

# Nutfield News

March 26, 2020 • Volume 16 - Issue 13

Serving the Derry Area

PRESORTED STANDARD  
US POSTAGE PAID  
LONDONDERRY, NH 03053  
Permit #57

POSTAL PATRON  
DERRY, NH 03038  
EAST DERRY, NH 03041

## Derry Municipal Facilities Close, Virtual Access to Town Operations Have Begun

MACK LEATHURBY  
NUTFIELD NEWS

Like other towns in Southern NH including Londonderry and Chester, the Town of Derry closed most municipal facilities on Friday March 19 and has set up virtual town operations going forward until further notice; these virtual operations will support most needed town operations until the community gets through this challenging time.

Town officials urge the public to continue social distancing and appropriate hygiene habits at this time. The town is asking citizens to remain aware and educated about the COVID-19 virus by frequently visiting appropriate federal and state websites including: Federal Center for Disease Control [www.cdc.gov/coronaviru-](http://www.cdc.gov/coronaviru-)

[s/2019-nCoV/index.html](https://www.nh.gov/covid19/) and the NH State Public Health COVID-19 Website [www.nh.gov/covid19/](http://www.nh.gov/covid19/)

If there is a medical emergency, the public should still call 911, but if you have urgent questions about the COVID-19, please dial 211 or 866-444-4211.

This action - to close the municipal buildings - was taken by town officials to ensure the safety of Derry residents and town staff while continuing to serve Derry. Town Administrator David Caron and Town officials have published details for how to connect to town operations using virtual online access to town business and organizational processes on the Town's web site: [www.derrynh.org](http://www.derrynh.org).

Caron has also provided contact information for those who need further information than is available

on the town's website: Dave Caron, Town Administrator 603-432-6100 or [dcaron@derrynh.org](mailto:dcaron@derrynh.org).

Temporary measures for town operations have been implemented indefinitely with a few exceptions. Here is a brief overview of operation adjustments that have been implemented in the town at this time - though residents should continue to monitor the town web site for any changes that are made going forward. The public should continue to monitor timelines for any forthcoming date or logistical changes.

The Derry Municipal Center (DMC) is now closed to the public and town services may be accessed online, by phone, by drop boxes at the DMC or via the Drive-Thru window. Please reserve use of the Drive-

continued on page 3

## Remote Learning Has Begun for Derry School Students

MACK LEATHURBY  
NUTFIELD NEWS

The Derry Cooperative School District outlined its initial details for its Remote Learning Plan (RLP) for the community over the past week. This plan has been developed to provide remote instruction for Derry area students, as a part of the NH statewide effort to continue student learning in the midst of the global pandemic. School buildings across the state have closed to the public as per NH State imperatives to protect citizens

where possible from a rapid spread of the COVID-19 virus.

District officials and teaching staff have been working diligently on their remote curriculum content and with families and students where possible to align this remote learning effort and connect students so they may continue with their education support.

The NH State Board of Education passed an emergency rule on March 12th giving schools greater flexibility to implement remote learning and the Derry

Cooperative School District has been hard at work, even before that date, to prepare for this effort. There is a likelihood that additional flexibility and patience will be required from everybody, to sort out any issues and optimize methods, as the remote learning program ramps up.

As noted by the district, "...the plan is evolving over time and may be modified to meet learning needs through remote instruction and support."

School Superintendent, continued on page 4



**TRYING TIMES** The COVID-19 Coronavirus pandemic has virtually closed down the state, and the town of Derry has taken many steps to help residents. This week's paper has lots of information on what town and state officials are doing to help.

Photo by Chris Paul

## Conservation Commission Project Helps Connects Derry Trail Maps

MACK LEATHURBY  
NUTFIELD NEWS

At the March 9 Conservation Commission meeting, Chairman James Degnan, provided members and the public with an overview of a useful trail mapping project for the Derry area that is being orches-

trated by the team this year.

Degnan has connected this project with a special UNH Cooperative Extension group to begin efforts to build out a trailfinder.info program for Derry. He has been working with UNH Extension staff expert, Emma Tutein, who is a Nat-

ural Resources and Land Conservation Field Specialist with UNH Extension.

Tutein is focused on her mission. "I work with landowners, towns and land trusts to provide outreach and technical assistance related to land conservation, education-

continued on page 5



# Local Supermarkets Deal With COVID-19 Shopping

CHRIS PAUL  
NUTFIELD NEWS

After New Hampshire Gov. Chris Sununu enacted a State of Emergency for New Hampshire, and residents have been storing up at local grocery stores, the supermarket chains have started to adjust their policies and hours. Below are the ways some of the bigger chains will be coping with the pandemic.

## MARKET BASKET

In a letter to customers online, Market Basket says that they share the ongoing concern regarding COVID-19. They are assuring customers that they have a proactive effort in place to safeguard the well-being of our customers, associates, and suppliers while doing their best to maintain food inventories in stores.

Market Basket stores are open every day from 7 a.m. to 6 p.m.

On Tuesdays, Wednesdays, and Thursdays starting March 19, customers 60 and over will be allowed to shop during pre-opening hours from 5:30 a.m. to 7 a.m.

They also shared information about the preventive measures being implemented to keep stores safe.

## Sanitation & Hygiene:

- We are increasing the frequency of cleaning all regularly touched contact surfaces including door handles, windows, registers, counters, tables, chairs, handle baskets, carriage handles, restroom facilities, and

additional common areas.

- We have increased communication with all associates regarding sanitation practices and essential hygiene.

- Protocols are in place to prevent potential illness, through emphasizing proper hand washing and hygiene practices.

- Specifically, all associates have been reminded to wash hands often for at least 20 seconds with warm, soapy water.

- Hand sanitizer continues to be made available to associates.

- Associates who handle or prepare ready to eat foods are required to wear gloves and change them often, combined with frequent hand washing.

- Checkout areas, deli slicers, and additional equipment are being wiped down and disinfected at least every four hours.

- Market's Café has removed single use condiments, and that can be provided to customers as requested.

## Social Distancing:

- Food sampling is discontinued at this time.

- In-dining seating areas have been temporarily closed.

- Associates and vendors are reminded to:

- Discontinue shaking hands.

- Avoid touching your eyes, nose, and mouth.

- Avoid close contact with people who are sick.

- Stay home when you are sick or if you are caring for someone who is sick at

home.

- Cover your cough or sneeze with a tissue, then properly discard the tissue.

- Associates will be sent home if they are experiencing symptoms.

- CDC guidelines suggest that anyone (customers, associates, and vendors) that is experiencing symptoms commonly associated with the Coronavirus refrain from going to public places and to contact their doctor.

## Product Stock:

- We are working with suppliers to keep high-demand products in stock, as well as replenishing supplies in a timely fashion.

- Where demand nationwide is pressuring product supplies, we have implemented limits on select items such as toilet paper and sanitizer products.

For the most updated information about COVID-19, please check with Centers for Disease Control and Prevention (CDC) [www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html) or your local health authority.

## SHAW'S

In a letter from Vivek Sankaran at Albertsons Companies, the owner of the Shaw's Supermarket chain, they say Steps Being Taken at Shaw's Grocery Stores.

The letter from Sankaran on the companies website states:

At Albertsons Companies, we know the important roles our store and pharmacy play in your life and we are grateful for the trust you

put in us for your needs. As the situation around Coronavirus has developed, we have been and will continue to monitor all information locally, nationally and globally so we can plan how to best serve you. I wanted to take a moment to share some of the things our team is doing:

- Running Clean Stores and Pharmacies. We have stepped up how often we clean and disinfect all departments, restrooms, and other high-touch points of the store, like checkstands and service counters. Cart wipes and hand sanitizer stations have been installed in key locations within the stores for your convenience, too. As always, we encourage customers to wash their fresh and packaged produce before consuming at home.

- In-Stock Items. In many markets, we are asking customers to respect quantity limits of select, high-demand items (like hand sanitizers and household cleaners) to help ensure more of our neighbors can find the products they need. We're refilling high-demand products as quickly as we can.

- Taking Care of Our Team. All of our associates are encouraged to follow the CDC's recommendations to keep themselves and their loved ones healthy. We are encouraging our associates to stay home when they feel ill, and are working with our Human Resources team to ensure that every member of our team who faces a crisis can have peace of mind that we will help them get through it. Please help us keep our store associates and community safe by con-



The toilet paper aisle at the local Shaw's supermarket was mostly barren this week. Photo by Chris Paul

sidering use of our Grocery Delivery or Drive Up & Go services if you have a fever or flu symptoms such as cough or shortness of breath.

- Planning for Local Needs. Our team is also planning to make sure we can serve you if your community becomes impacted in a significant way. From a single case to local community outbreaks or situations, we have plans to keep our stores and pharmacies open and serving our communities.

- Shopping for You. Our Grocery Delivery, Pharmacy Delivery, and Drive Up & Go services are still available to you. You can find more information at your store's website ([Albertsons.com](http://Albertsons.com), for example; see below for our complete list). Our E-commerce team is following enhanced sanitization protocols for all of their equipment, and washing their hands and using hand sanitizer before every order.

We've created "Contact Free" delivery procedures for our team and changed our signature processes so that our delivery drivers can sign for you when delivering your order, after completing an ID check, if necessary. Please use our "Contact Free" procedures if you or a household member has a fever or flu symptoms.

- Taking Care of You. Your health is important to us. Just as our team continues to follow the CDC's guidance on staying healthy, we encourage you to do so, too. And don't forget that our pharmacists are also available to help answer questions you might have or to offer advice for keeping you and your families healthy year-round.

We know your grocery store and local pharmacy are central to the community. It is a space we share every day. Maintaining your trust

continued on page 2

**Is This You?** 1. Saving for Retirement  
2. Investing into a Traditional 401(K) or IRA  
*If so, you may lose your social security benefits.*

**IS YOUR INCOME AT RISK?  
THE TRUTH...IT'S FEDERAL LAW.**

Call Craig Cheney at 1-800-785-0955  
Or visit [Jesterfinancial.com/knowthetruth](http://Jesterfinancial.com/knowthetruth)  
Or email [craig@jesterfinancial.com](mailto:craig@jesterfinancial.com)

- Over 30 years of service
- Family owned & operated
- 24/7 service, Low Rates
- Friendly driver's & staff
- Local transportation, airport service & package delivery
- Fleet of SUV's, Sedans, Limousines & Large Vans

— **Bellmores Transportation** —  
603-421-9931 • [www.Bellmorestransportation.com](http://www.Bellmorestransportation.com)  
[Reservations@Bellmorestransportation.com](mailto:Reservations@Bellmorestransportation.com)



## Shopping

continued from page 2

is a responsibility we all take very seriously. On behalf of our entire team, thank you for the opportunity to serve you and your community.

### HANNAFORD

In a letter posted on the Hannaford supermarket chain, they outlined the steps being taken at their stores:

As of Thursday, March 19, we have paused the Hannaford To Go online shopping service temporarily to redirect those associates to restocking store shelves as quickly as possible for all customers. Service will resume at the end of March. This action is one of many difficult decisions being made, amid unprecedented demand for product, to focus associates on replenishing items in our supermarkets as quickly as possible and supporting customers throughout the store in meeting their most-important needs. We will update you here, and by email should there be any changes or if service can be restored earlier.

