

Nutfield News

January 16, 2020 • Volume 16 - Issue 3

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Town Council Looking Into Sports Betting Opportunities

MACK LEATHURBY
NUTFIELD NEWS

Derry's Town Council has been proactively on the move to set up a potential opportunity to bring a sports betting establishment to town – providing that possibility is approved at the ballot box this coming March.

On Dec. 30, New Hampshire became the 14th state (and second to Rhode Island in New England) to legalize sports betting. State law in N.H. allows for 10 retail sports betting establishment locations, as well as for five different mobile operator platforms.

At this time, the lottery commission is officially online with their sports betting website that is overseen by DraftKings from Massachusetts – the only company chosen to direct all the mobile betting and business location operations across the state.

Recent municipal elections this fall found five cities – Manchester, Laco-
nia, Somersworth, Claremont and Berlin – getting an Okay from voters to legalize sports betting in their towns. This approval provides these towns with a head start to be selected as a place for a sports betting establishment that will be chosen via the

DraftKing and NH process now in place.

Some towns in the state, including Nashua, have voted this issue down and many towns including Derry will have to wait until March for voters to approve it in their community voting, so time is of the essence if a town is to be selected as one of the 10 locations.

To move things forward, Derry Town Councilors decided they want the Governor to know the town is very interested to bring in a sports betting establishment and is prepared in its planning process to support it. So, at their Jan. 7 meeting,

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EDAC Organizes Committees, Prepares for Master Plan Actions

MACK LEATHURBY
NUTFIELD NEWS

At their January 6th Meeting Chairman, Christina Gossel, told the EDAC (Economic Development Advisory Committee) members that the Derry Master Plan is now being finalized for a Public hearing presentation that will come before the Planning Board sometime in February. Gossel said that much of the Master Plan actions are focused around business and economic development.

Gossel also reported that actions from the First Impressions meeting, which is aligned to a UNH initiative that took place last November, are work in progress for the sub committees to work on. First Impressions actions are a compliment to the Master Plan. Gossel mentioned

that Owen Provencher, who works for the town had been in touch with her and other members to ramp up sub-committee actions.

Beverly Donovan, Economic Development Coordinator, provided a brief overview of Derry economic development actions that had evolved over the recent weeks including the expansion of several Greater Derry restaurants and new dental offices that have now taken over the former D'Angelos building across from the Library. Donovan also mentioned Greater Derry Chamber of Commerce events that have had impact on town initiatives.

Chairman Gossel provided a further overview of EDAC organizational efforts set up last fall and discussed appointments to sub-committees that are supported with EDAC by-laws. Gossel

also supported a discussion of committee expectations and priorities that have been established. Gossel pointed out, "It's been a while since we met back in November when we appointed members to three different boards. These boards are: Zoning and Land-use which is Craig Cunningham and Rick Metts and then Business Relations and Economic Development for Derry with Dawn Merrill and Jessica Araniz." EDAC member, Nick Del Etoile volunteered to join Merrill and Araniz on that board committee." Gossel is part of the third EDAC sub-committee along with member Gordon Graham who will be supporting Master Plan efforts related to economic development.

Gossel said, "I know in December at our regular

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The Winner Is... Brandon Winer was the last speller standing at this year's Derry Village School Spelling Bee held on Thursday, Jan. 9. Brandon was one of 14 fourth and fifth grade contestants, and it took 15 rounds to determine this year's winner.

Photo by Chris Paul

School Board Gets Update from Student Technology Grant Program

MACK LEATHURBY
NUTFIELD NEWS

At the Jan. 7, School Board meeting, members and the public got an interesting update from the 21st Century Learning Corporation Grant Recipients. Dr. Connors-Krikorian introduced Joseph Albrecht of the District's 21st Learning Board and Dr. Cliff Dancy, Director of Technology for

the District.

Albrecht discussed that the District's 21st Learning Board comes to meet with the school board and the public twice a year. They come the first time for grantee's to show what they've done with their grant funding in regard to their technology projects and then come back again to announce new grantees.

The 21st Century Learning

Community Corporation started in the 1990s and it typically provides annual grant funding for technology projects for appropriate groups that apply for the grant and are then approved with an endowment. The group's initiative in this area was originally begun with the intention of building a special technology school in Greater Derry, but that goal

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Derry School District Going Full STEAM with Applications Learning

MACK LEATHURBY
NUTFIELD NEWS

The school board of the Derry Cooperative School District held their final regular board meeting on January 7th before their School District Budget Public Hearing meeting that will be held on Tuesday January 21st at the West Running Brook Middle School Cafeteria starting at 6:30pm.

The meeting itself had a STEAM (Science, Technology, Engineering, Arts and Math) theme woven into the session. Key aspects of the board meeting centered on student and district initiatives, projects and presentations in this area.

Principal Kim Carpentino, Gilbert H. Hood Middle

School, came forward to overview a school presentation that was conducted by 5th grade students for both the public and the school board members to see.

Carpentino said, "I am super excited about this presentation because I'm also a science teacher — so when we saw these presentations, we were floored by the student's work we saw. These are different types of presentations than kids have done before on science that they're working on — and they are spending more time in this way on applications of the science involved instead of just a regurgitation of information. So, on these presentations they spent time with a science question that they were

posed with before beginning a learning unit."

The Principal continued, "They then explored that science question, went back to it to learn the information as applied specifically to their project and continually updated their work through the unit. They then had to present the answers to the question to six-graders — so it was no longer about them just handing in the project worksheet as they had to prepare talking points and be prepared for questions from another group of students."

The first project presented at the board meeting by 4 students from the school was regarding the science involved with "hitting a field hockey ball" and the stu-

dents presented the biology and related sciences involved with this action including the muscle, brain, energy transfer, and nervous system pathways that made hitting this ball actually happen.

Four of the students presented the project in a group dynamic and they each overviewed various parts of the actions for this sports movement with scientific approach.

Another 5th grade class of 4 students then came forward with a similar science question to provide an overview about the science of "kicking a soccer ball." This presentation had covered some different areas from the first area though it too overviewed the biology

and other physical science specifics involved with what happens in such a soccer-football style maneuver.

School board members asked the teams specific questions about their projects and the teams were well prepared to discuss scientific facts of the question that was posed for their presentation project.

The students reported to Board Chair McKenna that their project was fun and that they had learned a lot of science facts. The students told the members that the project helped them learn in an effort they have not done before — where they are typically just trying to make a report about science concepts. Instead this project involved a science centric

question, but it used sports science that they were all familiar with and this made them more interested to learn more about this science. The teams also expressed that they felt they got more out of doing work this way compared to just filling in worksheets and taking tests.

Board Chair Dan McKenna and the other members told the teachers and the students they were impressed with the presentations, especially observing that the students were highly motivated to learn via exploring an application of science while also working together to learn scientific information and present it as a group.

School

continued from page 1

did not happen. Instead there was \$400,000 that became available from that time that has been turned into endowments to support technology efforts at Derry schools.

Dr. Cliff Dancy, the Director of Technology for the District said, "Tonight we have recipients from the 2017-2018 school year who applied for grants that were implemented in the 2018-2019 school year and tonight we are sharing with you some of the observations, project overviews and results that have resulted from these grants. There were actually three grants

given at that time - those schools that won grants included West Running Brook Middle School, the Grinnell Elementary School and the Derry Village School.

For this announcement, a team from West Running Brook came forward as they had won a grant of around \$24,000 to implement a project focused on blended learning.

Blended learning is an education approach that combines online educational materials and opportunities for online interaction with classroom methods. This approach requires physical presence from both teachers and students, but

features more flexible student control over time, place, path, or pace. While students in this approach attend "brick-and-mortar" classrooms with a teacher present, face-to-face classroom practices are combined with integrated computer usage that provides content, communications and information delivery.

The teachers involved with the blended learning approach that is now in place overviewed what they are doing with the grant. One of the teachers Holly Whitney said, "I teach seventh grade math at West Running Brook and we are very thankful to have received this grant. It has

changed our classroom efforts a lot and has enabled us to be able to do a lot of really cool things.

