committee, presented a resolution for the introduction of one such system at the town's Transfer Station.

Asking for three hundred thousand dollars to kick start the project, the system would consist of two hundred and forty ground mounted, three hundred and sixty watt panels. Insured to last at least twenty five years, the system would produce roughly fifty thousand kilowatts per hour (kWh) for the Transfer Station and another one hundred and five thousand, two hundred kWh for the Wastewater Treatment plant.

However, Molton admitted that energy production could possibly vary depend-

ing on weather patterns, but also noted that the projected amount of production came from analyzing the last twenty five years worth of prior weather patterns

"It's a proven production estimate that's been validated many times," Molton noted.

Finally, on top of receiving three thousand, eight hundred and eighty dollars annually via Renewable Energy Certificates (RECs) and causing no impact to the tax rate, the resolution asserted that avoid over twenty thousand dollars worth of costs annually within just over nine years.

The council seemed rather split on what to do with the resolution. Coun-

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Conservation Land May Be Converted into Parking

ALEX GUITTARR
NUTFIELD NEWS

As Derry continues to make expansions both economically and population-wise, one of the most glaring problems that has plagued the town has been a lack of parking, particularly in and around the downtown area.

During the Town Council's latest meeting on Dec. 19, Council Chair Joshua Bourdon highlighted the fact that he was well aware of this issue and felt like there was a solution within Derry's numerous plots of conservation land. Although Derry has made a habit of protecting its environment as best as possible, Bourdon felt that there might be a better way to utilize some of

this land.

Thus, Bourdon is hoping to work with both councilors and citizens throughout Derry to determine a more specific plan of action. In particular, Bourdon hopes to work closely with Councilor Neil Weatherbee, who also serves as the council's liaison with the Conservation Commission, to determine exactly which properties would be best suited for conversion into parking spaces, as well as how much such a conversion would cost.

"Perhaps if we add parking, more people would want to make use of it", Bourdon noted.

Weatherbee spoke up at this point, noting that more research will need to be

done, as he is not entirely sure whether the amount of parking or simply lack of knowledge about other parking spaces in town is the problem, as plenty of the aforementioned conservation parcels can offer parking in their own fashion.

"There is always some sort of off-road parking", Weatherbee stated.

None the less, Weatherbee felt that there were a number of parcels that were quite underutilized for one reason or another and also hoped to work with Bourdon in coming to some sort of solution on the matter.

Councilor Phyllis Katsakiores also made a suggestion to the two, in that she was curious about whether

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Year's End Party A large group of children and their parents attended the New Year's Celebration at the Derry Public Library on Saturday, Dec. 30 where they counted down to noontime with Children's Services Director Ray Fontaine when dozens of balloons were released from the ceiling.

Photos by Chris Paul

Town Council Allows For Application for Environmental Services Grant

ALEX GUITTARR
NUTFIELD NEWS

Thanks to efforts from groups like the Net Zero Task Force Committee and Energy & Environmental Advisory Committee, Derry has always prided itself on being environmentally conscious, especially for the sake of the public.

One such effort revolves around annual Household Hazardous Waste Days held by both Londonderry in the fall and Derry in the spring; events which serve to inform the public about how to properly store, handle and dispose of hazardous wastes within their homes.

However, these events are not free to put on, which

is where the New Hampshire Department of Environmental Services (NHDES) comes in to lend a hand. Always looking to give towns across the state the opportunity to educate residents on these matters, the NHDES regularly grants funds to applicants in order to fund these events. Thus,

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Derry Businesses Participate in Festival of Trees To Raise Money for Struggling Families

ALEX GUITTARR
NUTFIELD NEWS

As excited and festive as residents of Derry were getting in the buildup to Christmas earlier this month, local businesses proved to be no exception. Dozens of these companies showed their holiday spirit through participation in the Festival of Trees event at the Derry Opera House on December 20.

Organized primarily by Melanie Davis, owner of the Grind Rail Trail Café, 24 companies created eye-catching holiday trees to have displayed at their place of business up until the day

of the festival, where the trees would be moved to the opera house for the official event.

Although the event has been held in Derry in the past, this was the first year that the opera house was involved to help liven up the experience even more. Businesses were more than willing to get involved.

But the official event was far from just a simple tree display. On top of an appearance from Santa Claus and a variety of refreshments being offered to visitors, Christmas music also filled the room thanks to performances from both

Smash Music and alumni of Pinkerton Academy.

But the main attraction of the night revolved around the trees, and not just their display. Throughout the night, attendees could participate in a raffle. At one dollar per ticket, participants had the chance to take home one of the two dozen trees, which were only around two to four feet tall, and several prizes that were laid alongside each tree.

In the spirit of the holidays, all of the money raised by these raffles went directly towards The Upper Room, a family resource center located here in Derry.

Dedicated to strengthening both individuals and families in the community, the organization helps residents with everything from hunger, homelessness and drug abuse.

Hoping to use their resources to assist those struggling during what is supposed to be a happy and joyous time of year, Brenda Guggisberg, The Upper Room's Executive Director, was present at the event. Honored and excited to be a part of the night's festivities, Guggisberg expressed her thankfulness for the hard work put in by event staff to put the festival together and



Members of the Pinkerton Academy Chorus sang a variety of Christmas songs to bring in a festive mood at the Derry Opera House's Festival of Trees.

to the community for uniting "I think it's a beautiful display of citizenship," Guggisberg noted.

Solar Energy

continued from page 1

cilor James Morgan did voice his concerns over the additional fiscal issue of forty four thousand dollars spent on interest over the next ten years on the project, but still seemed supportive of the system.

"I have no fundamental issue with the proposed plan, but I would like to see the funding mechanism looked at", Morgan stated.

Councilor Phyllis Katsakiores, on the other hand, opposed the idea. While thanking the EEAC and Net Zero Committee for their hard work, she did not see how the high initial costs and length of time prior to the payback could be justified.

Council Chair Joshua Bourdon, who also holds a spot on the Net Zero Committee and has been highly supportive of the project, implored the council to

approve the resolution, noting that not only would this chip away at taxes and other costs in Derry, but having this more modernized energy system would also set a great example for local students looking to pursue technology or science careers.

However, not enough members of the council supported Bourdon's pleas, as Councilors Richard Tripp, Charles Foote and Katsakiores voted against the resolution due to fiscal reasons and concerns over the solar systems themselves, while Councilors Neil Weatherbee, Brian Chirichiello, Morgan and Bourdon voted for it, causing the resolution to fail four votes to three.



Teacher of the Year Pinkerton Academy Headmaster Griffin Morse, left, Dean of Academics Derek Lee, left center, and Dean of Faculty Bev Lannan, far right, stopped by the Foreign Language Department celebration for German teacher Judell Schlachter who received the New Hampshire Association of World Languages 2018 Teacher of the Year.

Courtesy photo

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Derry Possibly Becoming “Age-Friendly” With Help of AARP

ALEX GUITTARR
NUTFIELD NEWS

New Hampshire has

been facing the issue of having one of the oldest populations in the country for a few years now, as many younger

residents have become more and more inclined to move elsewhere for other opportunities, leaving local towns

and cities at a loss on how to keep their populations more diverse in terms of age.

Offering their own solution to this matter, Sylvia von Aulock, the Executive Director of the Southern New Hampshire Planning Commission (SNHPC), alongside Todd Fahey, New Hampshire Director for the AARP, came before the Town Council during their December 19 meeting to discuss how they could help Derry do just that.