From Hannaford President, Mike Vail:

As the scope and impact of coronavirus (COVID-19) continues to evolve, Hannaford remains focused on providing you and our communities with the food, medicine, and other essentials your family needs. We are closely monitoring the situation and reacting quickly to changing circumstances.

Our whole community is facing unprecedented challenges. To help, Hannaford is pledging \$250,000 in donations to support local food banks. This will support them in fulfilling their crucial role of providing food to those at risk of going hungry. We also have implemented a program that makes it easy for you to donate toward hunger relief, right at your local store.

As we have all seen, a surge in demand for goods has challenged food retailers and caused low inventory and out-of-stock conditions in our stores. We know this is frustrating. However, please be confident that our supply chain is healthy and resilient. We are identifying new sources for high-demand items. Hannaford is bringing product into our distribution centers every day and getting it out to

stores as quickly as possible.

At stores, we are simplifying how we do things so that our associates can focus on refilling shelves with that product and serving our customers' most-important needs. To help us, we hope you will shop only for what you truly need. This will help ensure others have access to those products too.

I want to emphasize that the health and safety of our associates, customers

and communities is job one for us, and we are following the guidance of public health officials closely. Among the actions we are taking on your behalf and to support health in the community, we are:

- Shortening our daily hours of operation to pro-

vide time for additional cleaning and to restock shelves. Effective Saturday, March 21, most stores will now be open from 7 a.m. to 9 p.m. daily, with a few closing at 8 p.m. on certain days.

- Adding a dedicated time when customers who are 60 or over and individuals identified as being identified by the CDC as at high risk may shop, providing them with the opportunity to have more social distance while in the store. These special hours for our 60+ customers are 6 a.m. to 7 a.m., Tuesday, Wednesday and Thursday of each week. We are asking our local communities to help us ensure the integrity of this measure. Our goal in this effort is to limit occupancy in the stores

during this time.

Additionally, Hannaford home office associates are working from home to help slow the spread of COVID-19. In our stores, our associates have comprehensive cleaning and hygiene practices in place to ensure our stores remain safe spaces to work and visit.

What's happening in our stores:

We continue to take steps to protect our shoppers, our associates, and our communities. We have exhaustive and thorough food safety practices. We maintain rigorous cleaning procedures and strict hygiene techniques that are most effective at combating viruses. And, we are asking associates who are feeling unwell to stay home. The

health and safety of our customers and associates is our top priority.

We will continue to monitor the situation closely and follow the recommendations from the Centers for Disease Control and Prevention (CDC).

And in accordance with recommendations and guidance from local and national health authorities, we are prepared to take additional steps should the outbreak become more widespread in the communities we serve.

We are working around the clock to ensure that we are as well stocked as we possibly can be. We have placed purchase limits on high demand items in order to make them available for as many customers as possible.

## Closure

continued from page 1

Thru for those services which cannot be completed on-line such as new motor vehicle registrations. The Drive-Thru service is now available Mon. - Fri. 7 a.m. - 4 p.m.

Both the Derry Public Library and the Taylor Library are now closed to the public until April 6 though residents should continue to monitor any forthcoming date changes.

Veterans' Hall and the Parks and Recreation Department are closed to the public and all recreation programs are suspended through April 6; Registrations may be completed online or by contacting the

office at 432-6136.

While all recreational outside parks and fields are open, playground equipment is closed until further noticed and the public is urged to please practice social distancing.

Derry Fire Stations will continue to support Emergency Personnel to remain on duty though the stations are closed to non-essential personnel and the public.

Derry Police Department will continue to support Emergency Personnel to remain on duty and essential services will continue to be provided with limited public access to the station.

The Transfer Station will remain Open with regular hours - Customers with needs are advised that attendants will be unable to per-

sonally assist with removing items from vehicles. We have the space - remember, social distancing.

Per order of Governor Sununu, all Derry public schools and school buildings in NH are closed to the public and are being set up for remote learning until at least April 3. Parents and students should monitor the School District website [www.sau-10.org/](http://www.sau-10.org/) and Pinkerton Academy [www.pinkertonacademy.org](http://www.pinkertonacademy.org).

The Marion Gerrish Community Center and Thrift Shop will remain closed until at least March 29.

Derry's Town web site has been set up with more details about accessing town services and operations that should be monitored by residents - please stay in touch with any changes that may occur. To access current information [www.derry-nh.org/home/urgent-alerts/certain-derry-municipal-facilities-closed-public-updated-information-march-20](http://www.derry-nh.org/home/urgent-alerts/certain-derry-municipal-facilities-closed-public-updated-information-march-20)

We will all get through this together and it is a time to stay informed, compassionate and ready to help our community with purposeful actions.

## OBITUARY

### Timothy John Scott



Timothy John Scott, 60, of Derry, NH, died Sunday March 15, 2020, at Parkland Medical Center in Derry, NH. He was born in Binghamton, NY on Nov. 27, 1959, a son of Robert and Sandra (Walsh) Scott. Timothy graduated from Bishop Guertin High School and Worcester Academy before attending Keene State College and Plymouth State University. Timothy greatly enjoyed basketball and played throughout his entire high school and college career. He was employed as a CDL driver at Material Installations of North Andover, MA. Timothy enjoyed his work life, especially his co-workers and considered them like family. At home, he loved spending time with his dogs.

He is survived by his life partner, Theresa Russell; son, Shane Scott; grandsons Shea and Liam; two nieces and a nephew. Timothy is predeceased by his brothers Robert and Jeffrey Scott.

Following cremation, a memorial will be held at a later date. The burial will take place in Maine. The Peabody Funeral Homes & Crematorium is assisting the family with arrangements. In lieu of flowers, memorial contributions may be made to NHSPCA PO Box 196, 104 Portsmouth Ave., Stratham, NH 03885.

**Great Rates, Great Coverage  
and Local Service!**

**WHITTEMORE  
INSURANCE**

Home • Auto • Business

Part of the Londonderry community since 1929.

**432-2577**

24 Hour Quotes at [www.whittemoreins.com](http://www.whittemoreins.com)

Hicks Insurance, Inc., dba Whittemore Insurance

**It's YOUR car,  
YOUR choice of repair shops.**

**Lifetime warranty on all repairs**

**We meet by accident -  
crash in for quality repairs**

**Family owned & operated for 36 years**



SPECIALIZING IN COLLISION REPAIR

1 ROCKINGHAM ROAD

RT. 28, LONDONDERRY, NH 03053

TEL: 603-432-5245 • FAX: 603-432-0191

[WWW.BROTHERSAUTOBODYNH.COM](http://WWW.BROTHERSAUTOBODYNH.COM)

# Editorial

## Bring Out the Best in You

When the world throws a curveball whether we like it or not, it is all part life, things beyond our control happen all the time. We only have control over how we respond to a situation.

Some people will rise to the occasion while others will show what they are truly made of. One of the biggest hurdles we face is how we handle difficult situations.

The truth is, these situations tend to bring out the best and the worst in people.

It amazes me that some people capitalize on other people's misfortune. Some use it to make money, by creating scams to rip people off. If you believe in karma, as I do, these folks are in deep trouble.

Keep in mind that difficult situations are part of life. Accepting the situation helps you overcome it. Once you confront your fear of the situation you will overcome it, and be better at dealing with whatever life throws at you.

Lessons are learned from challenging situations, just like a rainbow after a storm. How we handle these situation is what builds character, and makes us resilient.

It is these challenges, that we face in life that will only make us stronger and give us confidence to conquer any obstacles.

Respond positively and constructively to challenges, and show qualities of

strength, and courage, that is when your true character emerges from deep inside of you, allowing ourselves to think more clearly, we are able to let go of self-defeating and unproductive thoughts and get down to the business of dealing with what's before us.

By being courageous, and run toward the problem rather than away from it, taking action.

Be supportive, give without being asked, be selfless. Face this new reality, and find a way to deal with it rather than withdraw from it. Be mindful of what really matters and appreciate what you already have.

Most of all be hopeful have faith. Hope motivates you to stay the course in hard times and gives you reason to pause. Hope also has a way of saying that even a bad start can still have a happy ending.

Let a difficult situation bring out the best in you.

There is hope in everyone who extends their hand to those they don't know. Many of these folks are not rich or famous; they're like you and me. They're willing to lend a hand, knowing that the shoe can be on the other foot tomorrow.

There action serve as a constant reminder that even though the world is large, one person can still make a world of difference. Be a role model that makes you proud. In times like these, bring out the best in you.

## Schools

continued from page 1

Dr. MaryAnn Connors-Krikorian has released updated information on a consistent basis over the past weeks including letters to parents - posted on the Town's web site. She has been active to let the community know details of the district plan for this internet connected learning and the remote access classroom efforts that have started this past week.

Over the past weekend, Dr. Krikorian provided an important message for the community, "All of us recognize that this time period and the future weeks have been and will continue to be challenging for you, your children and your extended families. This rapid transition to remote learning, the structure to which we are accustomed, and the effort to manage unpredictability associated with this disruption creates stress on families and systems. Despite the difficulties that you have personally encountered during this time, the public support and encouragement for our work are greatly appreciated."

The Derry Cooperative School District's remote learning plan is online and available for district families; that plan can be accessed via the school district web site: [www.sau10.org](http://www.sau10.org) as well in the COVID-19 Updates section of this web site.

The Superintendent says, "We are extremely grateful for and proud of the District's 600 employees who have so professionally, selflessly, and diligently worked to make this unexpected move for our students and families as seamless and successful as possible. This

process has not been easy, nor will it be flawless, yet we will advance in a positive direction."

There is a communication area posting via the school website pages that is important for families to monitor, as well as, to look for emails from the school administrators and staff.

The Derry Cooperative School District plan states that it has a commitment for strengthening communication and connections with all constituents, "We will provide ongoing communication utilizing available resources. Resources include the Derry Cooperative School District Website, Channel 6, Google Classroom, Google Sites, Audio Conferencing software (Zoom, GoogleMeet), email, phone, and School District-sponsored social media sites (Twitter, Facebook). A COVID-19 informational website has been added to the School District website and will be updated continuously."

District educators have been engaged in professional development for this learning initiative over the past weeks and they have been focusing on optimizing usage of technology tools that support remote instruction. Throughout the week of March 16th, district staff, administration and officials have continued to refine and expand their knowledge and plans for this remote learning model. Ongoing technology support for students, staff and others in the loop will remain available.

Remote instruction is being delivered digitally utilizing a variety of online resources accessed by internet connectivity virtual classroom applications. Upon an email request to the specific school building

principal, instructional materials will be made available in print for those students who do not have digital access. Classroom Teachers, Special Education Teachers, Related Service Providers, and Assistants will provide large group, small group and individual instructional support to students to meet individual learning needs for remote learning.