Whitney overviewed, "Blended Learning has changed how we present information and the technology we use gives us freedom and flexibility when we're introducing new topics to students. It has allowed them the flexibility to be able to discover information in their own ways and gives them an appetite for what they're about to learn."

Another teacher involved with the blended learning technology program pointed out that through the grant they now see kids work more independently and take more responsibility with the own initiatives.

Dr Dancy pointed out that he was having conversations with the superintendent to see if this grant program direction could be spread across more groups and more schools. He was

excited to hear these reports from the teachers.

Dr Dancy then introduced a group of students from Derry Village and Grinnell Schools. Both of those schools were awarded grants of \$9400 each for Virtual Reality headset cart systems.

Virtual Reality (VR) is fast becoming integrated into various real life technology projects as well as becoming a foundation for 3-dimensional learning experiences and training situations. Both schools that got these grants were able to acquire suitable technology to bring VR into their classrooms; specifically, both schools received 30 Virtual Reality Viewers + 1 for the teacher, 30 student devices and appropriate infrastructure to connect the systems for usage in a classroom setting. The goals for this technology application was to motivate and engage the students in different learning situations where this tech-

nology could transport them into detailed 3 dimensional environments.

The teachers found that virtual reality was indeed highly motivating - with kids becoming very involved in their virtual reality sessions. The teachers discussed they felt this type of setup suits the way kids want to learn and the VR experience was found to be highly immersive for learning situations in ways that are not possible with any other current learning tool set.

Using VR systems, kids can be transported to other places and situations all over the world or inside of interesting environments. The teachers pointed out "some of this VR programming was bringing kids even into space galaxies and different planets in a highly realistic manner and in 3 dimensional situations. The kids loved it and wanted to learn more from these experiences."

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Understand Fad Diets, Eat Healthier - Jan. 22 Workshop at Derry Library

MACK LEATHURBY
NUTFIELD NEWS

The first weeks of a new year are typically when people reflect on their current habits and goals - including health and eating habits. Workout clubs typically see a spike in attendance numbers and people take notice about their eating habits too.

So, are you looking to eat healthier in 2020?

On Wednesday, Jan. 22 at 6:30 p.m., the Derry Public library is presenting a special free of charge workshop called "Fight the Fad Diets" that is focused on physical well-being, eating habits and nutrition. You can show up or go online to the library website if you want to reserve a workshop spot. <https://derrypl.org>

Join registered dietitian and local nutritionist, Noreen Gallo for this informative workshop! You will learn how to sift through nutrition misinformation and get tips about carving out a healthy eating plan that fits with both your health requirements and lifestyle. For the past 20 years Gallo has followed her passion to help people reach their health and wellness goals and she can help you too.

The workshop at the Derry Library on Jan. 22 will be an interactive session with time for questions. Gallo will be facilitating open discussions about many popular eating plans such as Keto, Paleo, Whole 30, Intermittent Fasting and more - and whether these plans are safe and effective.

Gallo will also provide

tips for how to balance a healthy plate, decipher new food labeling schemes and build a Power Snack. Handouts will be provided on healthy snacking, how to increase intake of fruits and vegetables, and about how to properly feed finicky children.

Feeding children is one of her favorite topics. Gallo says, "Parents and caregivers should remember children are not little adults, they are active and growing, so their food intake needs to reflect this. It is also important for parents to eat healthy as good role models for their children and parents should offer kids a wide variety of healthy foods."

It can seem overwhelming to feed a picky child, but Gallo says it is best to expose them to a variety of

foods to get them to eat healthy. It can take up to 10-13 exposures of a food before a child will try something new. It is important to avoid classifying foods as good or bad in front of kids. Gallo recommends classifying foods as - sometimes and always foods. This helps a child to learn to balance food intake in a healthy way.

Gallo says she is a big fan of the Derry Farmers market and all local area farmers markets during the summer - "they promote local farmers and vendors, the produce is typically super fresh, and this environment promotes a healthy lifestyle."

Gallo tells us, "Simplify is the key word! With all the fad diets, supplements and for lack of a better word "food rules" now,

people tend to view healthy living as difficult and being healthy can only be accomplished when life is running smoothly. Figuring out how to fit healthy eating into your life vs. your life fitting into the eating pattern is essential as holidays, birthdays and vacations as stress is a norm for so many these days."

Expert nutritionists point out - The basis of a healthy eating pattern is to focus on all the delicious foods you can add to your day, rather than focusing on a list of foods that you cannot have. Getting away from a "good food/bad food" mentality can be helpful as you start to eliminate the guilt surrounding food and start to normalize eating patterns.

Gallo supports a checklist for people to consider.

Her checklist includes aiming to fill 1/2 of your food plate with fruits and vegetables. Doing this one thing can be very helpful in trying to get the USDA recommendation of 5-9 servings of produce per day. Staying hydrated as well as reading food labels and getting nutritional information from reputable sources are also on her check list.

Gallo says, "I understand how frustrating it can be to lose weight and feel good, only to slip back into old habits and regain that weight. I know how challenging life can be and I make it my goal every day to help people make necessary changes to live life to the fullest." Come to this workshop and learn how to eat well, and have a good lifestyle while staying healthy.

Master Plan

continued from page 1

EDAC meeting that none of the sub-committees met because there was a storm that day. ...so, I think it's important that each subcommittee begins to meet as I'm not sure that any of the subcommittees have met yet."

EDAC members discussed that the public has a right know about when these subcommittee meetings were taking place, so the meetings will be posted with notice of the logistics for dates, times and places with a minimum of 2 days'

notice. Notice for these meetings will include Sheila Bodenrader, Executive Secretary to the Town Administrator, Chairman Christina Gossel, Beverly Donovan, Economic Development Coordinator, and Richard Tripp who is the EDAC liaison from the Town Council.

The members further discussed priorities and expectations for these subcommittees as well as about the information from the First Impressions program work and the Master Plan. EDAC member Gordon Graham said, "I think those of us who attended the First

Impressions program meeting (understood this was a good experience). I was skeptical about the program at the outset, though I now think the information that came out of that meeting was some of the best information from anywhere. It was really well done and the people that supported that event from UNH put that information together well, so it created a tremendous amount of energy in the room that night." Graham continued, "There were more ideas at that night's meeting then I've heard in

probably last 10 years, especially about small things that could be done to create big benefits. I encourage us to tap into the energy from that meeting to try and move some of these initiatives and needed ideas to come forward." "There were some great ideas that came out," Graham said "...including simple ones that make sense. For example, we have people to come into this town from all over the globe to go to Robert Frost farm, and from all over New Hampshire regionally to go to the Stockbridge theater, and

from Southern New Hampshire to go to the sports zone because they're playing the sports and those that come to town to use the rail trail, etc."

These people need to know where to go in town when they are done with what they're doing and kiosks with that information - or the availability of either

a fixed map something active is a good idea - so people would have that type of information.

Donovan said, "Part of what staff is doing now in finishing up the Master plan is marrying all of those the things together including the things from First Impressions that are crossing over."

Open School Board Candidates Position

The Derry School Board is seeking candidates for two positions on the

Board. The filing period is Jan. 22 - Jan. 31. Applications may be downloaded from the District's website, www.sau10.org or picked up at the Office of the Superintendent of Schools, 18 South Main St., Derry, Monday through Friday, 8 a.m. - 4 p.m. Applications will be

accepted by the School District Clerk, Mrs. Maryellen Taglilatela, at the Office of the Superintendent of Schools until 5 p.m. on Jan. 31 and voted on by ballot on March 10. The term of each position is three years and receives an annual stipend of \$1,500. Applicants must be a resident and voter in Derry.



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Editorial

Calling All Residents Time to step up or...

The filing period to run for open elected positions in town and school starts on Wednesday, January 22 and ends on Friday, January 31 at 5p.m.

Are you frustrated after seeing your tax bill? Feel officials are not listening? Do you feel that your officials all have an excuse for everything or justify decisions you don't agree with?