Advertising what they refer to as Age-Friendly Communities, Aulock noted that her and her staff had already sought input from over sixty Derry community leaders on what they felt residents needed the most. From this input, Aulock determined that the like of transportation, housing and recreation were the top concerns.

“We know we really need to address this issue”, Aulock stated.

Upon learning of these desires, Aulock suggested that Derry take the next step

towards making Derry age-friendly by undergoing what she described as a “pilot program” for implementing such a system.

More specifically, the AARP and SNHPC are taking letters of interest from various communities in southern New Hampshire and determining which three would receive guidance from the group on how to achieve a more age-friendly community. Funded exclusively via a six month grant, the selected towns would determine exactly what they would hope to work on, with the AARP, as well as the World Health Organization, offering tips and resources to the towns on how to achieve their own personal goals. The process would extend anywhere from three to five years.

“We know a lot about what our residences think about this topic”, Aulock noted.

Advising that the council consider throwing their hat into the ring on the matter,

Aulock noted that Derry has until January 19 to send them a letter of interest, although they could pursue the matter again after June 30 if they wish.

Due to the ambiguity over what would be accomplished if the groups were to work with Derry, Councilor Richard Tripp felt that the matter should be an agenda item at a later date so that the council can delve deeper into whether or not this is something they wish to undertake. Furthermore, he also felt that the SNHPC would need to refine its data about Derry prior to this potential partnership, as there were several inaccuracies in their data on the town, including over tax matters.

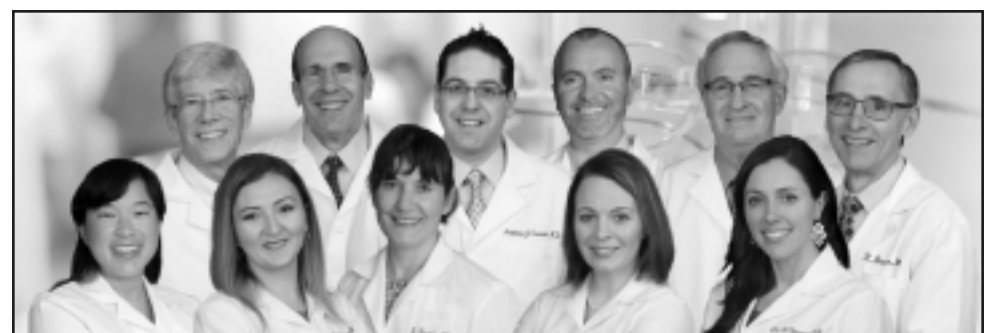
Council Chair Joshua Bourdon seemed quite curious in the prospect and suggested to Town Administrator David Caron that he look into researching the program further and potentially getting ready to send a letter of interest if necessary.



Volunteer Thanks More than 100 volunteers, community supporters, donors, and employees gathered in December at the Derryfield Country Club to recognize and celebrate the many accomplishments of The Granite YMCA over the past year. Top, Lauren Pardue was recognized of her leadership qualities at the YMCA and was presented with the Youth of the Year award. Local dentist, John Lombardi was thanked with an Outgoing Board Member Award. Dr. Kerry Houston of Londonderry, was honored with a Chairman’s Award for her outstanding volunteer service. All are pictured with Denise Langley and John Harris as they receive their awards. Pardue is also pictured with Lauren Frazier

Courtesy photos

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Editorial

For the New Year

The start of the New Year is traditionally a time for reflecting on the year just ending, and resolving to do things differently in the days ahead. We all know the routine resolutions: exercise more, eat better, perhaps taking on a more “green” lifestyle, being better prepared, or cutting down on TV or computer time and replace it with more “face” time with family.

All of these are fine resolutions, however, there are others that may take a bite out of personal time, but in the long run may be easier to maintain throughout the year, and with longer lasting results.

Want to make a truly lasting, impacting resolution? How about deciding to run for office?

Volunteers are needed to help our towns operate smoothly. While it takes no effort at all to complain about what goes on at town hall, it can be so much more rewarding to participate in the process and be in the right place at the right time to make positive changes. Get ready: the filing period begins in mid January.

Open seats often go unchallenged and the same people keep getting reelected, so open races ought to be encouraged. After all, a little change and a little completion is healthy.

If putting your name on the ballot is a little too stressful, there are always seats on boards, commissions, and committees

in town that often go empty. Whether you want to start slowly as an alternate, or jump right in as a full member, you have a variety of interest areas to choose from, from conservation to housing, in which to offer your time for the betterment of your community.

We all know the difficulties some residents have in paying their taxes or dealing with the huge changes that have happened in their town, that effect the quality of life. The answer for this to some might be to move away, but most will find similar problems anywhere they go. Perhaps the better solution would be to make the effort to advocate for responsible spending right in your own hometown.

Since budget hearings and deliberative sessions are coming up in January and February, here's another important resolution: Make a point of attending those events and speaking your mind, politely and reasonably, with facts as well as courtesy. At the very least, let your elected officials know what you think, no matter the subject, and encourage your neighbors to do the same. After all, if officials are unaware of a problem, it's likely nothing will be done to resolve it.

Best of luck with your resolutions, no matter what they may be, and from all of us at Nutfield Publishing to all of you, our best wishes for a happy and healthy New Year.

Derry Library Rings in New Year



An extremely large group of children and their parents filled the function room in the children's section of the Derry Public Library on Saturday, Dec. 30 where they counted down to noontime with Children's Services Director Ray Fontaine. Noise makers, balloons, and beverages were given to all who attended the party where along with the count down, stories were read and dancing was encouraged.

Photos by Chris Paul

Nutfield News

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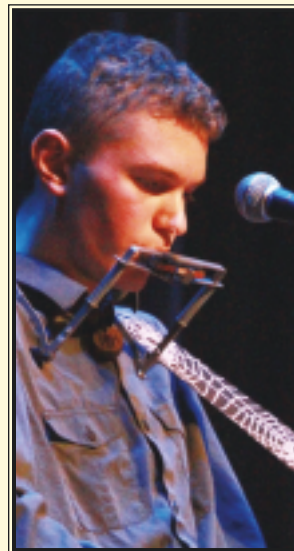
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Owner/Publisher – Debra Paul Art Director – Chris Paul

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Pinkerton Academy Students Show Off Their Talent



The Pinkerton Academy Future Business Leaders of America held its 10th annual Pinkerton's Got Talent" competition last week with over 300 fans in attendance. The first place winners were a musical trio, Sunset Ave., featuring Aidan Landry, Warren Olsen, David Dowd of Auburn play a Led Zepelin classic. Taking second were the duet of Nicole Delpidio and Morgane Vigroux singing Poker Face by Lady Gaga. Third place went to Jeff Velez playing piano blindfolded. In forth place was the dancer Skyler Podziewski.

Photos by Chris Paul

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State Warns that Despite Frigid Temps Ice is Still May Be Dangerous

PENNY WILLIAMS
NUTFIELD NEWS

The New Hampshire Fish and Game Department has issued warnings about the dangers of the ice despite the frigid temperatures the state has been experiencing. Their latest warning is as follows:

“From shore to shore. Covered in snow. The beauty of lakes like Massabesic can hide the potential dangers just below the surface. Thin ice warning signs are up around the state and Fish & Game Officials are asking you to proceed with caution. You should never assume the ice is safe. You should always go out and check the ice yourself. Don’t take others word for it. As temperatures fluctuate what seems like solid ice can be deceiving. Ice doesn’t freeze uniformly. What you should do is take an ice chisel and test out the shore line and then test the ice at regular intervals. If you have six inches of ice at the shoreline it does not mean you’ll have six inches of ice 200 yards out.