The Derry Cooperative School District recognizes that accessibility to remote learning opportunities vary for students and families. Therefore, the district is making every reasonable effort it can to accommodate student accessibility when delivering instruction and learning activities. Teachers are designing instruction and learning activities that can be delivered both online and for using paper copies of lessons and resources.

As a reminder the District also began offering grab-and-go meals at two school locations to all Derry Cooperative School District students at no cost to families. Students must be present during pick-up. Please contact Susan Boroskas either by phone (432-1231) or email [sboroskas@sau10.org](mailto:sboroskas@sau10.org) with questions or if you require assistance in accessing meals during this remote learning period.

Meals will be available for curbside pick-up as follows: Gilbert H. Hood (back of the building) 11 a.m. - 1 p.m. and at West Running Brook (main office entrance) 11 a.m. - 1 p.m. Please note that locations, schedule and service are subject to change. Any updated information will be located on the School District website and social media outlets.

## Nutfield News

Nutfield News is a weekly publication. Mailed by request to Derry residents and is available at a number of drop-off locations throughout Derry.

**Londonderry Times**  
Serving Londonderry

**Tri-Town Times**  
Serving Chester, Hampstead and Sandown

**Nutfield Publishing, LLC**  
**118 Hardy Rd., Londonderry, NH 03053**  
**tel: 603-537-2760 • fax: 603-537-2765**  
**send e-mails to: [nutfieldnews@nutpub.net](mailto:nutfieldnews@nutpub.net)**  
**[www.nutpub.net](http://www.nutpub.net)**

**Owner/Publisher – Debra Paul      Art Director – Chris Paul**

The Nutfield News is published through Nutfield Publishing, LLC, a privately, locally owned company dedicated to keeping residents informed about local issues and news in the town of Derry. All articles submitted for placement in the Nutfield News are welcome and are subject to review/editing and/or acceptance by the publisher. Decisions of the publisher are final. Views contained within submitted and published articles do not necessarily represent the views of the publisher or Nutfield News. No articles, photographs, or other materials in the Nutfield News may be re-published/re-written or otherwise used without the express permission of the publisher.

**To Our Readers and Advertisers:** Nutfield Publishing would like to thank our advertisers for their support of this publication and for giving us the ability to supply our readers with local news, sports and achievements free of charge to every home in town each week. **Readers, please let our advertisers that you patronize know that you saw their ad in this paper.**



## Conservation

continued from page 1

al outreach, and stewardship and management of conserved lands," she says. "I am particularly interested in engaging people on public lands, Tuetin reports. "I truly believe that if more people get out and use public lands in new ways, whether hiking on trails, mountain biking, volunteering to remove invasive plants, or attending a nature walk, we can build more public support for land conservation. I hope to find new ways to get people out and enjoying the open spaces we have here in Rockingham County, while also helping communities and land trusts to protect even more land."

Degnan provided a special presentation overview of the trailfinder.info project at this meeting. Degnan told members and the public, "If you are to go on the Derry Conservation web site, you can download some maps for our land parcels that show hiking trails in Town. Some of the maps are newer and some of them are a little older ...and from back in the day - there are hand drawn maps like for Cole Marsh that have been notated on and where comments were written - but obviously some things have changed over the years."

Degnan told the public and the Conservation team, "Having experience with GIS mapping is a bit chal-

lenging ...because we may not have somebody on board who can do these types of maps and then integrate them into our system. As people put more stuff out on the Internet and then into the cloud, we need to have that information accessible for all to use. So the UNH Cooperative Extension is partnering with a couple of different folks to bring this trail finder program to life for Derry. And since they are going to work with us, I want to discuss how this is going to affect conservation here this year."

For those who want to find out specifics about this project and see where it is going, they can go to [www.trailfinder.info](http://www.trailfinder.info) and click on the page that says

find your next adventure - start exploring. This will bring you to an area of trails listed in both New Hampshire and Vermont. There are currently over 600 trails listed there right now.

Trails on this web site are searchable - based on many different filters including activity, difficulty, distance in miles, as well as with a selection of popular searches, keywords and other types of location tools. For example, one can look at the current trails listed in Derry and see there are none listed although there are many trails mapped on this site located in other nearby towns. I personally found this website interesting and to work well using a Google Chrome web browser on my

Apple Mac and IOS devices.

Degnan said, "Our goal over this year is to build out Derry with this type of mapping content. What we have right now with trailfinder.info is nothing so we can essentially build out our conservation parcels and have our trails here on a map that will be accessible to the public for many useful purposes."

Degnan went through some existing trail maps that are in place on the website including for the nearby town of Hampstead that shows photos, detailed description information, logistics and appropriate contacts involved with specific trail systems. There are well designed tools for adding comments, setting

up personal accounts and for even keeping a trail log online within the website.

Overall this mapping and internet site effort is a remarkable tool for outdoor enthusiasts who can get an overview of trail mapping details in the State. This will be a good project for many different folks to use, including hikers, bikers, pet owners, hunters, and nature lovers as the Conservation Commission works with the trailfinder.info team to put Derry on their map.

Degnan said the project is now underway for the town and the Conservation Commission will keep folks up to date as Derry's trail system is mapped and made available within this system for public access.

# Community Food Services Offered for Derry Residents

A press release was issued by Derry Parks and Rec after concerns from community members regarding food insecurity and limited access to important supplies and services. In an effort to address this growing concern and to remove barriers that could be prohibiting residents from much needed services, the town has compiled a list of community supports. The Rec Department has been in contact with each of the following services to ensure availability and access to our Derry residents. They will continue to keep this list updated and posted on the town website at [www.derrynh.org/parks-recreation](http://www.derrynh.org/parks-recreation).

### Salvation Army

Cost: None - donations welcome.

This is for: any resident of Derry, Londonderry, or Windham to access food. There are no age or income requirements. Pre-registration is not required but please bring with you a form of identification (if possible).

What's offered: Drive-up food services are available at the Salvation Army location every Tuesday from 9 - 11 a.m. For individuals unable to drive, call the provided phone number for delivery options. Food is contributed from the New Hampshire Food Bank and local grocery stores, (603) 434-7799, [www.nne.salvationarmy.org/derry](http://www.nne.salvationarmy.org/derry).

### Sonshine Soup Kitchen

Cost: None, however volunteers and donations are required to keep this service operational.

This is for anyone in need of a hot meal. There are no age or income requirements.

What's offered: A warm meal is prepared every Mon. - Fri., from 4:30 - 5:30 p.m. and can be picked up from the facility at no cost but donations are appreciated. Occasional food pantry boxes are available for families, (603) 437-2833, [www.sonshinesoupkitchen.org/](http://www.sonshinesoupkitchen.org/).

### Meals on Wheels

Cost: None but donations and volunteers are needed to keep this service operational.

This is for: primarily senior citizens age 60 or older, or individuals that are homebound due to health conditions. Also available for those that are low income, have a disability, or at risk for food insecurity.

What's offered: A warm or cold meal is prepared every Mon. - Fri., and is delivered to your home by a volunteer driver at no cost, but a donation is appreciated. This service is for anyone in Rockingham County but requires an intake meeting with a coordinator. Call the listed number to begin the registration process, (603) 679-2201.

### Derry Cooperative School District

Cost: None. This is for: Derry Students in grades k-8.

What's offered: The district will offer grab and go meals to all Derry Cooperative School District Students at no cost to families in grades k-8. Meals will be available for curbside pickup Mon. - Fri., from 11 a.m. - 1 p.m., until schools reopened. Please remain in your vehicle and the meal(s) will be brought to you. Students must be present to receive a lunch/breakfast. If you are unable to get to the locations listed above for any reasons or have ques-

tions regarding qualifications, please reach out to the above contacts or contact business administrator Jane Simard at email [jsimard@sau10.org](mailto:jsimard@sau10.org) or [sboroskas@sau10.org](mailto:sboroskas@sau10.org) (603) 432-1210, or (603) 432-1231.

For more information or support, contact the Derry Parks & Recreation office at (603) 432-6136 or email [derryrecreation@derrynh.org](mailto:derryrecreation@derrynh.org). Phone lines will continue to be available Mon. - Fri., from 8 a.m. to 4:30 p.m. If phone lines are busy or you need to reach us after hours, leave a voicemail and we will get back to you ASAP



**Voted Top 5  
Best Vegetarian  
Restaurant  
in NH by WMUR**

**WE OFFER ONLINE ORDERING & HOME DELIVERY**

**[www.troysfreshkitchen.com](http://www.troysfreshkitchen.com)**

**4 Orchard View Dr., Unit 6, Londonderry**  
**Hours: Mon. - Fri. 7 a.m. - 7 p.m.**  
**Sat. 8 a.m. - 5 p.m., Sun. 8 a.m. - 3 p.m.**




## Now Offering PFOA Test & System



PLUMBING AND WELL PUMP SERVICES CO. LLC

**With all the talk of PFOA's  
Why not get your water tested?**

Call Mainline Plumbing

**— 603-548-7371 —**

# Cost Effective Broadband Internet Access is Now Vital

**MACK LEATHURBY**  
NUTFIELD NEWS

As town operations go virtual and local public-school classrooms are set up for remote access, the need for dependable internet is now greater than ever. As phone/communication systems are connected via internet telephony, while workers begin working remotely from their homes, reliable and fast internet access is a key component for all of us who are facing the challenges we face today.

Internet is now a life necessity for most of us right now, as staying connected to the outside world, while supporting social distancing is vital for us all. Town contracts with our primary internet provider Comcast (Xfinity) are important for the community and residential usage of Comcast internet connections is pervasive as bandwidth usage for internet is about to increase.

In light of the pandemic that has changed our lives already, Comcast is stepping up to ensure our town and other NH residents can leverage the internet to help them get through this time period cost effectively, efficiently and safely. In that regard, Comcast is taking steps to implement new policies for the next 60 days, as well as to support other important initiatives that may be helpful to

our community.

Xfinity WiFi hotspots in NH and across the country are now available to anyone who needs them for free – including non-Xfinity Internet subscribers. For a map of Xfinity WiFi hotspots, visit [www.xfinity.com/wifi](http://www.xfinity.com/wifi). Once at a hotspot, consumers should select the “xfinity-wifi” network name in the list of available hotspots, and then launch their device browser. There are now over 300,000 Xfinity WiFi hotspots in New England.

With so many people working from home and with remote access education now in place for students, Comcast wants residents to be able to access the internet without worrying about their data plans. While the vast majority of Comcast customers don’t use 1TB of data in a month, the company has now set up a policy for the next 60 days to give all customers Unlimited data for no additional charge.

Comcast is also implementing a policy of no disconnects or late fees during this period. Comcast will not disconnect a customer’s internet service or assess late fees provide customers contact Comcast to let them know they can’t pay their bills during this period. There are Comcast care teams that will be available to offer flexible payment

options and help find other solutions to keep everyone connected during this difficult time.

Comcast’s President of Consumer Services, Dana Strong, reports, “As our country continues to manage the COVID-19 emergency, we recognize our company plays an important role in helping our customers stay connected to their families, their workplaces, their schools, and the latest information about the virus, through the Internet.”