To all the residents who stayed at home while your elected officials crafted school and town budgets, and to those who don't offer suggestions during public hearings, we expect you are satisfied with the final numbers for the budgets and with your tax bills.

It's plain and simple: without asking questions, you will never truly know for sure what is being spent and why.

Some residents will be losing their jobs, working without raises again, struggling to stay in their home. Yet town and school budgets continue to go up, town and school employees get raises, and benefits. Officials seem to be increasing purchases and more building continues.

One must ask, are these needs or wants?

Instead of allowing town officials to behave like a spoiled child with a platinum credit card paid for by taxpayers, residents need to ask questions and look for proof of what they say to be true as needs. When will the taxpayers discipline the spoiled children? Maybe after another increase in the tax bill.

The hearings are for the most part over, and your next shot at participatory democracy comes at the Deliberative Session and Town Meeting. It's not too late to offer a well thought out and practical way to save money, or to offer your thanks if you think your elected officials paid attention to the woes of the taxpayers.

There's something else you can do as well, particularly if you are ardent about fiscal and personal responsibility. You can make change by running for elected office yourself.

If you have great love for your community, if you are truly willing to listen to others, if you can seek a middle ground among differing opinions, if you have really thick skin, and if you are willing to put in long evenings to serve your constituents, put your name in the running. No personal agendas need apply.

In a country founded on citizen participation, in a state where the voice of the individual is honored, an elected office is a possibility for anyone who cares to make the effort.

You'll have a say in what happens in town, and you'll be responsible for helping your town move forward. You'll truly be part of your community, and you'll be part of democracy in action.

Don't let the apathy continue to run wild. Take a stand today to preserve the community tomorrow.



Top Spellers There were 14 fourth and fifth grade contestants at this year's Derry Village School Spelling Bee held on Thursday, Jan. 9. Brandon Winer was the winner and will be representing the school in the state competition on in March. The Bee took 15 rounds to determine the winner. Above left, Brandon receives his trophy from Principal Chris McCallum, second and third place winners were Daizy Zajac and Natalie Morgan, above right. *Photo by Chris Paul*

2020 Derry Town and School Positions Available in March

The 2020 Town and School Election filing period will be open from Wednesday, Jan. 22 - Friday, Jan. 31 at 5 p.m.	will need to file with the Derry School District Clerk. The following are the open Town positions:	Town Moderator 2 year term Supervisor of Checklist 6 year term
Candidates for Town offices can file with Derry the Town Clerk and candidates for school positions	Town: Councilor At Large 3 year term District #3 Councilor 3 year term	School District: Two school board members for a 2 year term

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Nutfield News

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Nutfield Publishing, LLC
118 Hardy Rd., Londonderry, NH 03053
tel: 603-537-2760 • fax: 603-537-2765
send e-mails to: nutfieldnews@nutpub.net
www.nutpub.net
Owner/Publisher – Debra Paul Art Director – Chris Paul

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Ovation Theatre Performs 'And a Child Shall Lead' on Jan. 31

Ovation Theatre Company's latest production represents something truly unique in community theatre. With the first two productions having been the well-known musicals, *Les Misérables* and *Into the Woods*, Ovation is kicking off 2020 with a small play, *And a Child Shall Lead*.

And a Child Shall Lead is the heroic and true story of children coming of age in Terezín, the "Jewish city" established by the Nazis near Prague as a way station before the death camps. In the face of unspeakable horror, these children use their determination and creativity to build lives filled with hope and beauty - playing, studying, making art, and writing an underground newspaper - all at the peril

of being executed. Their actual poems and stories are woven into a fast-paced drama, evoking the universality of children caught in the insanity of war. The shows will be performed on the weekend following International Holocaust Remembrance Day; Jan. 27 marks the 75th anniversary of the liberation of Auschwitz-Birkenau, which was the ultimate destination of most of the people of Terezín.

"It's a very powerful story," Director Tim Gore said. "The emotion is so raw because the events that happen to the characters in the story happened in real life to people not much different from the actors portraying them."

This production is uni-

que in New Hampshire community theatre because it involves youth actors playing young characters. Most youth theatre involves at least some of the child actors playing adults, requiring the audience to suspend disbelief - even with the best acting, costumes and make-up. *And a Child Shall Lead* features only eight characters and none is older than 15, so a young company of actors can more accurately portray them.

Gore has done extensive research to prepare himself and the cast for such a weighty plot. Because the play is based on a true story, Gore worked to gain an extensive knowledge of Terezín and the poetry, art, and the underground newspaper that feature so promi-

nently. This research has culminated in a teacher resource guide, which Gore has provided to local teachers to go along with a special student matinee performance.

Ovation has also connected with the southern New Hampshire Jewish community, which has been extremely supportive.

Rehearsals have been held at Etz Hayim Synagogue in Derry, thanks to the support of Rabbi Peter Levy and the board of directors. Rabbi Jonathan Spira-Savett of Temple Beth Abraham in Nashua has also been very encouraging.

In addition to Tim Gore and Stage Manager Betsy Brown, both from Londonderry, the cast of *And a Child Shall Lead* includes Sawyer Broderick of Hooksett, Cailean Anderson of Hudson, Michaela Horan of Londonderry, Martin Moskowitz of Windham and Lan-



Cailean Anderson and Michaela Horan: Eva and Gabriela, played by Cailean Anderson of Hudson and Michaela Horan of Londonderry, are shown during a scene in the show. *Courtesy photo*

don Sprague, Luke Thibodeau, Mabel Backman and Paige Lang - all of Hampstead.

The performances are at 7 p.m. on Friday, Jan. 31 and Saturday, Feb. 1 at Granite State Arts Academy in

Salem, 19 Keewaydin Drive. Tickets are \$12 for adults and \$10 for students and are currently available at OvationTC.com. For information about the student matinee, please email OvationTC@gmail.com.

Arrest Made After Bank Robbery on Crystal Avenue

On Jan. 8, at 1:28 p.m. the Derry Police Department received a report of a robbery at People's United Bank on Crystal Avenue.

A lone male reportedly robbed the bank and fled on foot onto Crystal Avenue. Bank employees were able to provide a physical description of the suspect. Officers searched the area and observed a man fitting the suspect description as he ran across Crystal Avenue into Wendy's. They made contact with the man and after further investigation took him into custody.

Officers recovered cash (undisclosed amount) and clothing believed to be discarded by the suspect as he attempted to flee the area.

Seamus Murphy was the man arrested according to

police.

Murphy is charged with one count of Robbery. He is being held in custody pending arraignment before the 10th Circuit Court - Derry

District on Thursday Feb. 16. No weapon was shown during the Robbery. No one was injured during the crime or subsequent arrest of Murphy.

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Intersection Accidents: Determining Fault After the Crash

ATTORNEY ANDREW D. MYERS
SUBMISSION

Intersection accidents happen for various reasons.

Often one driver blows through a light or stop sign.

Sometimes a driver speeds into an intersection, so others have little time to get out of the way.

Accidents often happen when drivers attempt to “beat the light” continuing even after the yellow turns red. Add driver distraction, weather and overall frustration into the mix and intersection accidents happen daily in the U.S.

Some accidents present little doubt as to cause. One car simply runs the sign or the light and the other did nothing wrong. Or one car sits still waiting at a red light and the other fails to stop, slamming into it in the back.

Then other accidents present a challenge. Both drivers were looking away. Or a collision at an uncontrolled intersection leaves both drivers blaming the other. Worried about insurance rates drivers often fight, either at the scene or afterwards. In a typical liability dispute one driver claims the other ran the red, the other argues the first driver started up too soon.

Some disputed intersection accidents leave those

who were not at the scene scratching their heads. Who tells the truth? Whose version defies reality? Is the failure to agree in good faith, a mistaken observation or simply an outright lie?

Standards of Fault

People who did not actually see the accident often find themselves in the position of needing to find fault. Law enforcement, insurance adjusters, courts, attorneys and others face the task of figuring out what happened.