If you decide to go out, Captain Walsh says having the right gear could save your life. People that go out on the ice will wear these around their necks. The sharp spikes could help you claw your way out of the ice., a hard task when you are wearing heavy coats and boots unless you happen to have a float coat. It has built in floatation and that’ll help keep you afloat should you fall in. When in doubt about a body of water officials say don’t forget to rely on an often untapped resource,

local fishermen.”

The safety of the ice on ponds, lakes and streams is always a concern even after sufficient cold weather has brought fairly thick ice because a thaw, rain, or the currents under the ice, can weaken and make the ice less than safe for people and vehicles. Some smaller ponds such as Shop Pond in Hampstead or Sunset Lake in Hampstead may not be entirely safe.

Local fire departments all agree on the basic ice safety tips. Even after the ice has had time to thicken with good cold temperatures people need to remember that just because one spot appears safe doesn’t mean the entire surface is safe. The ice’s thickness is affected by currents and wind and especially near inlets and outlets. Skaters and those clearing areas for a skating rink should do it close to shore so that should someone fall through they won’t be over their head.

Hampstead’s Fire Chief Michael Carrier always states that unless the ice is measured consistently at 4-6 inches thick people should stay off the ice. His department doesn’t have any criteria on whether ice is safe, but if a person does fall through the ice he suggests they try to follow:

- Don’t panic - this will use up valuable energy and further create loss of heat.
- Move back to the area that you fell from as you know that the ice was strong enough before you fell in.
- Do not try to pull yourself up from the water onto the ice. Instead, kick your

feet to get your body parallel and then try to come out of the water. This allows you to move less of your lower weight.

• Once you are out of the water, roll as far as you can to where you know the ice is safe. This will allow less of a chance to fall back through as more surface area of your body is in contact of the ice, which will allow your body weight to be distributed over a greater area.

State officials add, it is not advisable to drive vehicles onto the ice. However, for those who do this regardless, they recommend a minimum of 6-inches of thickness as a rule of thumb based on the information from the U.S. Army Cold Regions Research & Engineering Laboratory in Hanover for individual foot travel and a minimum of 8 to 10-inches of hard ice for snow machines or All-Terrain Vehicles. They urge people to stay off the ice along the shoreline if it is cracked or squishy and to watch out for thin, clear or honeycombed ice. Dark snow and ice may also indicate weak spots. The Fish and Game safety on the ice tips says small bodies of water tend to freeze thicker while rivers and lakes are more prone to wind, currents and wave action that weakens the ice. And finally, don’t gather in large groups or drive large, heavy vehicles onto the ice.

The Fish and Game Department puts out a brochure, Safety on Ice, which adds more tips such as always go ice fishing with a buddy; don’t build a fire on

the ice; bring blankets and a first-aid kit; dress in layers and wear a hat remembering that a waterproof and wind-proof top layer is ideal for keeping the elements at bay. Wool, silk and fleece are great insulators even if you get wet but always bring gloves or mittens, sunglasses, insulated waterproof boots, extra clothing and food and hot drinks.

Remember - all ice is potentially dangerous. Wildlife and Outdoor organizations offer the following safety suggestions;

- Never go onto the ice alone. A friend may be able to rescue you or go for help if you fall through the ice.
- Always keep your pets on a leash. If a pet falls through the ice do not attempt to rescue your pet, call 9-1-1 or go for help.
- New ice is usually stronger than old ice. As ice ages, the bond between the crystals decays, making it weaker, even if melting has not occurred.
- Beware of ice covered with snow. Snow can insulate ice and keep it strong, but can also insulate it to keep it from freezing. Snow can also hide cracks, weak and open ice.
- Slush is a danger sign, indicating that ice is no longer freezing from the

bottom and can be weak or deteriorating.

• Ice formed over flowing water (rivers or lakes containing a large number of springs) is generally 15% weaker.

• Ice seldom freezes or thaws at a uniform rate. It can be one foot thick in one spot and be only a few inches thick 10 feet away.

• Reach-Throw-Go. If a companion falls through the ice and you are unable to reach that person from shore, throw them something (rope, jumper cables, tree branch, etc.). If this does not work, go for help or call 9-1-1, before you also become a victim. Get medical assistance for the victim immediately.

• If you fall in, try not to panic. Turn toward the direction from which you came. Place your hands and arms on the unbroken surface, working forward by kicking your feet.

• Once out, remain lying on the ice (do not stand) and roll away from the hole. Crawl back to your tracks, keeping your weight distributed until you return to solid ice.

• Leave your car or truck on shore. Every year several motor vehicles go through the ice on frozen lakes, and people have drowned as a

result.

• Leave information about your plans with someone - where you intend to fish and when you expect to return.

• Wear a personal floatation device and don’t fish alone.

• Ice varies in thickness and condition. Always carry an ice spud or chisel to check ice as you proceed.

• Be extremely cautious crossing ice near river mouths, points of land, bridges, islands, and over reefs and springs. Current almost always causes ice to be thinner over these areas.

• Avoid going onto the ice if it has melted away from the shore. This indicates melting is underway, and ice can shift position as wind direction changes.

• Waves from open water can quickly break up large areas of ice. If you can see open water in the lake and the wind picks up, get off!

• Bring your fully-charged cell phone with you.

• Carry a safety line that can be thrown to someone who has gone through the ice.

• Heated fishing shanties must have good ventilation to prevent deadly carbon monoxide poisoning. Open a window or the door part way to allow in fresh air.

Grant

continued from page 1

during the Town Council’s latest meeting on December 19, Director of Public Works Michael Fowler presented a resolution to the council to move forward with one such application.

Derry has already been doing this for a number of years, also using these

grants to fund projects such as a watershed assessment, improvements to the town’s Recycling Center and Do-It-Yourself Used Oil Collection Center and various Municipal Sewer Improvement projects.

“This has been an annual process for at least fifteen years”, Fowler noted.

In order to properly apply for these grants, the

Town Council is required to give Town Administrator David Caron permission to sign off on the application, which would give Derry up to five thousand, six hundred and forty six dollars as part of a matching grant program.

The council had no problem approving the resolution, and the funds from this grant are expected to take affect during the 2019 fiscal year.

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Tips and Hints on Living with Lyme Disease Shared

DEB PAUL
MELISSA BETH RUIZ
NUTFIELD NEWS

Living with chronic Lyme disease comes with its bad days and it's not-so-bad days. If you're like me, those bad days take every last bit of life out of you, and day-to-day tasks take all day into the next. You may be wondering how you can survive another one of those days.

It may feel impossible, but you can fight back! Here are just a few tips on how you can live a (somewhat) normal life living with Lyme Disease:

Probiotics – If you're taking antibiotics for your Lyme Disease, it's important that you take a good probiotic at least 2 hours after your antibiotics. Antibiotics kill off the good and bad bacteria in your gut, which means that you can be at risk of developing a "Clostridium Difficile Infection," which can be fatal. For this reason, taking probiotics is essential for when you are taking antibiotics, and for about 2-4 weeks after you finish your antibiotic treatment.