Strong says, “We also know that for millions of low-income Americans who don’t have Internet service at home, this uncertain time is going to be even more difficult to manage. As schools and businesses close and families are encouraged, or even mandated, to stay home, Internet connectivity becomes even more important. At Comcast, we’ve been looking for ways to help through our Internet Essentials program, which is the nation’s largest and most comprehensive broadband adoption program for low-income Americans.”

Comcast Internet Essentials is now free for new customers. This program has now been set up to make it easier for hard pressed, low-income families who live in our town or other Comcast service areas to sign-up for Internet Essentials.

With this program now, new customers can receive 60 days of free of charge Internet Essentials service. Internet Essentials is normally available to qualified low-income households for \$9.95/month. Additionally, for all new and existing Internet Essentials customers, the speed of this program’s Internet service has been increased to 25 Mbps downstream (for web access and downloads) and 3 Mbps upstream (for file or media uploads). That increase is being put into effect for no additional fee and is now the base bandwidth speed for this program going forward.

For those with school-age students at home, Comcast has also created new educa-

tional collections for all grade levels in partnership with Common Sense Media.

To help keep customers informed, there is now a collection of the most current news and information about the impact of the Coronavirus, as well as information and answers for customers about the recent internet usage process. That site is [www.xfinity.com/prepare](http://www.xfinity.com/prepare).

According to Comcast officials, the company’s technology and engineering teams are working diligently to support network operations in the face of more internet access that is now required as lifestyles are impacted and require the need for more internet usage.

Network capacity is

being updated further to handle spikes and shifts in usage patterns, and Comcast says they have engineers who are continuously testing, monitoring and enhancing systems networking to ensure there is support for today’s expanded customer usage.

Comcast Network operations centers are staffed with experts 24/7 to ensure network performance and reliability and Comcast says they have been monitoring network usage increases, as well as watching network loads locally for Londonderry and nationally. Comcast technical teams report that to date, their network is performing well and is prepared for the heavier loads that have been ramping up due to the current global crisis.

## Resource Page Established for NH Businesses Affected by COVID-19

Key programs will aid businesses disrupted by state, federal emergency declarations.

The New Hampshire Department of Business and Economic Affairs has established a resource website for businesses adversely affected by COVID-19, including information about the US Small Business Administration’s Disaster Declaration.

“We understand and appreciate the sacrifice that many are making, and we are doing everything we can to ease the burden many small businesses are facing,” said Gov. Chris Sununu. “These critical resources will help our businesses withstand the challenges they face in the days and weeks to come.”

On Wednesday, New

Hampshire’s application for SBA Economic Injury Disaster Loans was approved, which will help small businesses in all 10 counties overcome the loss of revenue during the COVID-19 outbreak.

At a news conference on Thursday, BEA Commissioner Taylor Caswell outlined additional resources for businesses, including a resource portal that will be updated regularly at [www.nheconomy.com/covid19](http://www.nheconomy.com/covid19).

“We know that COVID-19 pandemic is having detrimental effects on New Hampshire businesses,” Caswell said. “The BEA mission is to provide them with the financial and technical resources they need to ride out these uncertain times and be ready

to continue operations.”

The online business page is designed to be a one-stop resource, which includes details of Gov. Sununu’s emergency orders; the SBA disaster declaration and how to apply for low interest loans; unemployment information for businesses and employees, and other state and federal resources.

BEA’s team of regional specialists will help businesses access relief programs, address specific issues and concerns, and refer to professional business advisors.

“New Hampshire has a strong economic base and with some assistance, our businesses can minimize the effect they are having in these uncertain times,” Caswell said.

**EBRIGHT SMART**  
FAMILY DENTISTRY

**LET OUR FAMILY CARE FOR YOURS**

**Dr Alyssa Ebright DMD**  
**Dr Trevor Smart DMD**

*Always Accepting New Patients*

77 Gilcreast Road, Unit 1004, Londonderry  
**603-434-8800 • [Londonderrydentist.com](http://Londonderrydentist.com)**  
**[ebrightsmartdental@gmail.com](mailto:ebrightsmartdental@gmail.com)**

**BANKRUPTCY**

**GET BILL COLLECTORS OFF YOUR BACK**  
**AUTOMATIC STAY STOPS DEBT COLLECTION**  
**START OVER WITH A CLEAN SLATE**

4 Birch St.  
Derry, NH  
(603) 437-2643

**Law Offices of**  
**Andrew D. Myers**  
[www.attorney-myers.com](http://www.attorney-myers.com)

89 Main St.  
North Andover, MA  
(978) 691-5453

We are a debt relief agency. We help people file for bankruptcy relief under the U.S. bankruptcy code



# Upper Room Still Operational, Hopes For Final Wason Pounder To Take Place

MELISSA BETH RUIZ  
NUTFIELD NEWS

Despite all of the uncertainty during the COVID-19 pandemic, the Wason Pounder marathon still hopes to hold its final 5k event on May 30, 2020.

The Wason Pond Pounder began as a fundraising effort by Maria Veale in 2011 to benefit the athletic field of Chester, NH. After having tried a couple of different types of fundraisers, Veale noticed that obstacle course races had been rising in popularity, so she decided to organize such a race locally.

After enough money was raised, the efforts had amassed a good number of followers, so Veale decided to keep the event going.

As of right now, the date for the marathon has not changed, but as situations continue to evolve with the COVID-19 virus, it is a pos-

sibility, according to Upper Room Executive Director Brenda Guggisberg.

Should the event be cancelled or postponed, there will be a bulletin posted to the Wason Pond Pounder Facebook page and a mass email sent out to registered runners to let everyone know of a postponement date, said Guggisberg.

"Our first choice would be to reschedule," echoed Veale. "We wouldn't want to cancel, especially since it's the last one."

Veale explained that the reason this would be the final Wason Pond Pounder event was because after ten years of putting on the marathon, the amount of physical work had begun to take a toll on her and her family.

"We're all ten years older than when we had started it," said Veale.

Alongside The Upper Room, organizations that

will benefit from the Pounder include Sonshine Soup Kitchen, the NHSP-CA, Liberty House, the Jason R Flood Memorial Fund, the Wilcomb Townsend Trust, the Raymond Coalition for Youth, and End 68 Hours of Hunger-Derry/Chester.

Marathons have long been a fun and successful way to raise funds as the incentive centers in competition and health. In fact, marathon participation numbers have increased by nearly 50 percent in the past decade, according to Run-Repeat.com.

"People love coming together," said Guggisberg. "Competition is fun, (running) is healthy, and people like to promote health...it's a social thing where people can meet up for an event, it's kind of cool."

Guggisberg has been a volunteer for the Pounder for a number of years, and

had been "dared" into running her first year of volunteering and enjoyed the event.

"I couldn't believe I finished it!" said Guggisberg. "I'm not gonna say it was with any grace or pretty, but it happened!"

According to its website, the goal for this year's final Pounder is to give away \$100,000 in donations.

The Wason Pounder is a fun-filled event filled with approximately 25 obstacles for runners to navigate. Not only will participants be walking and running, but climbing, crawling, and adventuring through the woods.

There is also food and music for spectators and runners to enjoy during and after the big run, said Guggisberg.

Veale stated that she will be taking the next year or so as a reprieve, and will be planning a new and fun way

to raise funds for local charities.

Veale encouraged anyone who should happen to take an interest in continuing the legacy of an obstacle course race style marathon to "Go for it!" Veale further suggested anyone wanting to take up the mantle first establish a group of ten or more proactive individuals with varied skill sets, and a mission statement to bring forward to the state for approval and a tax ID number.

Veale expressed her gratitude to the community for their help in making the Wason Pond Pounder a success this past decade.

"I would like to give a huge shout out to the greater Chester and Derry community for their support," said Veale. "including runners, volunteers, and even just spectators. The energy that is brought to the day by the type of people drawn in is amazing...I am eternally grateful for the experience."

Speaking of community, according to Guggisberg, The Upper Room will still be operating remotely to ensure that its patrons are still able to receive the help and resources they need.

They will be offering virtual classes, support groups via chat room, and free thirty-minute check-ins with counselors all via the

tele-portal, Zoom.

Guggisberg also stated that The Upper Room's food pantry will also still be operational, but staff will be bagging food up and will be handing it out as carefully as possible to maintain social distancing.

"It's not the love and care we typically like to give," said Guggisberg, "but we want to protect our servers and the people we give food to. We want there to be a way for people to still get the resource."

Guggisberg expressed her relief that Upper Room staff have been able to successfully log in and operate the telehealth program, but stated that she hoped it would be short-term.

"We're humans, and humans need to be socially connected," said Guggisberg.

Those who are unable to participate in the Pounder but who would like to help the organization meet its monetary goal may visit [www.wasonpondpounder.com](http://www.wasonpondpounder.com) to donate to the charity cause of their choice.

For more information on The Upper Room, visit [www.urteachers.org](http://www.urteachers.org). During the COVID-19 social distancing period, calls not directed to a specific staff member can be made to (603) 437-8477 x10.

## Girl Scouting Offers Ways to Stay Positive During Pandemic

As families are instructed to stay home and avoid the possible spread of the COVID-19 virus, Girl Scouts of the USA is using all its resources to reach out to its membership and beyond to provide some sense of normalcy through virtual programming.

Our chief priority is the health and safety of our girls, families, volunteers, and staff. Girl Scouts of the Green and White Mountains, the council serving New Hampshire and Vermont, has already suspended all in-person programming and troop meetings, at least through April 13.

But the Girl Scout motto is "Be prepared," and we are! Our council has already provided virtual programming for our members who don't necessarily have access to a lot of resources and partners. We are transforming even more of the programs that make us the world's best leadership development program for girls in the world into online offerings. We are doing Facebook live sing-alongs and dancing, and Girl Scouts can earn badges like First Aid, Drawing, Celebrating Community, and Inside Government. We are even providing virtual troop meetings that will meet

weekly with fun, interactive activities through a video chat platform. You can see the opportunities here: [www.girlscoutsgwm.org/en/about-girl-scouts/virtual-troops-programs.html](http://www.girlscoutsgwm.org/en/about-girl-scouts/virtual-troops-programs.html)

We give parents information to help cope, too! You can talk to your children about the situation we all find ourselves in by staying calm and giving her age-appropriate information. Keeping to your family routines can make all the difference. Let your child ask questions and express her feelings, and don't be afraid to admit you don't have all

the answers. If your girl is already involved in Girl Scouts, maintaining that connection will help her feel less isolated and provide for some continuity of normal life. And those who aren't already members are invited to become part of the Girl Scout sisterhood where they will find a community of caring adult volunteers and new friends who will welcome them in.