The first step involves collecting all of the evidence. The list includes skid marks, points of impact, intersection layout, witness statements, vehicle data, photos and more.

Common sense and rules of the road then help sift through the evidence and arrive at the truth. The following ten presumptions, from the Massachusetts Standards of Fault provide fairly typical guidance in arriving at what happened in a collision:

Rear End Collisions

The operator of a vehicle which is in a collision with the rear end of another vehicle is presumed to be more than 50% at fault.

Out of Lane Collisions

A motor vehicle operator

is presumed more than 50% at fault when operating a vehicle partially or completely out of its lane and is in a collision with another vehicle:

- While changing lanes or turning into or across the other vehicle’s lane.
- Being passed by another vehicle which is properly in its lane.
- When passing another vehicle, the other vehicle properly in its lane.

Failing to signal

The operator of a vehicle is presumed more than 50% at fault when in a collision while failing to signal as required by law before turning or changing lanes.

Failing to proceed with caution from traffic control signal or sign

A motor vehicle operator is presumed more than 50% at fault when failing to obey a traffic control signal or sign, or fails to proceed from a signal or sign with due caution and is then in a collision. This includes but is not limited to stop signs, yield signs and traffic lights.

Wrong side of the road

This should be fairly obvious but it’s the law that an operator is at fault when driving a vehicle that collides with another vehicle, moving in the opposite

direction, which is in the proper side of the road.

Leaving or Exiting from a Parked Position

The operator of a vehicle is presumed more than 50% at fault when operating a vehicle leaving or exiting a parked position, parking lot, alley or driveway, and is involved in a collision with another vehicle.

Single Vehicle Collision

The operator of a vehicle which is the only vehicle involved in a collision is presumed at fault.

Unattended Rolling Vehicle

Anyone leaving a vehicle unattended which then rolls, causing a collision is presumed more than 50% at fault.

Accident while Merging or Entering a Rotary

A driver is presumed at fault, or more than 50% at fault when operating a vehicle merging onto a highway or entering a rotary when involved in a collision with another vehicle that was already on the highway or in the rotary.

No-contact Accident

A motor vehicle operator is presumed more than 50%

at fault despite lack of contact with another vehicle “but whose actions cause the collision of one or more vehicles”.

Failing to Yield to Emergency Vehicles

If you’re in a collision resulting from your failure to yield to an emergency vehicle you are presumed to be more than 50% at fault.

“T” Intersection Accidents

The operator coming from the roadway that terminates onto another thoroughfare and whose vehicle is in a collision with another vehicle on the intersecting thoroughfare is presumed at fault. In other words the driver coming from the “stem” of the T is presumed at fault.

Note that the rules summarized above mention that one operator or the other is presumed at fault. In the law a presumption creates a conclusion where a certain set of facts exist. Presumptions can be rebutted.

Once a presumption is created, the person hurt by the determination overcomes it only by producing sufficient evidence. In a courtroom a presumption remains unless a preponderance of evidence outweighs

it. This is a fact determination made by a judge or jury. But once raised, a presumption places the burden to prove it wrong on the person hurt by the presumption.

Are Intersection Accidents “He Said She Said?”

The above ten accident analysis points summarize Massachusetts standards of fault. At the same time, they mirror standards in most states. For example, New Hampshire law spells out what we generally call the “rules of the road”. They exist in over 150 subsections of the Revised Statutes Annotated, Chapter 265.

After an accident or other dispute people often say it’s a “He Said She Said”. But the rules and the standards summarized above often help break through the war of words. As we’ve said in another blog article, there’s really more to it than simply he said *Standards of Fault*, 211 CMR 74.00, *Massachusetts Division of Insurance*. (Adopted under authority of M.G.L. c. 26, § 8A, M.G.L. c. 175, § 113P.)

New Hampshire Rule of the Road, RSA 265.

Proposed 2020-21 School District Budget Hearing

The School Board of the Derry Cooperative School District will hold a Public Hearing on Tuesday, Jan 21, 6:30 p.m., at West Running Brook Middle School Cafe-

teria, 1 West Running Brook Ln., to consider the proposed 2020-2021 School District budget to be presented to residents on Saturday, Feb. 8, 10 a.m., at West

Running Brook Middle School Gymnasium (Session I) and again for a ballot vote on Tuesday, March 10, (Session II).

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Healthy Eating Awareness Month in Full Swing Again

MELISSA BETH RUIZ
NUTFIELD NEWS

Now that the holidays are over, people all across the nation are in full New Years Resolution mode.

According to the Marist Poll, losing weight and becoming a better person shared the top spot for New Year's resolutions, both sharing about twelve percent of the poll. Although weight loss is often associated with issues of vanity, it can be a vital part to becoming the best version of a person.

Over 70 percent of adults in the United States are either overweight or obese, says recent data from the

Centers for Disease Control (CDC). This staggering figure reflects a number of health issues prevalent in America, such as high blood pressure, type 2 diabetes, and more.

Recent studies have also found that many people are putting themselves in an unhealthy weight range without truly realizing it. This blissful ignorance puts these folks at risk for developing a wide range of weight or diet-related ailments.

Which is where this month's awareness campaign comes in.

January is Healthy Weight Awareness Month,

the perfect time to remind those embarking on New Year's resolutions the importance of maintaining a healthy number on their scale.

Keeping a good weight range is key to reducing the risk of developing many health conditions, including heart disease and stroke, Type 2 diabetes and metabolic syndrome, and even some cancers.

A byproduct of putting in the work to achieve a healthy weight is improved mental health and mood. Studies show that aerobic and strengthening exercises that help with weight loss can also assist in thinking,

learning, and judgment skills.

The two fool-proof methods to maintaining a healthy weight are eating right and getting exercise. Every body is different, and some individuals may have different dietary needs, and may benefit from completing certain exercise regimens.

The CDC also encourages those on a weight loss journey to avoid short-term fad diets that promise rapid weight loss results.

"The key to achieving and maintaining a healthy weight isn't about short-term dietary changes," says an article released by the CDC released in 2018. "It's

about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses."

Staying properly hydrated may also play a major part in helping to maintain a proper weight. If enough water is consumed, it can help act as a natural appetite suppressant and help with removing waste from the body.

While most health authorities suggest that women drink up to 91 ounces of water and that men drink up to 125 ounces, individual water requirements may vary based on activity level, age, etc.

A person's Body Mass Index is often used to determine if he or she is overweight or obese. BMI is calculated by taking a person's weight in kilograms and dividing it by the square of his or her height in meters. Calculators and charts are often available to help people find their BMI.

Anyone with a BMI of 25 to 29.9 falls within the overweight range, with those having a BMI of 30 or higher considered obese.

While the BMI can be a useful tool in determining

whether or not weight loss is necessary, there can be some discrepancies in its measurement in terms of overall health.

"It's important to recognize that BMI itself is not measuring 'health,'" says Robert H Shmerling, MD at Harvard Health Publishing. "It is simply a measure of your size."

Those who suspect that they may need to embark on a weight loss journey due to concerns with BMI, family history, or for any reason are encouraged to speak with a physician before beginning any diet or exercise regimens. Depending on other underlying conditions or family history, certain individuals may benefit from different weight loss measures.

Although it may sound easy enough, committing to eating right and working out can be a challenge, particularly for those who have grown accustomed to long periods of doing the opposite. But as is the case with just about all else, anything worth doing often does not come easy.

For more information and resources on maintaining a healthy weight, visit www.cdc.gov/healthy-weight.

Betting

continued from page 1

Derry's councilors drafted a letter to Governor Sununu to express interest in this opportunity – providing voters approve the measure at the polls in March.

Councilor Jim Morgan noted that sending such a letter to the Governor might give Derry an edge by gathering attention to let the state's leader know there is significant interest to support this initiative. Morgan said, "A letter from the seven of us would be a good idea. I think we should be proactive. I think voters are going to approve it, and the economic upside of it — the Route 28 south side, could be fantastic." Morgan said by sending the letter to Sununu, Derry will show its commitment and interest. Morgan expressed that he feels the zones recommended for a sports betting establishment would not cause a nuisance or problems for the

town's residents and current businesses. Morgan said, "The squeaky wheel gets the grease, so let's be the squeaky wheel on this one. We have a good opportunity if voters agree."