Blood tests – Because some of the medications used to treat Lyme Disease can be very strong, and because the neurotoxins that the dead Lyme Disease bugs die produce can damage your brain and other organs, it is important that you have

regular blood tests to check your liver and kidney function. It is also super important that you regularly check your white cell and neutrophil counts as well, so you can track how your immune system is coping with the side effects of the treatment, as well as the disease itself.

Co-infections – Studies have shown that almost all people who have Lyme Disease have some sort of coinfection that they got at the same time as their Lyme Disease. Coinfections can include Babesia, Bartonella, Chlamydia Mycofermentans, Ricksettia, etc. It's crucial that you treat these co-infections as well as the Lyme Disease because many of these coinfections depress the immune system, making it difficult to fight off other infections.

Immune System – Speaking of fighting off infections, when your immune system is low, it is vital that you stay away from people who may be sick. Many people who die from Lyme Disease die from infections they have picked up from other people. If your immune system is very low, this simple precaution could end up saving your life.

Sun sensitivity - For those people who are taking doxycycline and are strongly affected by the sun, believe it or not, the answer

is not to wear sunscreen. This once-helpful lotion is made ineffective against the sun sensitivity side effect that you get with doxycycline, and this can quickly lead to painful burns on your skin. The best thing you can do to avoid this is unfortunately to stay indoors during the middle of the day, or to wear long sleeve shirts and long pants, as well as a wide brimmed hat and sunglasses. For those who are extremely sun sensitive, you can put on some light gloves as well. Be sure to drink lots of water to counteract any fluid lost by sweating.

Hot Flashes/Night Sweats – If you are struggling with a Babesia coinfection and are having difficulty getting through the night due to hot flashes and night sweats, a small fan beside your bed might help ease some of that sweaty insomnia. When you are hot, sleep facing the fan, and when you cool down, roll over and sleep facing the opposite direction. This will help you control your body temperature more easily during the night.

Diet - Many people with Lyme disease have to be very careful with their diet. This is because Lyme Disease affects the immune system, and because of the side effects of the medications used to treat Lyme Disease. If you're taking oral anti-

otics, it's important to avoid sugar, since as I mentioned before, the oral antibiotics kill all the bacteria in the gut - the good and bad. If you eat a lot of sugar you're feeding mainly the bad bacteria (they're sugar junkies) and run the risk of getting a clostridium difficile infection, which as I said earlier, is potentially fatal.

In order to heal from Lyme Disease, it is important that your immune system is functioning at its best. When you eat or drink a lot of sugar-based products, your immune system is temporarily depressed for up to 12 hours. Many people with Lyme disease have damaged gastrointestinal systems, and as a result need to avoid foods that place extra stress on the gut, such as gluten (wheat) and dairy.

The Long Haul – Get ready for your Lyme Disease treatment to be quite lengthy. The average time spent being treated is 2 plus years. Some people need less time than this, and some people require much longer treatment. If they get the right treatment, many people are able to go into remission, but find that when their immune system is under stress, or when they are in stressful situations, that their Lyme disease can come back. It is important to keep a close eye on your health, even when you are able to

get into remission, with Lyme Disease so that you can get on top of any relapse and reverse it as quickly as possible.

Driving – DON'T drive if you are feeling too unwell or that you may be unsafe behind the wheel. It is better to stop or restrict your driving while you are very sick for your safety and others'.

Have a little Fun – Being sick for a long period of time can mean many hours in hospitals, Doctors' waiting rooms, treatment rooms, and long, painful treatments. This means that life can get a bit too serious at times. Even if it seems like Work, try to make sure you have some fun from time to time - even if this is just watching a movie in bed with someone you love snuggled up to you, or giving your cat a hug. As you get well, you will be able to do fun things that require energy.

It can be helpful to make a list of all the things that you want to do when you get well, sort of like a light at the end of the storm. Just writing a list (or making a collage) like this can take your mind off of the dreariness at hand. I find that when I am having a painful medical procedure, if I close my eyes and imagine myself doing one of the fun things on my list it makes it much more bearable. Dream big—

day to yourself, "When I get better, I'm going to walk on the Moon!" Using "when" instead of "if" will enhance your outlook and can help give you the emotional strength you need for the battle ahead.

Find your Support System - Lyme Disease can be very isolating. Many people with Lyme Disease are diagnosed late, and end up with Chronic or Late Stage Lyme Disease. Many of these people are severely affected by their poor health and a lot of them have lost their jobs, their homes and many of their relationships. Make sure you surround yourself with people who are there to support you (even if it is only through online Lyme Disease support groups). Family and friends of course can be helpful, as being around loved ones can help boost positive feelings, but finding a group of people who truly understand what you're going through can make a huge difference, and you may discover some information or life tricks you never would have found out otherwise.

Like I said, living with Lyme Disease is no walk in the park, but where there's a will there's a way, and I intend to find a way out of this mess, and I have a will to keep fighting!

Thank you for reading, to those of you going through what I'm going through, don't give up! When the going gets tough, the tough get going! Stay well!

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continued from page 1
or not it would be possible to determine how much resi-

dents make use of each conservation parcel. However, Bourdon was quick to note that such a tally would most likely be impossible.



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DERRY SPORTS

Astro Boys' Basketball Squad Starts Season With Ups, Downs

ALEX GUITTARR
NUTFIELD NEWS

The Pinkerton Academy boys' basketball squad answered a few questions held by folks who follow New Hampshire Division I hoop and wondered just what the Astros might be able to do this winter by going a very decent 2-1 to start the 2017-18 season.

Longtime coach Peter Rosinski's PA crew bested Merrimack but fell to Nashua South in its first two D-I contests during the week before Christmas, and then soon after the big holiday the Astros notched a win in their first game in the Lowell Catholic Christmas Tournament down across the Massachusetts border.

In its season and home-opener against the Merrimack High Tomahawks on Tuesday, Dec. 19, the locals battled out a 49-48 victory thanks to some late heroics from senior center Matt Fabrizio.

With his team grasping the tiny, one-point lead and Merrimack getting a shot at an easy lay-up in the final few seconds, Fabrizio sprinted back into position and blocked the possible winning shot to preserve the victory for his side.

"It was a perfect Bill



Astro Andrew Lufkin looks for his shot vs. Merrimack.

Russell play. A great play," enthused an ecstatic coach Rosinski.

The hosts trailed 8-6 after one quarter but played themselves into a 19-12 lead by halftime. Pinkerton still led by a small margin (34-31) going into the final stanza, but the game would go right down to the wire.

Ryan Auger (16 points), Jack Potvin (12), and Ben Lindsey (11) combined for 39 of their squad's 49 in the tight victory.

But the locals saw their D-I mark move to 1-1 when they took to the road for the first time in the young season two nights later to play at Nashua South, with

Pinkerton carrying a 62-53 loss home from the Gate City.

The host Purple Panthers won every quarter but the last, holding leads of 17-16 and 30-24 after the first and second periods and a 50-27 advantage going into the last stanza. Pinkerton outscored its host by a 16-12 margin in the fourth but couldn't come all the way back to bag the win. Auger and Potvin each scored 13 points and Lindsey was good for 10 on a losing night.

But after enjoying a Christmas break coach Rosinski's roster was able to sneak out another one-point win over the Chelmsford (Mass.) entry in its first game in the Lowell tourney last Wednesday the 27th.

The scoreboard showed the Astros having eked out a 62-61 decision when the final buzzer sounded, with Pinkerton proving able to rebound from a 20-11 deficit after one period and an even bigger one later.