To learn more about what Girl Scouts of the Green and White Mountains can offer, see [www.girlscoutsgwm.org/en/about-girl-scouts/girl-scouts-covid-19.html](http://www.girlscoutsgwm.org/en/about-girl-scouts/girl-scouts-covid-19.html)

**Auto Auction**  
**April 4 at 8:15 a.m.**  
**2003 Ford Focus**  
**VIN #1FAFP33P63W284645**  
**Murrays Auto Recycling**  
**55 Hall Rd., Londonderry, NH**

*Peabody Funeral Homes*  
*and Crematorium*

15 Birch Street Derry, NH 03038 290 Mammoth Road Londonderry, NH 03053  
Ph: (603) 432-2801 • Fx: (603) 432-0152  
[www.peabodyfuneralhome.com](http://www.peabodyfuneralhome.com)  
Email: [peabodyfh@comcast.net](mailto:peabodyfh@comcast.net)

Erik E. Peabody • Craig B. Peabody  
Owners & Funeral Directors

**DESIGNER KITCHEN \$10,999**  
Painted or Stained Hardwood

Granite Countertops	Crown Molding
All Wood Construction	Lifetime Cabinet Warranty
Solid Wood with Soft Close Drawers	Delivery & Installation
Double Rollout Waste Basket	Refrigerator Enclosure

VISIT OUR SHOWROOMS  
12 Spruce St. Nashua, NH  
66 Gilcrest Rd. Londonderry, NH

**TRISTATE Kitchens**  
603.595.4339 | [tristatekitchens.com](http://tristatekitchens.com)

\*Appliances not included. Remodeling services available. Offer expires June 30, 2020



# New Hampshire Courts Suspend Proceedings Until April

ANDREW D. MYERS  
SUBMISSION

New Hampshire Courts have shut down normal operations in response to the COVID-19 pandemic. By order of the New Hampshire Supreme Court all in-person proceedings are suspended through Monday, April 6.

That action follows Governor Sununu's declaration of a State of Emergency and applies to all matters pending in the Circuit, Superior and Supreme Courts. The Circuit Court includes local district courts, family court and probate courts.

All civil and criminal jury trials from March 13 through April 13 are cancelled, to be rescheduled later. If you have received a notice to appear for jury duty during that time period you are excused. For all jury duty notices April 14 and after, the courts ask you to

check the New Hampshire Judicial Branch website.

Exceptions to the court closings include cases involving protection of constitutional rights such as bail hearings and plea agreements for those incarcerated. Other emergency matters are being heard on a case-by-case basis as determined by the court. These cases would include requests for orders of protection for domestic violence, child-related emergency orders and emergency mental health orders.

People needing the above emergency services can still go to a courthouse but they'll first be screened for any signs of the virus. The screening questions are first, whether you have a cough, fever, shortness of breath or difficulty breathing. Second, have you travelled internationally in the last 14 days? Third, have

you had contact with anyone who has or might have COVID-19?

Those who answer yes to any question are denied entry for health reasons. If and only if the answers are no, then the person can enter and speak with court staff regarding emergency matters. If denied entry, assistance is available over the phone.

If you have an official court notice requiring your appearance in court on a civil matter, the appearance has been suspended at least until after April 6. Cases off the list include speeding tickets, small claims and the like. Those in doubt about whether a particular case is going forward can call 855-212-1234.

I spoke with New Hampshire Judicial Branch Acting Director of Communications, Tammy Jackson who explained that as many court personnel as possible are

working remotely. While some of the busier New Hampshire courts can hear hundreds of cases in a day, Jackson explains actual in-court hearings are substantially down.

She also points out that court personnel now enforce protective measures. The social-distancing standard of staying 6 feet apart is a must. The courts also now observe rigorous cleaning procedures especially in public areas. Also expect to be asked to use hand sanitizer before entering court.

A question I often get is from people who have received a summons indicating they've been sued. Generally in most civil cases an answer must be filed within 30 days. If no answer is filed a default judgment can be entered against the individual. At this time New Hampshire courts are electronic and an answer can be filed

from your home computer.

Court orders and many laws impose various deadlines like the answer deadline mentioned above. Under the current order all deadlines falling between March 16 and April 6, 2020 are extended to April 7, 2020. For example if you've procrastinated over a statute of limitations which expires between the above dates, it now expires on April 6.

At the same time, if the statute expires after April 6, the suspension period does not extend the date.

I have made every effort to ensure the accuracy of this information. But due to the immediacy of the COVID-19 situation things could change. I asked and as of deadline time there's no word on whether the April 6 deadline will be extended.

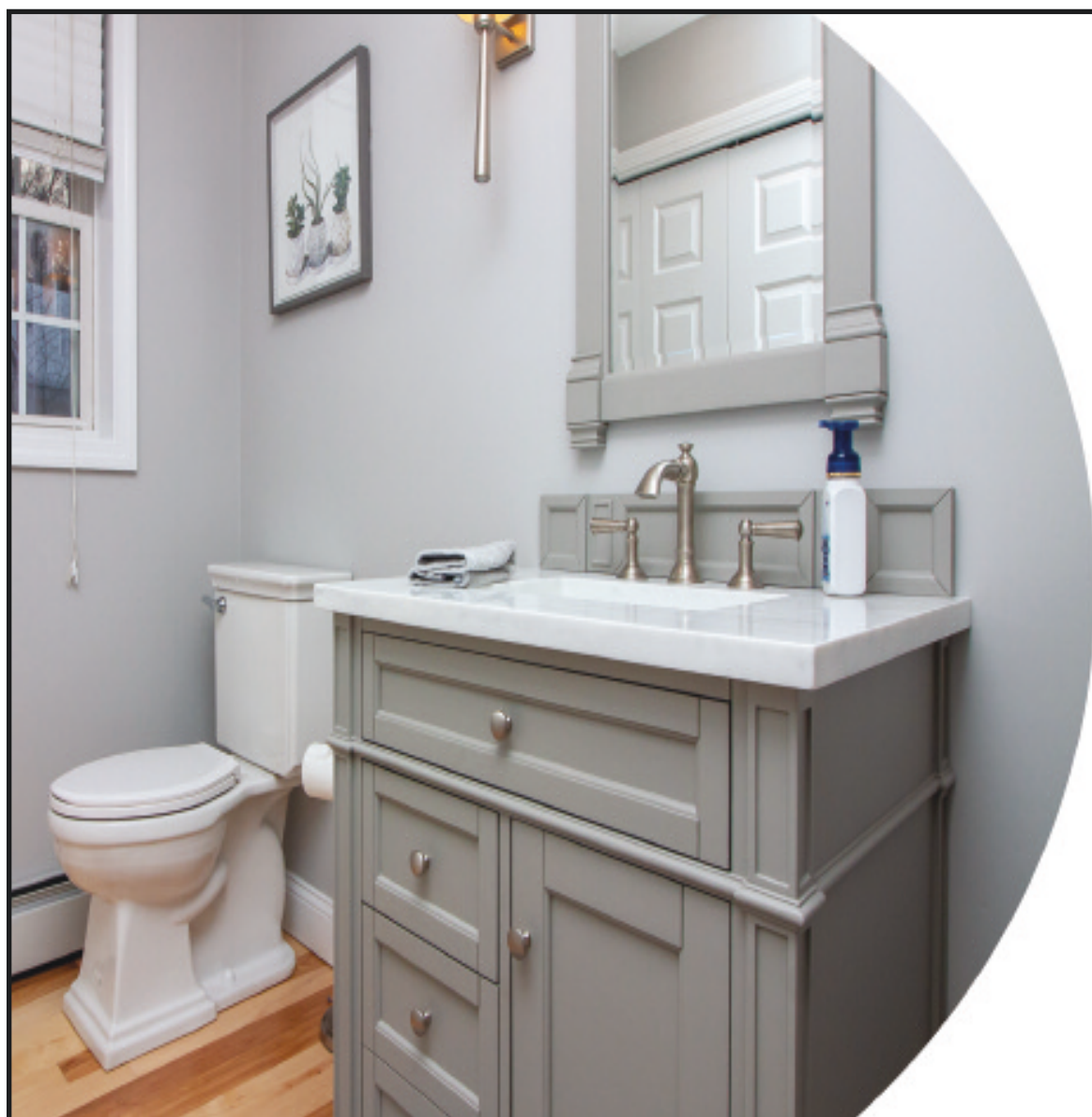
All of the above applies to New Hampshire state

courts.

As for the federal courts, The Warren Rudman Courthouse in Concord has been closed until April 13, with the exception of certain hearing days. The federal court clerk's office remains closed to the public until further notice. Civil and criminal jury trials scheduled before May 1 are continued.

For further details the federal court has a website with more detailed information. Especially see Standing Order 20-05.

On a personal note I'll admit that some of us dragged our feet over electronic filings. But, over the last week as this situation developed, I have filed cases electronically, and have received electronic filings by other attorneys. So far that side of things is going smoothly and the state and federal clerks are moving things along.



*A Family owned Business since 1984!*

*Free Services include*

•Estimates •Design •In-Home Measurements

*Open 7 days a week!*

*Five Locations all in NH*

**Windham**—39 Rockingham Rd—603-898-5000

**Manchester**—545 Hooksett Rd—603-518-5507

**Salem**—273 South Broadway—603-458-2000

**Tilton**—542 W. Main Street—603-410-5565

**Warner**—717 Route 103 East—603-746-4477

*Kitchens, Bathrooms, and more!*

*[cyrkitchen.com](http://cyrkitchen.com)*



# DERRY SPORTS

## Pinkerton's Varsity Spirit Team Named Division I Champs

MATT TRITTO  
NUTFIELD NEWS

Due to the outbreak of the COVID-19 Coronavirus, and the safety measures the state of New Hampshire has taken, officials at the New Hampshire Interscholastic Athletic Association (NHIAA) decided to cancel the remainder of the winter sports season. The cancellation happened the day the Pinkerton Academy Spirit team was set to compete at their school's Hackler Gymnasium on Thursday, March 12, thus ending the chance for the girl's to follow up their winning performance at the preliminaries. The cancellation was done so that all players, coaches, fans, and staff stay safe and preventing any sickness from happening

during this pandemic.

This week, with the future of high school sports still uncertain, the NHIAA announced on Monday, March 23, that the sports that didn't have a chance to finish its playoff will have Co-Champions and Co-Runner-ups. Each division had the title of Co-Champions rewarded to the highest seeded teams from each side of the tournament brackets. This was a unanimous decision voted by the NHIAA Executive Council. All the team that remained in the tournament were recognized as a runner-up. The Executive Council also unanimously approved naming the top scoring Winter Spirit teams, as well in the Preliminary Round, as Division Champions and Runner-Ups.

With all that said, the Pinkerton Academy Spirit squad was named the Division I Winter Spirit Champions and Dover High School was awarded the Runner-Up.

With this now being another Championship win for the Pinkerton squad, they have won the Winter Spirit Championship two-years in a row, while boasting their 14th first place finish in the last 15 years. Pinkerton Academy teams have placed first every year since 2005 except for 2018 when they placed Runner-Ups to Concord High School.

Although this season ended unclear and on such short notice, Pinkerton's Spirit Program has continued to display excellence and success year after year.