Late last summer, Derry Town Councilor and NH State Representative, Brian Chirichiello, had informed the council that sports betting legalization was coming and that Derry might want to prepare for an opportunity to get a licensed establishment in town that might provide benefits for the town. This past September, the Town Council had directed the town's planning and the economic development officials to analyze locations that would be a good fit if sports betting were to come to Derry. The councilors asked the planning and economic development team to provide a recommendation. The planning board approved this recommendation work on Dec. 18.

At the Jan. 7 meeting, the Town Council reviewed an amendment proposal to the town's zoning ordinance. Town Administrator, Dave Caron, pointed out that Derry has a permissive use zoning ordinance, so the council has been working with listings for all uses permitted in a zone, rather than list prohibited uses.

The proposed language in the town's ordinance proposal includes sports wagering as a permitted use in the General Commercial, General Commercial IV and Industrial IV districts.

After the Town Council further reviews the language

of the amendment, there will be a public hearing on the change on Jan. 28, after which the council will vote on it. That date will be the time for residents to come forward with questions and opinions about the subject.

Caron said the Town Council deems a sports betting establishment would likely benefit the town as an economic producer. Councilor Jim Morgan noted, "It's good we're looking at ways to bring in revenue that doesn't fall on the backs of taxpayers, although I think it's too early to tell what the impact is going to be here yet."



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DERRY SPORTS

PA Boys Hoops Falls to 0-4 After First Home Stand

MATT TRITTO
NUTFIELD NEWS

Pinkerton Academy Varsity Boys Basketball is still looking for its win after two losses on the road and two at home.

The Astros team hosted their first two home games of the season last week and faced squads from Dover and Salem High Schools.

On Tuesday, Jan. 7, PA's struggles continued, with another double-digit loss, this time to Dover won 61-48.

Pinkerton started the game with some solid defense forcing Dover turnovers early, but Dover answered back with two consecutive three-pointers to take a 8-4 lead with five minutes remaining.

Senior forward Andy Bolduc hustled all quarter

on both sides of the court, doing whatever he could to get his team rebounds. Pinkerton crept back slightly, as they ended the first quarter trailing by three, 12-9.

The second quarter began with Dover nailed a three, but Pinkerton junior Justin Dunne hit a corner three of his own, to make it a 17-13 game. After that, Anthony DeSalvo grabbed an offensive rebound and scored a lay up to cut the deficit to two points and that play gave the Astro's momentum. The very next play MacDonald served up a beautiful full court pass Conroy for an easy lay in to take a 19-17 lead. Jimmy Flynn got his crowd going with a gorgeous spin move lay up to put his squad up 23-2 but Dover responded once again with a three. The

last minute of the half ended with a back and forth scoring match when Dunne nailed his second three of the game in response to Dover's three and the first half ended in a 26-26 tie.

The second half started with some sloppy offensive possessions by Pinkerton, as Dover maintained their offensive rhythm. The Astros finally got a bucket at the three-minute mark, Dover hit another three-pointer to take a 36-28 lead with just under two minutes showing on the clock. Pinkerton kept turning the ball over on consecutive possessions and they only scored two points the entire quarter resulting in 12-point deficit heading into the final quarter of play.

The fourth quarter didn't start well for the Astros as Dover struck again first by

scoring three times in a row with ease to take a commanding 42-28 lead. Conroy hit a corner three to give his team some life, but all that energy was shut down when Dover immediately hit a three on the next possession. Pinkerton didn't back down as Flynn scored a basket along with Warriner finding his groove late in the game nailing back to back three-pointers making it a 54-41 game with just under two minutes remaining. The Astros made a late push led by another Warriner three-pointer, but their problem was that Dover had an answer for every basket Pinkerton made. The game ended with a pair of Dover free-throws which resulted in their 61-48 win.

Jimmy Flynn finished with a team high 13 points while Will Warriner had 11, Jusin Dunne 10, Delcan Conroy seven, and Andy McDonald had three. Andy Bolduc was busy on the glass as he grabbed nine rebounds along with fellow big man Dunne grabbing six.

The second home game of the week had PA hosting Salem High School on Friday, Jan. 10, where they lost in a close contest, 69-65.



Astros junior Jimmy Flynn was the teams high scorer in both of the teams' first home games. Photo by Chris Paul

In that game, Jimmy Flynn led the team in scoring again with 18 points while Dunne finished with 12, Conroy had nine, Nazair DaBreo eight, and Warriner had six points. Flynn knocked down three three-pointers, while Conroy had three as well, and Warriner had a pair.

The Astros were scheduled to travel to Winnacunnet High School (2-2) on Tuesday, Jan. 14, after the Nutfield News went to print, then another road game against Nashua South (1-3).

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PA Girls' Hockey Improves to 2-2 with Fahey Hat Trick

MATT TRITTO
NUTFIELD NEWS

The Pinkerton Girls Ice Hockey team has started their season with a 2-2 record and plenty of scoring.

In the teams' only contest last week, they battled Souhegan High School at the Tri-Town Arena in Hooksett on Wednesday, Jan. 8, and the girls managed to hit the .500 mark with their 5-3 win.

The Lady Astro's came out aggressive right from the start, as they had multiple chances to score early, but couldn't get anything to go. They also played great defense, barely allowing Souhegan to get a shot off, and they handled most of the puck possession. After a long 14 minutes of shots on goal, Pinkerton finally found the back of the net at the 1:37 minute mark. Captain Lauren Riviere scored to put her Astros up 1-0, and not to

long after that, fellow captain Jordan Wasiejko took the puck coast to coast and ripped a wrist shot from the blue line past the goaltender for another goal as Hailey Sauer assisted her. Heading into the first intermission Pinkerton was up 2-0.

The momentum took a turn in the start of the second period when Souhegan came out firing at Pinkerton's goaltender getting some close chances to score early. They were playing more aggressive and made it difficult for the Astros to create scoring opportunities. Souhegan then managed to score a goal when the clock showed 6:22 after both teams swarmed in front of Pinkerton's net to gain possession of the puck. Souhegan held Pinkerton scoreless and headed into the final period trailing 2-1.

Souhegan picked up right where they left off and scored another goal two min-

utes into the third period tying things up at two. Both teams continued their fast paced aggressive play, but Pinkerton was the first to break the tie, as Molly Fahey scored, assisted by Wasiejko and Madison Gibeault with 5:57 left. Minutes later, Souhegan responded with a goal to tie it up again with just over two minutes remaining in the game.

It came down to the wire as the Astros got a clutch goal off a face-off to take a 4-3 lead with 1:11 left to go. It was a beautifully set up play, and Fahey was the one scoring the goal with assists from Wasiejko and other captain Spencer St. Pierre. After that, Souhegan got desperate for a goal, as they took out their goaltender, but Pinkerton capitalized on that and Fahey scored her third goal of the game on an open net to seal the game and cap off her hat trick performance. After the game

Pinkerton's coach had an interesting opinion on the game even though the girls got the win in a nail-biter clutch fashion. "Honestly I just talked to the girls and I thought we played one of our worst hockey games in the two years we've been together," said head coach Scott Dunn.

"But the positive thing is they never quit and it came down to the last minute and 16 seconds of the game, they executed the face-off just like we talked about, it really wasn't one of our better games but we hustled the whole time." Dunn thinks his squad needs to break down the game and really focus on the little things. "We need to look at the flow of the game and work on our breakouts and a little bit on our back check." Dunn said.

He gave high praise to his goaltender Kylie Coupal, since she's been playing out of her comfort zone and per-



Sophomore Mlooy Fahey Scored three times in the win against Souhegan this week. Photo by Chris Paul

forming real well. "Defense is good, we have a first year goalie and we're getting big blocking in front of the net, blocking a lot of shots which is our strategy against every team. Our goalie is playing

fantastic for somebody that's never really played the sport before," Dunn added.