Pinkerton trailed by double digits (48-38) going into the fourth quarter, but the Astros outscored their Bay State opponent by a big 24-13 margin in that decisive stanza in claiming the success.

Andrew Lufkin led PA with 16 points, Cason Gior-

dano netted 13, and Potvin was good for nine as the Astros moved to 2-1 overall on the still-young season.

The Astros then ended up on the down side of a 62-50 tally against the Billerica (Mass.) contingent in tourney play on Friday the 29th, making their overall season record 2-2.

Billerica won every quarter but the third, tallying a 21-12 lead in the first quarter and grasping a 34-19 advantage at the halftime break.

The PA bunch made inroads on a comeback in the third period by outscoring the Bay Staters by a 19-14 tally to make the game count 48-38 going into the fourth period. The Massachusetts side put the win away by outscoring PA 14-12 in that final stanza.

Ryan Auger (13 points), Lufkin (11), and Ben Lindsey (10) all scored in double figures on a losing night.

Following a final holiday tourney game - a 58-41 loss to the Westford Academy team last Saturday night the 30th - the academy crew bounded into this, the first week of 2018, with contests slated at home against Salem this Tuesday the 2nd - after Nutfield News press time - followed by a ride to the seacoast to play the Win-



PA hoop standout Ben Lindsey looks to get a shot off during his squad's recent game against Merrimack.

Photos by Chris Pantazis

nacunnet High Warriors on 2017-18 campaign, coach their court in Hampton this Rosinski's roster will take Friday night. And with an aim at getting back up as the up-and-down start to its new calendar year starts.

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After Early Concerns, PA Gymnastics Coach Excited by New Crew

CHRIS PANTAZIS
NUTFIELD NEWS

Initially, Pinkerton Academy veteran gymnastics coach Chelsie Burland had herself resigned to the fact that her defending state champion 2017-18 squad would be in rebuilding mode this winter.

After all, having a slew of talented gymnasts leave the fold via graduation last spring would be enough to gut any program.

But since beginning practice sessions this season, Burland has had a change of mind concerning her small but versatile contingent this winter, and the skies may be the limit for the 2017-18 PA crew.

"I anticipated this being a rebuilding year because we lost seven seniors to graduation, which was half of our team," she said. "We have 10 girls on this year's team, and I now take back what I said about it being a rebuilding year. I think they're going to be as good as if not a little bit better than last year's team."

And last winter's squad was good enough to place the Lady Astros atop the state gymnastics mountain, giving Burland a third title in four years.

The academy gymnasts have won six state championships since 2010, with only a percentage-point loss to the rival Londonderry High Lady Lancers during the 2015-16 D-I Championship keeping it from



Ashley McKinnon is one of the skilled newcomers on the 2017-18 PA gymnastics squad.

Photos by Chris Paul



Sophia Viger is giving every indication that she'll be a powerhouse for the defending D-I champs this winter.

being a consecutive run of crowns.

This winter's PA team boasts eight standouts who will compete in all events and two incoming youngsters who will compete.

Perhaps just as impressive as all of that news is the fact that this winter the Astros will be led by the two most successful gymnastics coaches in school history as head coach Burland will now be assisted by former

PA head mentor Lindsay Moran.

Moran led her teams to eight state titles between 1994 and 2006, and she has decided to step back into the program to help Burland with the heavy coaching load.

The 2017-18 contingent welcomes back stalwarts and junior team captains Ashley Loeffler and Emily Connors along with their fellow junior Audrey Hill

coach Burland expects that the talented 11th grader has lots more gymnastics success in her.

Sophomore Lizzie Morin is also back in the fold from the title-winning team, and the newcomers include freshmen Zoe Demers and Ashley McKinnon, junior Zoe Dinsmore, and sophomore Allison French.

Dinsmore and French will concentrate on the floor exercise and vaulting while their eight teammates all go for successes in all of the events.

After having their season-opening meet of the campaign cancelled due to snow a few days before Christmas, the Lady Astros got rolling officially in their new competitive surroundings at the Palaestra Gymnastics Academy in Derry on Thursday Dec. 28 and then again two days later in multi-team events.

In its season-opener against three opponents on the 28th, the Lady Astros got started with a bang by tallying a huge team point total of 134.8 to win. Salem was way behind in second (113.85) with Keene third (111.1) and Exeter a very distant fourth (33.6).

Viger was an absolute

powerhouse, winning on the vault (score of 9.05) and in the floor exercise (9.1) while also finishing second in the all-around (34.5).

The victorious locals also had McKinnon win the balance beam (9.05) and get third on vault, with Loeffler taking second places on vault and bars, and Demers finishing second on beam and third on floor.

The Lady Astros had just a one-day break before playing host to three more opponents, and they absolutely hammered those rival squads as well.

Pinkerton, which will be getting veteran standout Audrey Hill back from concussion protocol for their next meet at Hollis-Brookline on Jan. 7, tallied a huge team score of 138.55 to win the meet easily. Merrimack was second with an 82.

Loeffler proved unbeatable on the vault (9.2) and the beam (9.0), and Viger had second places on vault, bars, beam, floor, and in the all-around as well. Her all-around score of 35.4 was the best of her career.

Thirds were delivered by Demers on bars, beam, and floor, and Loeffler in the all-around.

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Following Tough D-I Defeat, PA Girls' Basketball Crew Rebounds

CHRIS PANTAZIS
NUTFIELD NEWS

After starting its 2017-18 season with a pair of impressive and lopsided Division I wins, the Pinkerton Academy girls' basketball squad learned just how important a pair of its starters are to its success in game number three.

The previously-unbeaten Lady Astros played their final D-I contest of the 2017 segment of their 2017-18 campaign at Merrimack High School on the night of Tuesday, Dec. 19 with battle-tested veterans Cydney Lessard and Brooke Kane relegated to the sidelines due to illness and injury. And the host Lady Tomahawks took advantage of their absences by pulling off a slim, 45-40 victory which surprised just about everybody paying attention to the league standings.

"Brooke is under concussion protocol and will be out until cleared by the trainers," lamented PA coach Lani Buskey in the wake of the loss despite the fact that the rest of her team battled intensely. "We were also down another starter, Cydney Lessard, due to illness."

The Lady Astros led 13-11 after one period, but Merrimack outscored its guest by an 18-11 tally in the second quarter to carry a 29-24 advantage to the halftime break.

The Lady Tomahawks' advantage sat at a mere four points (35-31) going into the final stanza, but the hosts ended up squeezing out the surprising victory.

The Lady Astros received 10 points from court general Amanda Lemire, eight from Alicia D'Onoforio, and six from Jesse Ames on the losing night.

However, both Kane and Lessard were back in the PA fold when the Lady Astros returned to competitive action after Christmas, playing in the Salem Blue Devils' Holiday Classic tournament at Salem High School.

Buskey's bunch pummeled New Hampshire opponents in its first two contests in the tourney, with the Souhegan Sabers and the Pelham Pythons giving Pinkerton very little trouble.

In the Wednesday, Dec. 27 game with Souhegan, the Lady Astros drove their way to a 73-42 victory which featured double-digit scoring performances from four

Pinkerton players.

Kane led the charge with 16, Lemire notched 12, D'Onoforio was good for 11, and Madison Mahoney collected 10. All in all, the locals had 12 players tally points in the lopsided success.

