

Derry School Board Approves Increases For Lunch & Breakfast

ALEX MALM
NUTFIELD NEWS

DERRY - On July 12 during the Derry School Board meeting one of the agenda items was in regards to the new prices for school lunches and breakfasts.

It was explained by Jane Simard, the Business Administrator for the District, that they met with the School Board Food Services Committee to talk about the increased prices.

She explained that for the past couple of years the federal government paid for school lunches across the country. It will be ending starting with the beginning of the school year.

"Districts have to go back to charging for meals," said Simard.

Simard said that they haven't had a price

increase since the 2018-2019 school year.

One of the things that they looked at Simard said is what other districts are charging.

"They did price comparisons to other districts," said Simard.

Simard said that they were proposing an increase of 10 cents for lunch and breakfast and for milk.

The new price for elementary breakfast will be \$1.60 and \$1.60 for middle school.

For elementary school lunch the price will be \$2.90 and for middle school it will be \$3.10.

The increase will put the milk price at 50 cents for next year.

Simard explained to the School Board that a number of things have gone up drastically which is why they needed to look at the

increases.

Simard said that they also expect that prices will likely increase going forward.

"We know the costs are going to increase significantly," said Simard.

Simard said that they felt that a 10 cent increase was good even though they have a healthy fund balance because if they don't then the fund balance wouldn't last more than a couple of years.

It was pointed out by Simard that the total increase for the year if a student bought lunch everyday would be \$18.

Simard said that they are working on having the free and reduced lunch application online which they feel may increase the numbers because people will feel more comfortable

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Water Committee Urges Residents to Conserve During Area Drought

PAUL CONYER
NUTFIELD NEWS

HAMPSTEAD - The Hampstead Water Resources Committee met on Tuesday, July 5 to discuss several issues related to maintaining the town's water supply.

Committee Chairperson, Stephanie Spyvee, reminded everyone that Southern New Hampshire is in the middle of a "moderate drought." Shortages in the area are not as severe as those in the northern half of the state, but Hampstead resi-

dents are urged to conservative water where they can. Spyvee proposed resending the Committee's drought flyer from last year. Water conservation advice includes using sprinklers in the morning, turning off the tap, and keeping showers to under ten minutes.

While the water shortages are not currently severe, Hampstead residents with shallow, private wells could be at running due to a falling water table.

Water conservation advice can also be found

on the Hampstead town website. Updates will be posted along with a drought map if and when conditions change. Between drought conditions and inflation, higher charges from the Hampstead Area Water Company can be expected. Drought conditions are expected to persist until at least fall 2022. State officials warn that drought conditions might continue into 2023 without above-average rainfall.

The Environmental Protection Agency issued

continued on page 4



Sea Creatures

Evelyn Rizzo is a bit nervous as she sees a live lobster for the first time at the Chester Public Library's "Under the Sea" event last week. Katie Brodeur, a Naturalist from the Seacoast Science Center was allowing residents to come by, touch and learn about a number of sea creatures. See more photos on page 6.

Photo by Chris Paul

Animals Banned from Wason Pond During Race and Muster

ALEX MALM
NUTFIELD NEWS

CHESTER - At the Thursday, July 14, Chester Board of Selectmen meeting members discussed details regarding the upcoming 300th Anniversary event.

It was explained by

Chairman, Chuck Myette, that on July 22 and 23 was the 5K and Fireman's Muster which is taking place at Wason Pond.

One of the things that the 300th Anniversary Committee was looking for is permission to have no animals be allowed there during the event.

"What they are asking us to approve is not allowing any domestic animals on the field on that date," said Myette.

It was pointed out it would be for all domestic animals including horses, pigs, dogs, cats and other animals.

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Kids at Don Ball Park Enjoy Some Pops With Cops



Members of the Derry Police Department were helping to cool down youngsters at the Don Ball Park on Humphrey Road last week during their "Pop with a Cop" event. Community Relations Ptl. Erin Sullivan and Sgt. Christopher Talbot passed out dozens of frozen treats donated by the local Walmart to eager children. Kids were also able to pose for pictures with the two officers.

Photos by Chris Paul

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Colby Farms Proposal Draws Concern from Residents

PAUL CONYER
NUTFIELD NEWS

CHESTER - The Chester Planning Board met on Wednesday night, July 13, where there were a number of concerns raised by residents on a development being proposed on Haverhill Road.

The Planning Board had a quorum issue, limiting the length of a planned public hearing from the Lifestyle Homes of Chester. Jason Lopez of Keach-Nordstrom Associates came to the meeting with Chester residents Dana and Ryan Redmond to propose a subdivision for what the couple called

their Colby Farms project. The Redmonds were looking to split their large track of land at 181 Haverhill Road, into 11 smaller lots, each parcel having a house on an acre of land.