The girls took the ice again on Thursday, Jan. 16, against Lebanon High School.



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Astros Boys' Ice Hockey Splits Week with Win and Loss

MATT TRITTO
NUTFIELD NEWS

The Pinkerton Boys' Varsity Ice Hockey team played in two wide-margin games last week, one resulting in a six-point win, the other a six-point loss.

The week started with the latter of the two, as the Astros faced off against Concord High School at Everett Arena and suffered a rather lopsided 7-1 loss from a very strong Crimson Tide squad.

Pinkerton started off well

in this one, and was only down 1-0 after the first period, but after that period things went all Concord's way.

The only Astros goal was scored by Ethan Burgess, in the second period, he was assisted by Brett Levesque.

Pinkerton was still very much in the game heading into the final period, with Concord holding a 3-1 lead, but that's when the Crimson boys went on to score three more goals.

"We played them tough and even in the third until we

took a five minute penalty that led to three power-play goals," said PA head coach Samuel Littlefield.

Coach liked what he saw from his guys early on and thought it was an even game. "We played them well in the first period, it was pretty even and we outshot them. They tilted the ice in the second and outshot us," Littlefield went on to say. One big positive to take away was that game was goaltender Matt Gilliland had 23 saves out of 30 shots.

Over the weekend, the

Astros played Bow High School on Saturday, Jan. 11 at Everett arena, and the PA squad certainly put what happened against Concord well behind them, as they cruised past Bow with an 8-2 win.

Joseph Marra struck first for Pinkerton in the first period with a goal assisted by Ethan Livingston. Ethan Burgess netted a goal with an assist by Jack Normand along with Marra having another goal in the first period with help from Tylor Pappalardo and Scott Cavan.

Livingston scored the last goal of the period with an assist from Pappalardo giving his squad a commanding 4-0 lead heading into the first intermission.

Brett Levesque found the back of the net for Pinkerton in the second period with another assist from Cavan along with Hunter Drouin joining in on the fun with a goal of his own with some brotherly help from Mason Drouin. Bow finally scored a goal before the end of the period giving them some life. In the final period of

play Levesque scored another goal with an assist from Cavan while Brett Masterson scored his very first varsity goal and put his team up 8-1. Bow was able to score one more goal before the game ended and Pinkerton's goaltender Matt Gilliland saved 21 shots, and the Astro's also recorded 49 shots on goal.

Pinkerton was scheduled to face Manchester Central-West on Wednesday, Jan. 15, at the Ice Den, after Nutfield News went to print, then Hanover three days later.

Astros Wrestling Suffer Close Loss in Salem Duel Meet

MATT TRITTO
NUTFIELD NEWS

On Wednesday, Jan. 8, the Pinkerton Academy Wrestling team traveled to Salem High School and took on the Blue Devils in a duel match. At that meet, Salem squeezed out a slim win with a score of 39-37 and put Pinkerton's record at 3-2 this season.

The Blue Devils got off to a quick 16-0 start with a Matteo Mustapha pin over PA's Nathan Lindquist (138 lbs), and then, David Hammond (145 lbs) was beaten by George Boudreau in a 14-4 decision.

The Astros squad got on the board when Marcus Sconza beat Michael

William's in a 15-3 decision at 152 lbs. The match kept going for the Astros as Jack Makiernan (160 lbs) pinned Mario Rodriguez in a quick 38 seconds, then Issac Cohen (170 lbs) pinned Matt Breton when the clock ticked 3:41.

Pinkerton didn't stop there, as Sterling McLaughlin of the 182 lbs class pinned another Blue Devil, Joseph Colecchia, in just 28 seconds to give his team a 22-10 lead. Following that, William Brown (195 lbs) pinning Tanner Morgano in 5:09, and that is where Salem swung the momentum.

The Blue Devils pinned the next four Astros, taking a 40-34 lead, but Pinkerton

was able to hang on with a Casey Phelan (120 lbs) forfeit win. The final Pinkerton points of the evening were earned by Dominic Robinson, 132 lbs., as he beat Martial Ngatchoua in a 7-0 decision.

Over the weekend, on Saturday, Jan. 11, the Pinkerton grapplers traveled out of the Granite State to Cumberland, Rhode Island and competed in John Gorman Invitational. There, they faced 18 different schools from throughout New England.

Sterling McLaughlin (182 lbs) took first place for the third year straight with a 7-2 decision win over Essex High School.

Dominic Robinson (120

lbs) took home third place with a 11-3 decision win over Zachary Schonhoff of Cumberland along with Ben Colson (220 lbs) taking down Christian Balon of Lincoln High School in 1:42 for fifth place.

In the weight class of 285 lbs Jake Scarelli pinned

Cumberland's Luke Tougas when the clock showed 4:39 to take home fifth place as well. William Brown (195 lbs) was the last Astro to win as he earned sixth place with a 11-3 decision win over North Andover High School.

Pinkerton will be host-

ing their rival Londonderry High School at the Shepard Auditorium on Wednesday, Jan 15, after the Nutfield News went to print. The outcome of that match will go towards determining who will win the annual Ball Family Trophy this year.

Astro Bowling Showed Their Dominance at Dover Bowl

MATT TRITTO
NUTFIELD NEWS

The Pinkerton Academy Bowling team traveled to Dover on Saturday, Jan. 11, and competed against Spaulding High School and Goffstown High School.

The Astro's varsity team took care of business by winning all 12 points on the day. They took the top seed getting the bye for the baker round by scoring 1,799 for standard ten pin with games

of 884 and 915. Spaulding took the second seed with a 1,706 and Goffstown sat in third with 1,688.

Colby Wong bowled a 181 and 169 while Matt Gagnon made his return with games of 156 and an impressive 192. Lance Lemieux rolled a 135 and a great comeback 197, along with Harry Michaud rolling a 174 and a 200. Captain Bryant Nourse had a first game 68 pins over average

with nine strikes for two great games of 238 and 157. Spaulding took on Goffstown in the first round of the baker winning the match and then went on to face Pinkerton.

The Astros won the first game 185-132, but Spaulding won the second game 203-159. Pinkerton responded by winning the third game 212-188 to seal the deal.



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Astros Boys' Indoor Track Places Second in Dartmouth Relays

MATT TRITTO
NUTFIELD NEWS

Over the weekend the Pinkerton Academy Boys' Indoor Track team competed in the 51st annual Dartmouth Relays held at Dartmouth College. Teams from all around New England came to compete and Pinkerton finished in second place with 35 points. Bishop Hendricken of Rhode Island finished first with a dominant 102 points.

Pinkerton's Benjamin Fleming made it all the way to the finals in the 55-meter dash and he placed seventh

with a run time of 6.76. In the 300-meter dash two Astros placed within the top 20 as Fleming came in tenth (37.62) and Kyle Walker finished 19th with a time of 38.57. Moving to the 600-meter run Pinkerton's Theo Davis placed 40th (1:35.82) and Jackson Cappello placed 47th (1:36.77) out of 70 runners. For the 1,000-meter run, PA's Zach Plaza finished fourth with a time of 2:36.97 out of 57 runners.

In the one mile run, unseeded Stephen Connelly came in first (4:34.81) while Luke Brennan finished second with a time of 4:35.81. Next, in the two-mile,

unseeded Pinkerton's Ethan Charles crossed the line third (10:16.10) and Nathan Steiger finished tenth with a 10:51.21 two-mile time.

Conor Seleny made it to the final round of the 55-meter hurdles and placed sixth with a time of 7.82. In the 4x200 meter relay the squad of Ryan Dane, Benjamin Fleming, Conor Seleny, and Patrick Cotnoir came in first place out of 25 schools, with a final time of 1:32.05. For the 1,600-meter sprint relay the Pinkerton squad of Ryan Dane, Benjamin Fleming, Zach Plaza, and Conor Seleny finished in second place out of

20 teams with a run time of 3:41.47. In the boys distance medley Luke Brennan, Stephen Connelly, Nolan Preble, and Patrick Cotnoir came in fourth place for the Astros with a final run time of 11:05.49. Next, in the high jump, Pinkerton's Nick Tagalakakis earned tenth place with a 5'4" jump. Tagalakakis came in first place in the long jump with a leap of 18'10.25".