And the Lady Astros wound up being a full 27 points better than the Pelham squad the next day, winning a 63-36 game with Kane leading everybody with 30 big points. Lemire contributed nine of them, and D'Onoforio and Isabella Brouillet each netted six.

Coach Buskey's crew led 17-14 after one quarter and 27-18 at the half, and it outscored its opponent by a big 36-18 margin during the second half of action.

Coach Buskey's bunch then assured itself of a perfect 3-0 run at the Salem

tournament with a 50-41 defeat of the Hollis-Brookline Lady Cavaliers in Friday, Dec. 29 play.

Pinkerton led 17-14 after one period and 30-19 at the half. The locals were outscored by their opponent 22-20 in the second half, but the Lady Astros hung on tight and bagged yet another success.

Kane finished with 20 big points for the victorious locals while Madison Mahoney netted 16 - nailing some four three-pointers in the process - and Lemire was good for eight points.

The Lady Astros then bounded into the new calendar year this week with a road game right back there at familiar Salem High against the host Lady Blue Devils on Tuesday, Jan. 2 - after Nutfield News press time - followed by a home



Sophomore guard Brooke Cusick brings the ball up the court during her team's recent hammering of the visiting Exeter Lady Blue Hawks. Photo by Chris Pantazis

game against the visiting Warriors from Hampton this Winnacunnet High Lady Friday Dec. 5.

McLaughlin Leads the Pinkerton Wrestlers to Top-10 Finish in Lowell

CHRIS PANTAZIS
NUTFIELD NEWS

Paced by weight class-winning sophomore stalwart Sterling McLaughlin the Pinkerton Academy finished tied for eighth place out of more than 70 contingents at the annual George Bossi Lowell Holiday Wrestling Tournament held at the Tsongas Arena in that Massachusetts city last Thursday and Friday, Dec.

28 and 29.

The event drew teams from across the east, was won by the Vermont powerhouse from Mount Anthony Union High School in Bennington and its 217 points. The Granite State wrestling machine from Timberlane finished a pretty close second (206.5), but third place Southington, Ct. was well behind with a 147. Pinkerton tied its New Hampshire rival from Concord High in

eighth with a team point tally of 109.

McLaughlin was impressive in winning his 182-pound weight class, posting a 5-0 record and defeating Timberlane's Dylan Tremblay in the finals by pinning him with just seconds left in the third period. The Pinkerton sophomore stand-out bagged three pins and two decisions in taking the weight class crown.

The Astros also had 220-pound stalwart Rob Fahey go top-three in his class, ending up third overall in that tough division. And

Tyler Mackiernan just missed out on making a top-six finish, ending up seventh in his 145-pound division.

The academy grapplers had finished the 2017 segment of their season back on Dec. 21 with a slim, 39-37 edging of the Exeter High Blue Hawks in Derry. The Astros rolled into this first week of 2018 looking at a couple of road competitions, at Alvirne in Hudson on Wednesday the 3rd followed by a far lengthier ride to the aforementioned Mount Anthony Union for an invitational on Saturday the 6th.

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Pinkerton Track Squads Excel in Big Meet at Dartmouth College

CHRIS PANTAZIS
NUTFIELD NEWS

The Pinkerton Academy boys' indoor track and field squad finished first out of 19 teams and the Lady Astros came in an excellent third out of some 21 competing squads in a huge meet featuring high school contingents from both New Hampshire and Vermont in

Dartmouth College's Leverone Field House in Hanover last Thursday, Dec. 28.

The PA males took the team first place handily by scoring 82 points, a tally which was some 39 better than the score of the runner-up team from Concord High.

"We scored points in almost every event to pull

off the win, and the day started with Adam Spencer and Conor Seleny both running their best times of the season to come in second and third in the boys' (55-meter) hurdles," said proud coach Ian French. "Spencer broke the 8-second barrier for the first time to maintain his position as number two in Division I."

The Astros received

event victories from Jady Ruimwijk in the 300-meter dash (time of 36.94 seconds), Ethan Desmaris in the 1,000-meter run (2 minutes, 47.34 seconds), and their 4x200 and 4x400 relay quartets. The victorious 4x200 grouping of Spencer, Ruimwijk, Avery Battle, and Seleny posted a time of 1:37.09 and the successful 4x400 crew of Desmaris,

Jeff Mize, Steven Groulx, and Pat Hanlon won in 3:46.72.

The Lady Astros tallied a team score of 34 to finish behind only St. Johnsbury Academy of Vermont (67) and Bishop Guertin of Nashua (36) in their 21-team meet.

The local ladies got and event win from Britney Johnson in the 1,500

(4:53.17) with her teammates Meghan Cross and Jordan Vaillancourt also scoring points in that event by finishing fifth and sixth respectively.

The local tracksters won't compete in another league meet until their first event of 2018 comes about at the University of New Hampshire in Durham on Jan. 14.

Astro Skiers Get 2017-18 Seasons Going at Crotched Mountain

CHRIS PANTAZIS
NUTFIELD NEWS

The two-time defending state champion Pinkerton Academy girls' ski squad and the skilled and determined PA boy skiers got their 2017-18 campaigns officially rolling on the slopes at the Crotched Mountain Ski Area in Bennington on Wednesday, Dec. 20. And both local contingents put forth pretty productive performances.

The Lady Astros began their season in magnificent fashion, besting all four of the other Division I contingents against which they competed. And the Astro males finished fourth out of

the five squads in their event.

GIRLS

The Lady Astros' defending state championship crew consists of returning varsity members Danielle Martineau, Hannah Peterson (a co-captain), Kathryn Leighton, Caroline Mills (co-captain), Kate Bennett, Emily Gardner, Maghan Lahey, Miranda Echerman, and Danielle St. Peter, along with newcomers Annabell Veale and Caryl Hubner.

In the words of veteran coach Paul D'Antonio, in their 2017-18 season-opener the Lady Astros "showed off the skill and talent that has made the girls' team the state champions for two years in a

row."

Martineau had two great runs to score first overall and first for the champs. Peterson also showed championship talent and came in second overall as well as second for her team. Hot on their heels, Gardner skied to an overall ninth and third for the PA side, and Kate Bennett bagged 13th overall and fourth for her team.

Regarding the rest of the squad, Leighton came in 20th overall, St. Peter snagged 23rd overall, Veale was 27th, and Huebner finished a very respectable 28th overall out of some 48 girls in her first high school race ever. Eckeman turned in two good runs to place

29th, and Lahey took a tumble during her second run but had a strong first one.

BOYS

The 2017-18 Pinkerton boys' crew consists of returning varsity members Eric Ihloff (a co-captain), Dylan Durazzno, Kenny McCarthy, Brandon Simpson, Owen Sezgin, Camden Caswell, Zach Kahn, and Peter Tinker (co-captain), who are joined by newcomers Ethan Hatch, James Smith, and Wilson Mills.

In the season-opener on Crotched Mountain, Sezgin placed first for his team and fourth overall, and Ihloff was second for the team and 17th overall. McCarthy came in third for PA and took 20th overall, and Caswell placed fourth among the Astros and 22nd overall.

Additionally, Kahn managed a good run in placing 24th overall, with teammate Hatch snagging 32nd overall and Tinker finishing 37th.

And in his first-ever high school race, Smith came in 39th overall.

"An outstanding race for

James on a long, icy slalom course at night, out of a field of 45 racers. He did a great job," said coach D'Antonio.