Although the Pinkerton Academy Spirit squad didn't get a chance to compete for the Division I title this year, they were still awarded a first-place finish by New Hampshire Interscholastic Athletic Association officials. Photo by Chris Paul

## Pinkerton Starts Remote Learning, Spring Season Delayed

MATT TRITTO  
NUTFIELD NEWS

The state New Hampshire has taken action with the outbreak concerns of the COVID-19 Coronavirus, as they have started online remote learning in all public school. With that, the spring sport season has also been

pushed back, after the New Hampshire Interscholastic Athletic Association announced that the season will start the week of April 27, the first practices are currently scheduled for April 13. Some Astro coaches have shared their thoughts on how this will impact their seasons, and also how they

and their players have been handling this tough unusual situation.

Coach of the Astros Boys' Outdoor Track team, Ian French, along with head coach Carol Qaurles have been doing all they can do provide information and encouragement to their athletes. "At the moment the

spring season hasn't been officially cancelled so were mostly just trying to encourage the kids to keep themselves in shape these next few weeks. Track is tough,

because it's a sport that hinges entirely on fitness level so if kids do nothing for three weeks and we only have like a five or six week-long season they're not

going to perform well," said French.

So far the players have been handling the situation pretty well, but the fear is

continued on page 12

### CELEBRATING 10 YEARS

**\$6** Cheese Burger  
with Fries, Onion  
Ring or Cole Slaw

**6 For \$6 Lunch**

Choose from six different  
lunches each for under \$6

LUNCH IS SERVED 11:30 A.M. - 4 P.M.



"Why Go Anywhere Else?"

TAKE OUT AVAILABLE  
20 Rockingham Rd., Londonderry

432-3210

Mon-Sun: 11:30 a.m. - 1:00 a.m.

**Betley Chevrolet** Family owned for over 50 years

**We Service all Makes and Models**  
**CALL TO SCHEDULE YOUR APPOINTMENT TODAY!**  
Or Make Your Service Appointment Online For An Additional \$5 Discount

<p>Betley Chevrolet</p> <p> <b>Certified Service</b></p> <p><b>Cleaning Special</b></p> <ul style="list-style-type: none"> <li>• Pressure Wash Exterior • Hand Wax</li> <li>• Clean Wheels &amp; Tires • Clean Windows</li> </ul> <p><b>Only \$89.95</b></p> <p><small>NN * Most Vehicles. Expires 3/31/20</small></p>	<p>Betley Chevrolet</p> <p> <b>Certified Service</b></p> <p><b>N.H. State Inspection</b></p> <p><b>\$27.96</b></p> <p><small>Complete N.H. state inspection. Includes emissions testing. Pass or fail. Passenger cars and light duty trucks only. Pricing could vary for some makes and models. Most vehicles. Expires 3/31/20</small></p>
--	--

**5% Senior Citizens Discount Every Day! Every Time!\***  
\* max discount \$30

www.Betley.com ♦ By-Pass 28 ♦ Derry, NH 03038  
50 North Main Street 1-866-248-1717  
Service Hours ♦ Mon.- Fri. 7 a.m. - 5 p.m. ♦ Sat. 7 a.m. - Noon



# Two Lady Astros Hoops Players Gain All-State Recognition

MATT TRITTO  
NUTFIELD NEWS

Pinkerton Academy had two girls from the Varsity Basketball team make the New Hampshire Interscholastic Athletic Association (NHIAA) All-State Honorable Mention team from this past winter season. Those two Lady Astros basketball players were Jesse Ames and Avah Ingalls.

Both girls lead their team throughout the season and played extremely well and it shows with this recognition.

The Lady Astros team finished the winter season with a 12-6 record, and sophomore Avah Ingalls was at the core of Pinkerton's offense. She scored a total of 293 points this past season along with 102 rebounds, 42

assists, and 45 steals. Senior Jesse Ames controlled the team's defense and playmaking as she had 55 total steals, and 150 total rebounds. Along with that, she scored 197 total points, dished out 41 assists and stole the ball a total of 55 times. Pinkerton's season wouldn't have ended as well as it did without these two players, and head coach Lani Buskey had nothing but high praise and appreciation for them. "Both girls were so deserving of the honor. Jesse was the heart and soul of the team and was the anchor for us. Avah was our scoring threat and offensive piece throughout the season. The two played vital roles for our success as a whole team unit," said Buskey.



Avah Ingalls



Jesse Ames

## Spring Season

**continued from page 9**  
that they stay ready for the season. "Unfortunately that's pretty much the extent of our power though. If they choose to do nothing then that's what they choose and we will just have to do the best we can. A couple of kids have reached out, but I think for the most part, Carol in particular, has been keeping the information flowing which I think has reduced the overall number of questions." French con-

tinued. French really just wants to get on the track with his squad because there is a lot of talent to be displayed this spring season. The coach wrapped up by saying, "At the moment, I'm just really hoping we get to do something. We have a couple of state champ level seniors on the team and having them lose their last chance to win would be a huge disappointment for them and us. So here's to hoping." Head Coach of the Astros Girls Varsity

Lacrosse Rob Daziel has had a tough time dealing with this matter, but is willing to push through. "It's certainly very disappointing to have our season impacted. However, we need to stay positive and hope that we will play this spring," said Daziel. With what has taken place Coach Daziel is confident because of the girls he has on his team and added, "Our coaching staff will adjust and make it the best season we can. One advantage we have over teams

that have changed coaches is our upperclassmen know our system. So we don't necessarily start over every season. We change things but the girls know what the expectations are and our style of play." The Lady Astros are very eager to get on the field, especially some of the seniors who want to finish their career off strong. "They are very disappointed. We have

a very strong team coming back this year. Many of our seniors have been on varsity for three years, so they are looking to finish their high school careers strong. I hope they have the opportunity to show their talent." Daziel finished.

**Have Sports News?** Local sports coaches, parents, and athletes: If you have information about the superb performances of a local team or individual athlete, don't keep it to yourself. Forward it to Nutfield News sportswriter Matt Tritto at [sports@nutpub.net](mailto:sports@nutpub.net), and help us let everybody in on the good news.



Open Mon. - Fri. 8am - 5:30pm

- Expert Transmission Center
- Full Service Auto Repair
- State Inspections

**\$20 State Inspection**  
with this coupon. one per customer.



**Pick Up & Delivery**  
[www.tisdelltransmission.com](http://www.tisdelltransmission.com)  
27 Ash St. in Londonderry  
Corner of Londonderry Rd.  
(Easy access off 93N Exit 4)  
**603-432-3201**  
CALL THE PEOPLE WHO KNOW.



**FREE Junk Car Removal!**  
We will pay up to \$500<sup>00</sup> for some cars and trucks.  
Mon. - Sat. • 8 a.m. - 5 p.m. • 55 Hall Road Londonderry, NH

425-2562

**IS IT TIME TO DO YOUR WILL?**

**If Something Happens To You And You Do Not Know...**

WHO WILL TAKE CARE OF YOUR CHILDREN?  
WHO WILL HANDLE YOUR FINANCIAL AFFAIRS?  
WHO WILL INHERIT YOUR ASSETS; YOUR SPOUSE, YOUR CHILDREN OR BOTH?

Call us today to make sure you and your children are taken care of in event of an accident/emergency.

**Parnell, Michels & McKay**  
**Attorneys at Law • 603-434-1717**





# PA's Sofia Riccio Battled Injury to Finish Career on the Court

MATT TRITTO  
NUTFIELD NEWS

Pinkerton Academy senior Sofia Riccio has battled through a lot during her time as an Astro. She was the Varsity Girl's Basketball Captain this year, and she earned every right to hold that title. Sofia's story starts back during her junior year, halfway through the varsity season when Pinkerton played a tough Bishop Guertin Cardinal's squad. She tore her ACL and both of her Lateral and Medial Meniscus, which immediately took her out of play and was very hard to cope with. "Initially when the trainer told me it was most likely a torn ACL, I just cried and I was devastated," said Riccio.

It was a very long challenging road ahead for Sofia when she first started her comeback process, but she didn't back down and kept fighting. "When I first started PT (Physical Training) it was really hard for me, but overtime I learned to use it as motivation to get back and to be patient and just work hard." Lots of work and dedication was put in to make her comeback onto the court possible. "I had to go through basic physical therapy for the first few months and the last four months I went to complete athlete to get me back into shape and to help me with overall strength and agility. I had my surgery in February 2019 and I didn't play my first game until Jan. 3, 2020."

Once Sofia got back onto the court, she had trouble keeping her emotions under control, and was overwhelmed with pure joy. Also without even playing a full game, Sofia already put a ton of responsibility on her back. "The first night I went back, we played Portsmouth. I was so excited and nervous at the same time. Once I started going I was so happy to be back on the court. I wanted to make a big impact on the team and I wanted to be a

leader and someone they needed. It was hard at first but overtime I had started to get my groove back." Sofia explained.

Basketball has always been a part of Sofia's life, and her love for the game is what pushed her through her injury setback. "I started playing when I was eight in Rec. league in my hometown. What really got me into it was when I was in third grade and I started playing AAU for the team Saints out of SportZone. My Coach Dave really developed me into the player I am today and made me grow to love basketball more and more over the years. I have spent so much time in my life on basketball and I wouldn't change it for anything."

She had a lot of help and support throughout her injury process and is noting but grateful for everyone who was there for her. "I have a few people who were there for me through the whole process. Of course my parents were there for me through the worst of it. But in addition Buskey and my teammates were always there for me, constantly checking in and asking about my progress," Sofia continued to say. "The team made me a basket of goodies for when I was stuck at home and I'm thankful I had them by my side through it. In addition, my physical therapist TJ at Derry Sports and Rehab was a huge help to my success and getting my strength back."

Sofia had high praise and nothing but respect and thankfulness for what the physical trainer at Complete Athlete did for her. "Finally, one of my supporters

through this was Gerry Scaccia at Complete Athlete. Him and the guys there really took my strength to the next level and gave me back my ability to be an athlete. Having Busk for a coach was the icing on the cake. She has given me so many life lessons and advice in addition to being my coach and I wouldn't be where I am today without her support and everything she has given me." Sofia went on to say.

When it came to coaching for Lani Buskey, Sofia was every reason why she wanted to become a coach. "You know, I promised myself when I went into coaching I would never lose sight of the big picture. That there's so much more than basketball. Sof reminded me of that this season." Said Pinkerton Girls Varsity Basketball Coach Lani Buskey. She truly loved seeing Sofia get back on the court the way she did through all the adversity. "Just watching her come back from that injury and to slowly watch her confidence come back, her speed come back, and her joy come back was better than any win I earned as a coach this year. I am so proud of her. We do not have the record we had without Sof at the helm. Her minutes and come back was amped up due to the loss of Casey Ames, but Sof handled it with grace and she did whatever the team needed of her."

Sofia left her mark on the Pinkerton court and halls, and Buskey will always make sure to remind her team of what she meant to the program. Buskey finished by saying, "She's the epitome of a Lady Astro. I always tell my girls that's it's

important to walk the walk in life. Sof walked the walk and she did it with style. I'm going to miss her."

With graduation in the near future Sofia has taken some time to look back at her time as an Astro and her experiences on the basketball court. She is truly grateful for what the sport has done for her, and how it has helped her off the court as well. Sofia wrapped up by saying, "I will never forget my experience playing basketball at PA. The teams that I got to be a part of will always have a special place in my heart. Some of my favorite moments were going to the finals my sophomore year and my senior night this year. In addition to being better at basketball, I have also become a better person because of the life lessons and encouragement I have received from Coach Buskey."