In the shot put competition, Joseph DeMartino came in fourth place for the Astros squad with a throw of 39'9".

It was a very successful weekend all around for the

boys team and coach French was very pleased, but especially didn't want to take away what his 4x200 relay team accomplished. "The biggest news of the day was the 4x200 team of Conor Seleny, Ben Fleming, Ryan Dane and Pat Cotnoir who won the meet, but more impressively set both a meet

and a school record running 1:32.05. Setting a record at a meet of this size is not something that happens often! They are currently only .25 off the state record which they will hopefully have a great chance to break at the Division I meet in four weeks," said head coach Ian French.

Astros Alpine Ski Teams Take Fourth

MATT TRITTO
NUTFIELD NEWS

On Thursday, Jan. 9, Pinkerton's Girls' and Boys' Ski teams traveled north to compete in a ten team mega meet at Pat's Peak Mountain in Henniker hosted by

Nashua North High School.

The other teams attending the event were; Bedford, Keene, Londonderry, Timberlane Regional, Nashua North, Nashua South, Manchester Central, Memorial, and Windham High Schools. The boys finished in fourth

place with 345 points while Timberlane took third (357), Keene second (360), and Bedford took first place with 392 points. As for the girls they also came in fourth place with 347 points while Windham placed third (349), Keene (362), and Bedford took first again with 392 points.

For the boys team, in the slalom, as head coach William Frank puts it, "Freshman sensation" Chris Bennett placed first for the Astros, along with placing third overall with a time of 50.97. Colton April finished second and 14th overall (1:03.99), while Ethan Hatch came in third for his team and 23rd overall with a

final time of 1:10.66. Jackson Kuncik came in fourth for Pinkerton and finished 37th overall with a run time of 1:23.60.

As for the girls squad, Kaitlyn Bennett led the way finishing first for Pinkerton and ninth overall (1:04.27), Hannah Flagg came in second and 16th place (1:14.05), while Madeline Frank placed third and 20th with a time of 1:15.97. Sydney Pratt crossed the line fourth for the Astro's and 22nd overall with a final run time of 1:19.43.

The Astros will hit the slopes again on Friday Jan.17, as they will head to Crotched Mountain again.

Athletes of the Week

Week of Jan. 5



Molly Fahey, Sophomore, Girls Varsity Ice Hockey

Molly Fahey scored two goals during the team's 4-3 win against (then number one) Oyster River/Portsmouth and three goals in the team's 5-3 win against Souhegan. In the first four games this year, she has eight goals and two assists.



Zach Needleman, Unified Basketball

In Zach Needleman's first game ever as a Unified Basketball player, he scored an amazing 16 points.

Athletes are chosen by Pinkerton Academy Athletic Office

Athletes of the Week

Week of Dec. 23



Harry Michaud, Junior, Bowling

Harry Michaud started the season with a clean game of 243 with seven strikes, adding three strikes in the tenth frame of baker giving the team a 205 victory.



Meghan Cross, Senior, Indoor Track

As the team's senior captain, Meghan Cross won the 3,000 meter and helped her 4x400 relay team come in a season-best third place at Dartmouth in a meet against 13 teams.

Athletes are chosen by Pinkerton Academy Athletic Office

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PA Girls' Basketball Improves to 3-1 After Two on the Road



PA sophomore guard Avah Ingalls has been a consistent offensive threat for the team. Photo by Chris Paul

MATT TRITTO
NUTFIELD NEWS

The Pinkerton Academy Girls Varsity Basketball team had a good two-game stretch on the road last week, beating Dover and Salem to start the season 3-1.

On Tuesday, Jan. 7, the Lady Astros traveled to Dover High School and beat the Little Green with ease,

42-29.

Avah Ingalls once again led the Astro ladies in scoring with 14, while Jesse Ames had ten, Alyssa DiMauro had seven, Sofia Riccio (6), Kristina Packowski (5), Samantha Franks (2), and Casey Ames scored three points.

The Pinkerton squad had great first and fourth quarters as they scored 13 in the first and finished the game

strong with 15 points.

The girls ended the week with a trip south on Friday, Jan 10, when they took on Salem High School (3-2) and they handed the Blue Devils their third loss, 47-43.

Avah Ingalls had herself quite a night, as she did most of the scoring for the Astros by pouring in 25 points. Jesse Ames scored ten, and Packowski had four

points.

Avah Ingalls was on fire from behind the arc as she nailed four three-pointers to help beat Salem that night.

Pinkerton was scheduled to host Winnacunnet High School (0-6) on Tuesday, Jan. 14, after the Nuttfield News went to print. The Lady Astros will face the Exeter Blue Hawks (1-3) on Friday night, Jan. 17, starting at 6:30 p.m.

Astros Gymnastics Teams Stays Perfect After Trip to Bishop Guertin

MATT TRITTO
NUTFIELD NEWS

The Pinkerton Academy Gymnastics team is off to another fine start, after winning their first three meets of the winter sports season.

Over the weekend, on Sunday, Jan. 12, the Astros Gymnasts traveled to

Nashua for a six team meet hosted by Bishop Guertin.

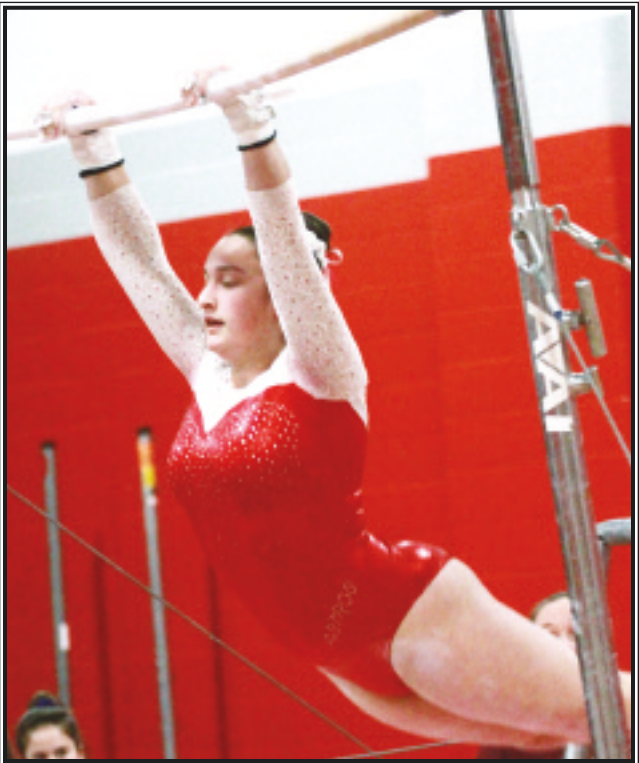
In that event, Pinkerton took first place with 133.55 points while Bishop Guertin came in second with 122.7 points. Other schools competing were Conant, Exeter, Dover, Merrimack, and Keene High Schools.

With this first place finish Pinkerton is now a perfect 19-0 on the season.

Sophia Viger took home first place in All Around along with Hana Phaneuf taking first place on the floor and second place on the beam and All Around.

Astro Ashley McKinnon was first on the beam and tied for third in the vault and on the floor while freshman Sophia Phaneuf took third on the floor.

The girls will compete again on Friday Jan. 24, in a six-team meet at Gymnastics Village in Amherst. The



Pinkerton senior gymnast, Sophia Viger, took first place for All Around at the teams' latest meet.

meet will include gymnasts from Hollis-Brookline, Merrimack, Milford, Souhegan, and Windham High Schools.

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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.