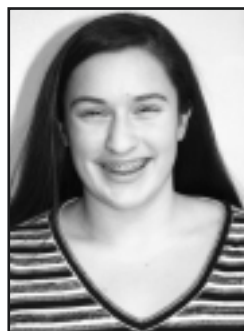
Athletes of the Week

Week of Dec. 25



Sterling McLaughlin, Sophomore, Wrestling

This young standout placed first in his 182-pound weight class at the huge Lowell Holiday Tournament, helping his academy team to an eighth-place overall finish out of more than 70 teams.



Sophia Viger, Sophomore, Girls' Gymnastics

This skilled 10th grader competed in a tough field and dominated in her squad's first post-Christmas meet in Derry, winning two events and taking second in the all-around while performing like a veteran.

Athletes are chosen by Pinkerton Academy Athletic Office

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After Unbeaten D-I Start, PA Hockey Moves on to Salem Tourney

CHRIS PANTAZIS
NUTFIELD NEWS

The Pinkerton Academy ice hockey squad began the pre-Christmas segment of its 2017-18 campaign with a nice little undefeated streak, after which it bounded into the annual holiday tournament in which it plays each December on the New Hampshire/Massachusetts border.

After opening their new season with three wins in three tries, the Astro icemen moved on to the annual three-day Salem Blue Devils Holiday Classic at the Salem Icecenter in the days following Christmas.

Coach Littlefield's crew had kept its Division I record unblemished at 3-0 with a 3-2 edging of the host Exeter High Blue Hawks at

The Rinks at Exeter on Wednesday, Dec. 20.

Pinkerton scored single goals in each period, with the host Blue Hawks sending the contest to period number three knotted up at 2-2 by scoring twice in the middle stanza.

Cody Sullivan potted the game-winning goal in the third period to make his Pinkerton side a winner yet again. John Last had tallied his first varsity score in the first period, and Tyler Whiting lit the lamp in the middle period. Ty Riviere dished out two assists for the victorious locals, Cooper Flinton notched one helper, and goalie Dakota Robinson was good for 22 saves in the PA cage.

But after enjoying the Christmas holiday, the Astro icemen put in something of

a lackluster performance against the Belmont (Mass.) Marauders in the opening game of the Blue Devil tourney at the Salem Icecenter in the late afternoon of Tuesday, Dec. 26. And as a result, coach Littlefield's crew absorbed its first defeat of the young campaign in a 2-1 decision.

The Astros potted the game's first goal a mere 3:37 after the opening face-off when captain Pat Hare rifled home an unassisted marker. But the Bay State contingent answered with a power-play goal 2:36 later to knot the score, and the fast-paced first period closed with the score sitting right there at 1-1.

Belmont enjoyed a modest, 8-6 advantage in shots on net in that opening stanza, and when the Astros began period two in

extremely sloppy fashion the Marauders capitalized with what would prove to be the game-winning goal a little less than four minutes in.

Pinkerton picked up its effort before long and finished the second stanza with a 13-11 advantage in shots on net, but it proved unable to get one of those blasts into the Belmont cage.

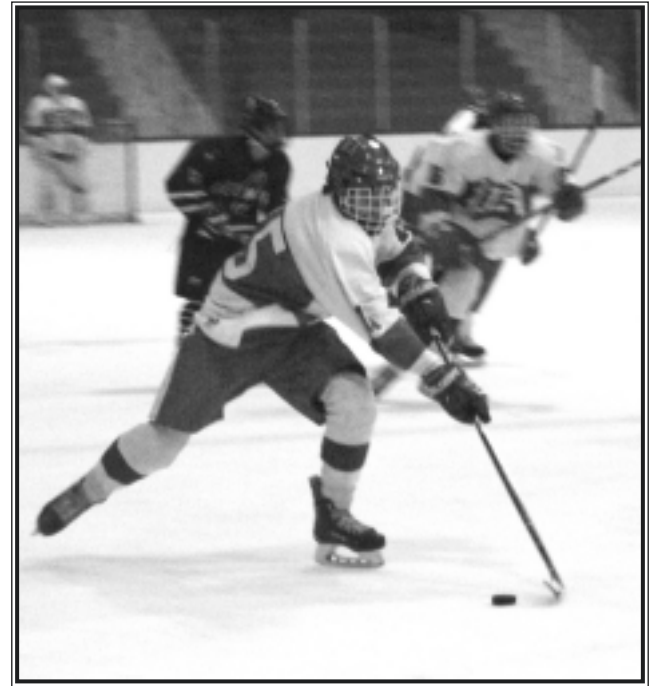
The locals received a power-play opportunity with 1:23 left in the second and after being held scoreless during that stanza-closing span they began the third with 37 seconds of man-advantage time.

However, coach Littlefield's legion was once again pretty ragged at the start of the third, and that brief man-up span ebbed away without any sort of pressure on the Belmont net.

The Astros only wound up putting four shots on the Marauders' cage during the third period to Belmont's eight blasts, and the locals had to deal with their first downer of the winter.

"Our emphasis between the second and third periods was on playing with more energy, but you could see that we looked like we'd been off for a few days. That's not an excuse, it just showed that we'd been off the ice for a bit. Hopefully we can have a better showing tomorrow," said coach Littlefield.

PA keeper Robinson finished with some 25 saves in the defeat, with he and his teammates looking forward to a better overall effort



Pinkerton senior forward Cody Sullivan carries the puck up the ice during his team's holiday tourney game against Belmont, Mass. *Photo by Chris Pantazis*

against the long distance-traveling Lewiston (Maine) High team on the night of the 27th.

The Astros suffered a second consecutive slim defeat in that tournament in the Wednesday contest against Lewiston, falling by a 3-2 tally in overtime. Unlike the Belmont game, Pinkerton and its opponent played two halves which were 22:30 in length rather than three, 15-minute periods.

The Mainers managed the lone goal of the first stanza before PA outscored Lewiston by a 2-1 tally in the second period, with Landon McClure and Hare potting the tallies for Pinkerton.

With the score knotted up at 2-2 after regulation

time, the squads rolled into a three-on-three overtime stanza with Lewiston ending the contest with the winning tally just 2:30 in.

Astros' backup goalie Matt Gilliland drew the start and made 25 saves in a performance which pleased coach Littlefield.

The academy side then completed its involvement in the Salem tournament by facing off with Windham in the tourney finale on Thursday night the 28th. And Pinkerton finished up with a penalty-packed, 2-1 edging of Windham in which the locals received first-period goals from Colin Leighton and Nick Trask.

There were some 11 penalties whistled in the game, with PA receiving five of those.

Astro Swim Squads Both Snag Seconds at UNH Holiday Event

CHRIS PANTAZIS
NUTFIELD NEWS

Thursday, Dec. 28 was a productive day for the swim teams from Pinkerton Academy as both of those groups bagged second place finishes at the University of New Hampshire Holiday Invitational in Durham.

The PA teams were among a 16-team field, and both finished behind the victorious squads from Bishop

Guertin High School of Nashua in their meets.

The Astro males tallied a team score of 204 to finish behind only the talented BG Cardinal guys and their huge score of 415.

The PA guys got second places from Gordon Suwirjo in the 100-meter butterfly (57.01 seconds) and their 200-meter freestyle relay quartet (1 minute, 40.17 seconds), and thirds from Jackson Neeb in the 500 free

(5:29.20) and their 400 free relay team (3:45.76).