Pinkerton Academy Girl's Varsity Basketball Captain Sofia Riccio battled back from her injury to have a great senior season.  
*Photo by Chris Paul*

**50% OFF SPECIAL  
SIGN UP WITH A FRIEND  
EACH GETS FIRST MONTH AT HALF PRICE**



**FIRST WEEK IS FREE!**

**SPECIALIZING IN**  
**Brazilian Jiu Jitsu • Muay Thai**  
**Cardio Kickboxing • Boxing**

*Like us on Facebook & follow us on  
Instagram for more information*

**5 PRISCILLA LANE • AUBURN, NH**  
**781-816-3766 OR 603-552-0194**

**Advertise in the Nutfield News**

**537-2760 • ads@nutpub.net**

**Local News • Locally Owned**



# Information for Residents Who Lost Their Employer Sponsored Health Insurance

Health coverage options are available for New Hampshire residents who have recently been laid off or lost their employer sponsored health insurance benefits. The New Hampshire Insurance Department offers information on how to learn more about these options and apply for health coverage.

If you are Now Receiving Low or No Income: You can enroll in the Granite Advantage Health Care Program or other Medicaid programs if you are low or no income and need health coverage.

There are also Medicaid programs available for children, pregnant women, and the medically frail. Learn more about the Granite Advantage Program on the Department of Health and Human Services website. You can enroll in the Granite Advantage Program or Medicaid coverage through NH Easy or HealthCare.gov.

There are several Medicaid Managed Care plans to choose from.

Do your research to make sure that the plan you choose includes your preferred medical providers. You Can Apply for an Individual Plan on HealthCare.gov: HealthCare.gov has Special Enrollment Periods (September) for people who may have recently lost their employer sponsored health insurance coverage, and other qualifying life events. You can apply for the September 60 days before you know your coverage will end and 60 days from the date you lost coverage.

If you do not apply 60 days from the date your health insurance terminated, you will not be able to take advantage of the September.

Three-quarters of NH residents insured through the Marketplace qualified for financial assistance.

There are two types of assistance available, depending on your income level. Premium Tax Credits are available to help offset premium costs, based on a sliding scale that goes up to 400% of the federal poverty level. Cost Sharing Reductions lower the amount of out-of-pocket costs, such as deductibles, copayments, and coinsurance, a person or family must pay.

These discounts are available for households with an income up to 250% of the federal poverty level, but can only be used with Silver level plans bought on HealthCare.gov. After completing an application on HealthCare.gov, you will learn how much assistance you qualify for, based on your tax household income. Although this is a period of high anxiety and stress, take some time to do your research. There are many

things to consider when selecting a health plan. Anthem, Ambetter by NH Healthy Families, and Harvard Pilgrim sell individual health plans on HealthCare.gov.

There are different “metal levels” or tiers, depending on how much you are willing to spend each month on premiums versus how much you are willing to pay out of pocket for medical services. In addition, make sure that the plan you choose includes your preferred medical providers and prescription drugs.

You can do this research on HealthCare.gov after applying for a plan or through a resource on the NH Insurance Department’s website. Overwhelmed? You can get free enrollment help. HealthCare.gov offers a “Find Local Help” tool that you can use to look up free help in your community,

including enrollment assistants and insurance agents.

Free enrollment assistance is available through a Federal Navigator by calling 1-877-211-NAVI or by visiting NH Navigator. To start your new insurance plan, you must pay your first month’s premium by the insurance company’s due date.

There are grace periods, but it may be helpful to set a reminder each month to pay your premium. If you do not pay your premium, your plan can be terminated. COBRA & NH State Continuation Options: When your insurance coverage is terminated, your insurance company is required to notify you of your rights. If your employer had 20 or more employees, you can select COBRA or NH State Continuation. If your employer had fewer than 20 employees, you can select NH State Continuation. These options

allow you and your dependents to continue on your employer’s group health (medical and dental) benefit plan at the employer’s full price, plus a two percent administrative fee. Find more resources on COBRA and NH State Continuation on the Insurance Department’s website. The New Hampshire Insurance Department Can Help The New Hampshire Insurance Department’s mission is to promote and protect the public good by ensuring the existence of a safe and competitive insurance marketplace through the development and enforcement of the insurance laws of the State of New Hampshire. Contact us with questions you may have at 1-800- 852-3416 or (603) 271-2261, or by email at [consumerservices@ins.nh.gov](mailto:consumerservices@ins.nh.gov). For more information, visit [www.nh.gov/insurance](http://www.nh.gov/insurance)

# DMV License and Registration Extension Options Offered

The N.H. DMV made available registration extensions for 20-day plates and license extension options for

customers who would prefer to not come in to a DMV location. N.H. DMV 20-day plates as well as NH author-

ized dealer 20-day plates, issued on or after March 1, 2020 will now be given an automatic extension through April 30, 2020.

The following conditions apply to automatic registration extensions for 20-day plates: The extension will be automatic and communicated with NH law enforcement, therefore no action from the public will be required to obtain an extension. It is recommended that before traveling outside of NH that you contact the state(s) you are travel-

ling to or through to see if your temporary plate will be honored. This process does not apply to vehicle registration renewals, which are completed by municipalities.

Visit your town website for registration renewal options. N.H. DMV driver license and non-driver identification cards that are expired or set to expire between now and April 30, will now be eligible for a six-month extension. Customers who would like to take advantage of this option

can call 603-227-4020 to complete the 6-month extension and do not need to visit a DMV location. An applicable renewal fee will be due at the time of the call. The following conditions apply to driver license and non-driver identification cards extensions: \*?The 6-month extension will not apply to customers with Commercial Driver Licenses. \*?The DMV will verify eligibility and customer identity with the driver or identification card holder on the phone. Once the transac-

tion has been completed, a 6-month driver license or identification card will be mailed to the customer to the address on record. At the expiration of the six-month extension, the customer will be required to visit a DMV to obtain a new license for the remainder of the license period (4.5 years) at no additional cost. Customers do not need to get a REAL ID to travel after October 2020 if they have other federally compliant identification such as a valid passport or U.S. military ID. Learn more at: <https://www.tsa.gov/real-id>.

Customers can also take advantage of the DMV’s online services, including online driver license renewal, ID renewals, and online ticket pay at [www.nh.gov/dmv](http://www.nh.gov/dmv).

Some towns allow for online registration renewals as well. Please visit your town website for additional information regarding online registration renewals.



**the X SUMMER CAN'T COME SOON ENOUGH!**

The Granite YMCA camps offers your child adventure, outdoor exploration, and the chance to make new friends while developing new skills. Campers exercise their independence and decision-making skills while learning caring, honesty, respect, and responsibility.

**REGISTER TODAY!**

Check out all the camps The Granite YMCA has to offer at [www.graniteymca.org/camps](http://www.graniteymca.org/camps) | Financial assistance available



**TATE Bros. PAVING CO.**

- Paving • Grading
- Gravel • Fill

**Hours:**  
Mon. - Fri.: 8 a.m. - 5 p.m.

**OVER 40 YEARS OF EXPERIENCE,  
FULLY INSURED • SHORT TERM  
FINANCING AVAILABLE**

**72 Old Derry Rd., Hudson, NH 03051**

**603-882-0527 • [www.tatebros.com](http://www.tatebros.com)**



# SERVICE DIRECTORY

**NORTH MARK CONTRACTING**  
**888-894-9794**  
 northmarkcontracting@gmail.com  
 www.northmarkcontracting.com

**From Concept to Completion**

**Kitchens ♦ Bathrooms ♦ Decks**  
**Porches ♦ Additions ♦ Basements**

**GUTTERS**  
**JIM PECK & CO.**  
 Leaf Relief  
 Cleaning & Maintenance  
 Free Estimates  
 Commercial/Residential  
 Soffit/Fascia Repairs

**Go Seamless**  
**Jim Peck**  
**603-434-5300**  
 www.jimpeckco.com

**Derry Roofing Installation & Repair; Gutter Work**  
**ALL TYPES OF ROOFING!**  
 Shingle • Solar • Copper • Wooden Shakes  
 Rubber Roof • PVC • Tar & Gravel • Snow Removal  
**603-479-8862**  
 www.DerryRoofingLLC.com

**Experience The Grand Difference**

**NH Grand ROOFS**  
**(603) 552-7152**  
 Locally Owned & Operated **BBB**  
 www.NHGrandRoofs.com

**DeFrancesco's Southern New Hampshire QUALITY ROOFING, SIDING & CONTRACTING**

**We Work All Year! Snow Removal Offered**

Asphalt, Metal & Rubber Roofing  
 Siding • Windows • Doors • Additions  
 www.snhqualityroofing.com  
**603-818-4075**  
 God Bless

Senior Citizen & Veteran Discount

**PalmTree Air**  
 "Go Ductless"  
 Heating & Cooling  
 Londonderry, NH  
 603-818-7030  
 www.PalmTreeAir.com

**The Ductless Experts!**  
 100% Customer Satisfaction Guaranteed  
 Financing Available • Utility Rebates  
 Single/Multi zone Equipment

**ADVERTISE YOUR BUSINESS HERE**

Place your Business Card in the  
 Tri-Town Times, Londonderry Times  
 and Nutfield News & Reach Over  
 28,350 Households Every Week!

**AS LOW AS \$30<sup>00</sup> A WEEK\* for 52 weeks**  
\*Price refers to a full size box (2.5x1.5")

Call us for more details at (603) 537-2760 • ads@nutpub.net

Servicing your Heating, Air Conditioning & Water Heater needs the right way, The Ethical Way

**ETHICAL HOME PRO**  
 HEATING • AIR CONDITION  
**603-216-2593**  
 www.ethicalhomepro.com

**HomeTown Junkies**  
**Your Local Junk Removal Specialists!**  
 Junk Removal  
 Estate Clean-Outs  
 Storage Units • Yard Waste  
 Construction Debris • Appliances  
**CALL 458-7888 FOR A FREE ESTIMATE**  
**SHOW ME YOUR JUNK!**

**NO UPFRONT DEPOSIT TAKEN!**

**Tri-State**  
 WINDOW • SIDING  
 (800) 432-1461  
 www.tristatetowindow.com

Unlike others... Tri-State performs the work BEFORE requesting payment.