Voter Checklist Sessions

On Tuesday, Jan. 21 from 6 - 8 p.m., at Derry Municipal Center, the Supervisors of the Checklist will meet in session to register new voters and accept changes to voters' names or addresses. The Supervisors will consider applications for voter registration and changes submitted to the Town Clerk. Names of new voters will be added to the voter checklist and corrections approved. Please note: changes in party affiliation cannot be accepted until after the Feb. 11 presidential primary. The filing period for town and school district offices is Jan. 22 - Jan. 31. The checklist session on Jan. 21 is the last opportunity to be added to the checklist or update names/addresses before the filing period. Additional Ways to Register to Vote: Applications to register to vote or to make changes to voter registrations may also be completed with the Town Clerk. Voters can register to vote at the polls on election days.

Step-Families

Learn about managing challenges, communication, problem-solving, relationships and power struggles at the Upper Room in Derry on Feb. 9 from 9 a.m. - 1 p.m., \$35 (includes book).

Child Development

A free workshop on Child Development for Ages 5-11 will be held at the Upper Room in Derry at Feb. 9 from 9 - 10:30 a.m., it includes discussion on your child's brain changes, friendship shifts, language growth and physical development.

Parent & Caregiver Café

On Thursdays from 6 - 7:30 p.m., the Upper Room in Derry hosts a free resource for parents, grandparents and caregivers raising teens. Discuss your concerns and learn new parenting strategies. New topics are introduced weekly. Drop-ins welcome. For more information, call 437-8477 ext. 29. Topics Jan. 16: Anger

Management & Jan. 23: Consequences and Boundaries.

Family Mediation Services

On Jan. 23, the Upper Room in Derry offers mediation services to help families better communicate with each other. For more information, call 437-8477 ext. 14

Teen Talk

An after-school group for teens ages 13-18 years old to talk, connect, relate and support each other on on Tuesdays from 3 - 4 p.m., at the Upper Room in Derry. Drop-ins are welcome! For more information, call 437-8477 ext. 29

On My Own - Basic Sewing

On Wednesdays Feb. 5, 9 and 19, from 2:30 - 4 p.m., at the Upper Room in Derry learn basic sewing survival skills including mending rips, hemming pants and sewing on a button. This three-week series meets after school and is walking distance to Pinkerton Academy. Open to teens ages 13-18. Easily reserve spots by emailing skoza@urteaches.org or call 437-8477 ext. 27.

Quit Vaping & Health Workshop

Time to quit Vaping and Your Health Workshop for Teens; 1st Tuesday of the Month Feb. 4, from 3 - 4:30 p.m., at the Upper Room in Derry. Teens will learn the risks of vaping and how it affects brain development, behavior and health as well as how to break the habit and replace it with healthier options call 437-8477 ext. 15.

Teen Information for Parenting Success

This series is open up to age 23, on Wednesdays from 5 - 7 p.m., at the Upper Room in Derry get in-school support, workshops, baby/toddler supplies, resources and a place to talk, share and learn call 437-8477 ext. 12.

Work Ready NH Course

Eight-week course begins Jan. 29, Wednesdays and

Thursdays from 3:30 - 7 p.m., at the Upper Room in Derry. This free eight-week program will help any worker over age 18 entering, or re-entering the workforce, update their employment skills and talents. Attendees will achieve both a National Career readiness and a Work Ready NH certificate. On-site registration will take place Jan. 22 at 3:30 p.m. Call Chloe 603-437-8477 ext. 18 or Donna 603-206-8180 for more information.

Lights, Camera, Civics!

On Jan. 26, the New Hampshire Institute for Civics Education ("NHICE") will screen To Kill a Mockingbird as part of a multi-year statewide program designed to foster conversations with the public on law, justice, and civics. The screening and post-movie discussion will take place at Pinkerton Academy's Stockbridge Theatre, Derry, from 1 - 5 p.m. (program will begin promptly at 1 p.m.; please arrive by 12:30 p.m. to sign in). Light snacks will be provided for noshing outside the theatre. The community discussion accompanying the film showing will be led by Heidi Parenti, Pinkerton Academy English teacher; Dina Michael Chaitowitz, Esq. (NHICE trustee and former federal prosecutor), and a Pinkerton Academy high school student. This program was made possible with support from New Hampshire Humanities, in partnership with the National Endowment for the Humanities. The event is free and open to the public but pre-registration is required. To register, please contact Dina Michael Chaitowitz at dinacivics@gmail.com or at 603-235-0258.

Girl Scouts Derry Events

Make new friends, discover new passions - she'll do all that and more at Girl Scouts! Come discover what makes Girl Scouts the leading expert on girls. Girl Scouts of the Green and White Mountains will host several free information nights

for girls and parents on the following dates: Wednesday, Jan. 22, from 6 - 7 p.m. at South Range Elementary School, 1 Drury Ln., Derry. Bring a friend to double the fun! For further information, please contact Girl Scouts of the Green and White Mountains Customer Care at 888-474-9686 or customer@girlscoutsgwm.org.

TIPS

The Upper Room holds TIPS (Teen Information for Parenting Success) a Support Program for young parents up to age 23. Every Wednesday from 5 - 7 p.m., at 36 Tsienneto, Rd. Derry. Get in-school support, workshops, baby/toddler supplies, resources and a place to talk share and learn.

Winter Parking Ban

The Town of Derry seeks to remind residents of the Winter Parking Ban in effect from now - April 1. The Town Ordinance prohibits parking on all street and all municipal parking lots between midnight - 6 a.m. Violators are subject to ticketing and/or towing of their vehicle. Any questions may be direct to the DPW Office at (603) 432-6144.

Snow & Ice Policy

The Department wishes to remind residents of the Town's Ordinance regarding parking and the placement of snow on the street. The Winter Parking Ban is in effect from now - April 1. During that time, no person shall park any motor vehicle on any public road between midnight and 6 a.m. Any vehicle parked in violation will be towed. Vehicles towed shall be stored and released to the owner only upon payment of the cost of towing. No person is allowed to place any snow or ice upon the surface of the traveled portion of any Town maintained portion of road or highway. Blowing, shoveling or plowing snow into the street creates a very dangerous situation that can cause accidents. Any person violating this ordinance will be subject to a fine. Location of Mailboxes: As a friendly reminder, all mailboxes and newspaper boxes are allowed to be located within the Town right-of-way at the owner's risk. The removal of snow around mailboxes and maintenance of the mailbox and post are the responsibility of the owner. Residents are asked not

to place any permanent or temporary structures, sprinkler heads or landscape items within the Town's right-of-way. The Town does not repair mailboxes damaged during snow removal operations. In addition, stakes, delineators or rocks placed at the edge of pavement can not be guaranteed for protection during the winter season.

Story Hour with a Craft

A story hour with a themed craft is available for children ages 2 - 5 years old on Mondays at 10 a.m., Wednesdays and Sundays at 1 p.m. at the Taylor Public Library. Space is limited so call the library at 432-7186 to register or with questions.

Tiny Tots

A storytime for ages six months - two years meets Fridays at 10 a.m. at the Taylor Public Library. Space is limited so call the library at 432-7186 to register or with questions.

Raising a Teenager?

This free weekly resource group for parents, grandparents and caregivers raising teens, discuss concerns, learn strategies and get support at the Upper Room on Thursdays from 6 - 7 p.m. at 36 Tsienneto Rd., Derry. Drop-ins welcome.

Transitions Support

The Upper Room offers Transitions support for young adults ages 18-25. Learn how to manage the "overwhelming" in a healthy way for you. We offer workshops, and 1:1 support, groups. For an appointment, call (603) 437-8477 ext. 24.

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.

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.

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.

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.

Derry Lions

The Derry Lions meet on the first and third Tuesday of each month at 6:30 p.m. at the Marion Gerrish Community Center at 39 West Broadway, Derry. The Derry Lions are part of one of the largest civic organizations in the world. We are looking for new members to enable us to continue our support of the community. For decades, we have provided eye exams and eye glasses for needy members of the community. For more information contact us at derrylionsclub@gmail.com or google Lions International. We look forward to seeing you at a future meeting.

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.

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.

Greater Manchester Lyme Disease Support Group

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



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