The Lady Astros amassed 170 points in finishing behind only the Guertin girls (195), with Camelia Hannah proving unbeatable in the 100 free (1:02.12) and the 400 free relay team winning as well (4:10.72).

Third places were delivered by Olivia Neville in the 500 free (5:59.80) and Zoe Freedman in the 100-meter breaststroke (1:17.17).

The Astros return to action Saturday at home.

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COMMUNITY EVENTS

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

Derry Fun Night

Interested in model trains? go to Derry Fun Night on Jan. 12, The program is held the second Friday night of each month, 7 - 9 p.m., at the Marion Gerrish Community Center, 39 West Broadway, Derry. The January program will provide all the materials to build a small laser-cut handcar shed. Always a part of the program is Model Showcase where modelers bring in the latest project they are working on to show and discuss. For additional information go to the Division's website at seacoastnmra.org/calendar.

Red Sox Service Scholarship

The Boston Red Sox Foundation is looking to recognize inspiring senior students dedicated to making a positive impact in their communities with the New England Red Sox Service Scholarship. The annual scholarship honors high school seniors who have demonstrated a commitment to

social good. Those selected will receive a \$1,000 college scholarship and recognition during a special pre-game ceremony at Fenway Park. Submissions for New Hampshire seniors are due Jan. 12. For more details and to apply visit, redsoxfoundation.org/service-scholarships.

Frost Festival

Frost Festival will take place on Friday, Feb. 9 through Sunday, Feb. 11. This year there will be a performance from Wildlife Encounters, ice sculptures, snow mobile rides, and so much more! Check back for more information as it becomes available by visiting our website at www.derrynh.org/parks-recreation.

Spring Basketball

Spartans Basketball is hosting local youth Spring basketball tryouts at the Derry Sports Zone, 7 A Street, in Derry. The first tryout is January 13 from 9 a.m. - 12 p.m. From 9 - 10 a.m. grades 3-6 for boys and girls

will tryout. From 10 - 11 a.m. grades 7-8h for boys and girls will tryout. From 11 a.m. - 12 p.m., will be the high school tryout.

Renew CLothing

Renew clothing opening Jan. 13, from 8 - 10:30 a.m. (arrive by 10) also open every Thursdays 9 - 11:30 a.m. (arrive by 11) winter clothing is now available. Families and individuals in need or on a budget are welcomed. We give away free gently-used apparel that has been donated by the community, and sorted and organized by volunteers. Enter at marquee sign of Calvary Bible Church, 145 Hampstead Road in Derry. Limits: To make sure our newest items are available for all our visitors we limit each household to up to 20 of our newest items plus a reasonable number of our older items. Donations of good condition, modern clothing may be placed in our donations bin by our door at any time. No housewares, books,

toys, or bedding, please. Sorry, we are unable to provide tax-receipts. No donations of money are asked for or accepted in return for our clothing. Contact us by emailing renew-calvary@gmail.com, or calling the church secretary at 434-1516.

New Hours

Current Hours for the Derry Public Library: Mon.-Thu. 9:30 a.m.- 8:30 p.m., Fri. & Sat. 9:30 a.m. - 5 p.m.

Tiny Tots

A storytime for ages 6 months - 2 years meets Mondays and Fridays at 10 a.m. at the Taylor Public Library. Space is limited so called the library at 432-7186 to register or with questions.

Story Hour with a Craft

A story hour with a themed craft is available for children ages 2 - 5 years old on Wednesdays and Sundays at 1 p.m. at the Taylor Public Library. Space is limited so called the library at 432-7186 to register or with questions.

Walking Together

A support group for widows and widowers meets every 1st and 3rd Tuesday of the month at 7 p.m. at the Londonderry Presbyterian Church, 128 Pillsbury Road,

Londonderry. Lets walk together. If you have any questions please call 781-866-9976.

Lamplighters

A womans group with the goal of helping less fortunate woman and people in N.H. meets every fourth 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.

St. Gianna's Closet

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

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 second and fourth 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.

Parents Support Group

Are you frustrated with your teenager or in need of support regarding your

teenager? Does parenting your teenager mean you have new concerns about anger, defiance, motivation and trust? If so, you are not alone. Welcome to the club! Meet up with other parents at our Parents Support Group every Thursday night, 6:30 p.m. - 7:30 p.m., at The Upper Room, 36 Tsienneto Road, Derry. Meet other parents experiencing the same situations. No pre-registration is required. There is no fee, and all topics can be discussed. Call 603-437-8477 with any questions.

Continuing Education Program

Programs are open to the public at no charge, except as otherwise indicated. Donations to the Etz Hayim Synagogue will allow us to continue to offer these and other programs, and are gratefully accepted. Thurs. Nights, at 7 p.m. Etz Hayim Synagogue, 11/2 Hood Road, Derry. For more information, please contact: Stephen Soreff, MD, at soreffs-15@aol.com or 603 895-6120.

Greater Manchester Lyme Disease Support Group

Hosted by David Hunter, the 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

Derry Schools Host Substitute Workshop

The Derry Cooperative School District will hold a Substitute Workshop, Wed., Jan. 17, from 6 to 8 p.m., at the Gilbert H. Hood Middle School Library.

The workshop is for substitute teachers, assistants, and nurses. All current substitutes on the District's substitute list are asked to attend. Anyone interested in becoming a Derry Cooperative School District substitute is strongly encouraged to attend.

Current Derry Cooperative School District substitutes; Captain Vern Thomas of the Derry Police Department; Principal Dan LaFleur of Ernest P. Barka Elementary School; Interim Principal Bill Fox of Gilbert H. Hood Middle School; Director of Human Re-

sources Kathy Kennedy; Business Administrator Jane Simard; and Interim Assistant Superintendent Dr. Austin Garofalo will present the workshop. Copies of the updated substitute manual will be available for participants who have not received one. It is also available on the Derry Cooperative School District website at www.sau10.org.

All new substitutes must complete an application which can be found at the Superintendents of Schools Office. In addition, the District performs all required criminal checks for those working with school age children. Appointments for this screening need to be made in advance by calling 432-1210. Please call (432-1210), or email mtaglil-ata@sau10.org, or stop by the central office (18 South Main Street) between the hours of 7:00 a.m. and 4:30 p.m. to register for the substitute workshop. We look forward to seeing you, refreshments will be served. Snow Date January 24.

atela@sau10.org, or stop by the central office (18 South Main Street) between the hours of 7:00 a.m. and 4:30 p.m. to register for the sub-

stitute workshop. We look forward to seeing you, refreshments will be served. Snow Date January 24.

PUBLIC NOTICE DERRY COOPERATIVE SCHOOL DISTRICT #1 PROPOSED 2018-2019 SCHOOL DISTRICT BUDGET NOTICE OF PUBLIC HEARING

The School Board of the Derry Cooperative School District will hold a Public Hearing on Tuesday, January 9, 2018,* 6:30 PM, at West Running Brook Middle School Cafeteria, 1 West Running Brook Lane, to consider the proposed 2018-2019 School District budget to be presented to residents on Saturday, February 10, 2018, 10:00 AM, at West Running Brook Middle School Gymnasium (Session I) and again for a ballot vote on Tuesday, March 13, 2018 (Session II).

*The snow date for the Public Hearing is Wednesday, January 10, 2018, 6:30 PM, at West Running Brook Middle School Cafeteria, 1 West Running Brook Lane.

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