Garages • Decks • Rink/Walks • Patio Rooms • Kitchen and Bath Additions • Farmers Porches • Custom Homes  
 Celebrating over 30 Years!  
 General Contracting Services  
 No Pressure in Home Estimates  
 See photos of our work at...  
 www.tristatetowindow.com  
 Londonderry • Professionally Managed • Fully Insured

**JUNK CARS • SCRAP METAL**  
**"If It's Metal, We'll Take It"**  
 For more details call:  
**S&S Metals Recycling Inc.**  
**603-537-1000 or TOLL FREE 877-537-1007**  
 196 Rockingham Rd., Londonderry, NH  
 PICK UP SERVICE AVAILABLE

**Paul the Plumber**  
**Service with a Smile**  
**PLUMBING**  
 • HEATING • AIR CONDITIONING  
 NH LIC #3853  
**437-7039**

**EXPERIENCE THE DIFFERENCE**  
**SVENCON**  
**GENERAL CONTRACTING LLC**  
 ADDITIONS • DECKS • WINDOWS • SIDING  
 FINISHED BASEMENTS • KITCHENS • BATHS  
**(603) 216-2268** www.svencon.net

**Wagner Electric**  
 Complete Electrical Service  
 Residential/Commercial  
 Fully Insured/Free Estimates  
 Please Call: 603-421-2922  
 www.wagner-electric.net  
 Established 1999

**SS LANDSCAPING**  
 Irrigation  
 Tree Removal  
 New Lawns  
 Sod or Hydro-Seeding  
 Tree & Shrub Planting  
 Stone & Retaining Walls  
 Brick Walkways & Patios  
 Excavation & Yard Expansions  
**603-434-1212**  
 Derry, New Hampshire

**SCOTT LAVOIE CONSTRUCTION LLC**  
 ROOFING • SIDING • MASONRY  
**ROOF SNOW & ICE REMOVAL**

**SCOTT LAVOIE**  
 FULLY INSURED 1-603-434-8910  
 FREE ESTIMATES 1-603-571-8688  
 ScottLavoieConstructionLLC.com

**MURRAY'S AUTO RECYCLING**  
**FREE Junk Car Removal!**  
 Mon. - Sat. 8 a.m. - 5 p.m. • 425-2562  
 55 Hall Road Londonderry, NH

**SPECIALIZING IN SMALL TO MIDSIZE JOBS**  
**David Kwiatkowski Home Improvements**  
**603-486-1310**

Interior Painting • Moldings  
 Toilets & Vanities • Laminate Flooring  
 Sheetrock Repair • Deck Repair  
 Sinks & Faucets • And Much More...

www.dkhomeimprovements.com  
**FULLY INSURED • FREE ESTIMATES**

**JIM DUGAN**  
**HANDYMAN AND HOME IMPROVEMENT**  
 DRYWALL • PAINTING • SMALL JOBS  
 KITCHENS, BATHROOM & BASEMENTS  
**FREE ESTIMATES 603-965-5208**  
**FULLY INSURED jcdugan55@gmail.com**

**GREATER New England EXTERIORS**  
 Siding • Windows • Doors • Roofing & More!  
**Hampstead, NH**  
**603-260-3531**  
 www.GNEexteriors.com

Full House of Windows Installed \$3,000 up to 10 windows  
 Restrictions may apply.  
 Call for details. Expires 7/31/19.

**JAMES INTOPPA**  
**Painting**  
 PROFESSIONAL INTERIOR PAINTING SINCE 1974  
 FULLY INSURED • FREE ESTIMATES  
**603-432-3354**

**MAINLINE**  
 PLUMBING AND HEATING CO. LLC  
 We Fix: No Water,  
 Low Water Pressure,  
 Water Softeners  
**603-437-9114**

**ION ELECTRICAL**  
 Commercial & Residential  
 Service | Install | Repair  
 Wire you waiting?  
 Call now! Or visit  
 IonElectricalLLC.com  
**603-513-2024**  
 Get Your Free Estimate

## ADVERTISE YOUR BUSINESS HERE

**Place your Business Card in the Tri-Town Times, Londonderry Times and Nutfield News & Reach Over 28,350 Households Every Week!**

**AS LOW AS \$30<sup>00</sup> A WEEK\* for 52 weeks**  
\*Price refers to a full size box (2.5x1.5")

**Call us for more details at (603) 537-2760 • ads@nutpub.net**





# 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](http://www.nutpub.net). Please send submissions to [nutfieldnews@nutpub.net](mailto:nutfieldnews@nutpub.net).

## Supporting Language and Your Child

Sometimes we find ourselves repeating things to our kids, hoping something gets through. Learn how to say things in a way your child understands at a Free Workshop, Supporting Language and Your Child held by the Upper Room on April 1 from 6 - 7:30 p.m.

## Active Parenting

The Upper Room will hold a Three-session workshop to discuss how to prevent behavioral issues, connect with your child, and encourage positive behavior. Young and Elementary Children on April 8, 15 & 22 from 5:30 - 7 p.m. \$35 (book included). To register call (603) 437-8477 ext. 22.

## Parent & Caregiver Café

Free resource for parents, grandparents and caregivers raising teens at the Upper Room the Parent & Caregiver Café (PaCC) Thursdays 6 - 7:30 p.m. Discuss your concerns and learn new parenting strategies. Drop-ins welcome. Topics: March 19 - Safely Expressing Anger; March 26 - 5 Love Languages of Teens - part 1 of 2 part series.

## Basic Cooking Survival

On Wednesdays April 1, 8, 15 and 29, Learn basic cooking skills as you prepare simple and delicious dishes. The On My Own Series is offered in partnership with the Marion Gerrish Community Center

## Vaping and Your Health

Vaping and Your Health Teen Workshop, will be held by the Upper Room on the 1st Tuesday of the Month April 2, 3 - 4:30 p.m. \$25. 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. To register, call (603) 437-8477 ext. 15

## Derry Garden Club Annual Scholarship

The Derry Garden Club is pleased to offer a \$1,000 scholarship to a graduated or soon to graduate New Hampshire student who plans to pursue a career in Environmental Studies. This could include Botany, Landscape Design, Forestry, Horticulture or a variety of other subjects. Application and Procedure information is available on the Derry Garden Club webpage [www.derrygardenclub.org](http://www.derrygardenclub.org) or in the scholarship information available to students at Pinkerton Academy and Londonderry High School. Materials are due by May 1st, 2020, to Kathy Lane, 51 Drew Woods Drive, Derry, NH, 03038.

## Touch A Truck!

Free family event offers hands-on opportunities for children to Explore, Climb, and Touch trucks, emergency response vehicles, heavy machinery, and other equipment. On June 6, from 10 a.m. - 2 p.m. at West Running Brook Middle School 1 West Running Brook Lane, Derry, NH 03038. A kid's fire muster will be held on the rear field hosted by your very own Derry Fire Department Prepare to be Amazed by the BMX Stunt Show who will be promoting helmet safety and showing off their BMX skills. Don't forget to pick up your Free all-purpose helmet provided by the Derry Police Department and get sized by Derry PD Officers with assistance from Derry Cooperative School Staff Members! Jump in line early - helmet sizes and numbers are limited. BMX Stunt Shows will take place at 11 a.m. and 1 p.m. Horn/siren free hour is 10 - 11 a.m. (for sensitive ears). Overflow parking is located at the following locations: Derry SAU Office: 18 South Main St., and Derry Village School: 28 South Main St. A free shuttle

will be provided to and from the event at each above location.

## Annual Plant Sale

The Derry Garden Club's annual plant sale has a new location this year at the Robert Frost Farm, Route 28, in Derry on May 30 from 9 a.m. - 2 p.m. This event is our biggest fundraiser for the year and all proceeds go toward improving Conservation efforts in town and supporting our community projects. The plants come from our members' gardens as well as those donated by nurseries and our supporters. Our plants are guaranteed to be "clean". We make every effort not to transmit diseases and abide by all good gardening practices. We have knowledgeable gardeners on site to answer any questions you may have. Please join us on May 30.

## Mattress Fundraiser

If you or someone you know is looking to replace a bed in your home, now is the time. Pinkerton Academy Class of 2021 & 2022 are excited to announce they will be hosting a one-day Mattress Fundraiser on Saturday, April 4, from 10 a.m. - 4 p.m. For one day only, Pinkerton Academy will be transformed into a mattress showroom. For information about the sale, go to [bit.ly/beds4paclass2021](http://bit.ly/beds4paclass2021).

## Author Fest

The Derry Public Library hosts the annual Author Fest on Saturday, April 11 from 10 a.m. - 4 p.m. Derry Author Fest is a day of writing workshops, panels and networking for aspiring authors, dreamers and dabblers alike. This event is Free. The library brings in reputable authors to teach in areas of their expertise. Find out all about it at [www.derryauthorfest.wordpress.com](http://www.derryauthorfest.wordpress.com) and reserve your spot at [www.derrypl.org](http://www.derrypl.org)

## Teen Talk

You are not alone group Teen Talk (TT) for ages 13-18

yrs. - Free Tuesdays from 3 - 4 p.m. at the Upper Room, 36 Tsienneto, Rd., Derry.

## 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.

## Exchange Students Program

Exchange students program of academic exchange "Pax" is currently seeking families to host for the 2020-2021 school year. There are students coming in from over 60 different countries both male and female ages 15-18 the students come with good English skills own spending money/medical insurance. Families would provide a bed for the student to sleep in, place to study, share meals together occasional rides to and from after school activities once the student make friends carpooling is wonderful. For more information on the program Contact [linda\\_coffey@hotmail.com](mailto:linda_coffey@hotmail.com) or go to [pax.org](http://pax.org).

## 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.

## 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

## LTIPS

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.

## 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 called the library at 432-7186 to register or with questions.

## Raising a Teenager?

This free weekly resource group for parents, grandparents and caregivers rising 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

## 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.

## 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.

## 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.

## 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](mailto:derrylionsclub@gmail.com) or google Lions International. We look forward to seeing you at a future meeting.

## 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.

## 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.





## The Baldwin **SIZZLES**

Discover vibrant retirement living from a new perspective at The Baldwin, Londonderry's first Continuing Care Community. Enjoy Independent Living complemented by on-campus amenities and programs with the peace of mind that ongoing health care is available if needed in the future.

**DISCOVER MORE 603.945.7728 | TheBaldwinNH.org/Times**

The Baldwin  
life at its core



WELCOME CENTER: 1E Commons Drive, No.24., Londonderry, NH 03053

**PLAN AHEAD — RESERVE NOW**  
Now accepting deposits

## *Get the Nutfield News Delivered to Your Home Again!*

### **Hometown News Delivered for Less Than a Dollar a Week.**

For over 10 years, the Nutfield News has delivered hometown news to Derry residents each week, free of charge. However, due to economic forces including the increasing costs of mail and changes in the way businesses advertise, Nutfield Publishing has changed its delivery model. To keep you informed of the local news you have come to trust, we will continue to make the Nutfield News available free of charge in many drop locations around Derry. For just \$49.99 per year you can have the paper delivered directly to your mailbox each week. Help us continue to keep you informed.

Call us at **537-2760** with your credit card or mail a check with your mailing address to ensure delivery of the Nutfield News.

Nutfield Publishing  
appreciates your continued support!

**Nutfield News**

**537-2760**

**www.nutfieldnews.net**



☐ ***YES! I want the Nutfield News delivered to my home.***

Name: \_\_\_\_\_

Street: \_\_\_\_\_

Town: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

Tel: No. \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

☐ Please find my check enclosed.

☐ Please call me for credit card information.

**Please mail this information to:**

Nutfield Publishing  
118 Hardy Road,  
Londonderry, NH, 03053

***Thank you for supporting our ability to bring you your hometown news!***