If completed, Colby Farms will include more homes along Haverhill Road. Lopez intends to keep the proposed houses spread out as he mentioned building "38 bedrooms, looking at five, four-bedroom lots and six, three-bedroom lots, open space will be 23 acres." More than half of the lot is being preserved as open space and such space will be deeded to

Chester under the current plan.

Dana also hopes to renovate the existing five-bedroom home already on the property in addition to the subdivision plan.

Two problems identified during the public response included drainage to the nearby Exeter River and a possible issue with ownership of the lot's open space under the Colby Farm plan.

"Since you're going to be deeding the open space to the town, if there's going to be restrictions in that deed, you need to come to us," said Victor Chouinard,

Chair of the Chester Conservation Commission. Chouinard hopes that the Redmonds will keep the Conservation Commission updated on plans for the open space of Colby Farms. Commission members hope to have a clear idea of how the open space will be used and how it needs to be protected.

Sue Rieter raised some concerns as an abutter to the proposed development and the impact it would have on the nearby Exeter River.

Rieter did not necessarily oppose the project, but expressed worry that runoff control was inadequate,

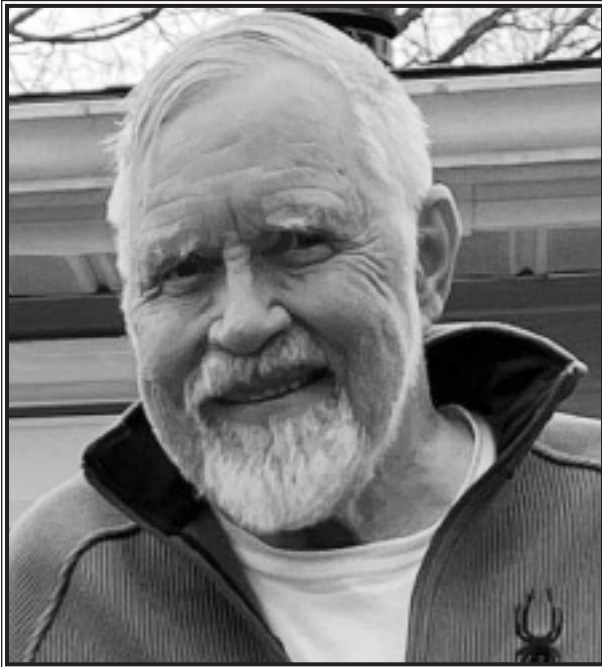
and that stormwater from the road might wash chemicals into the nearby watershed. "We have a moral obligation to double down and protect our wetlands and waterways from toxic runoff, I do not believe this mitigation structure meets our ethical responsibilities without some way to prevent pollution," Rieter stated. "It seems essential that the Planning Board and legal counsel, find a way to assure and document that toxic agents are dependably excluded from the watershed before approving this product."

Other neighbors were more negative, worried

about the impact that new houses would have on what is now open farmland. Lopez and Board members responded with an explanation of methods in place to prevent water contamination. Lopez also stressed the guarantee in the plan to keep most space open and free of new housing.

Ultimately, because of time constraints and continued debate, no vote was taken on the Colby Farms proposal, and the public hearing will continue at the next meeting on Wednesday, July 27 at 7 p.m., in the Main Conference Room of the Municipal Complex.

Hampstead Residents Still Searching for Missing Man



Hampstead resident John Matson who has been missing for over two weeks. *Courtesy photo*

As of press time, the Hampstead Police Department and New Hampshire Fish & Game are still searching for John Matson who has been missing for about two weeks.

Hampstead Police are reporting no new developments in regards to the missing person status of 79-year-old John Matson.

Matson was last accounted for on Wednesday, July 6, at 6:09 p.m. on Emerson Avenue near Xtra Mart. He was last seen between 7 and 8 p.m. that evening walking inside Emerson Village.

Matson has grey hair, blue eyes, about six-feet in height and weighs about

180 pounds.

A number of volunteers have searched over the past weekend, but were unable to locate him despite a fair wide street sweep in the area.

In a Facebook post last week on the department's page, the police are thanking the community for their continued support.

"It is our understanding that several members of the community got together yesterday and conducted their own search efforts. The police department cannot encourage the general public to search property other than their own,

but we can confirm that we do not have search K-9's deployed at this time. We do not have concerns of good Samaritans interfering with K-9 search teams. If people are going to go out and search, we want to remind them to take appropriate precautions, do not go out alone and let people know where you are going," the post stated.

They added, "We do not believe John is dangerous and it is reported that he is actually very friendly. If you think you spotted him, we encourage you to make contact with him and talk to him."

Lastly, they asked for continued support, reminding residents, along with members of neighboring communities to be vigilant in checking your own property and outbuildings.

The post also stated, "If you are out walking or running, please check along the roadways. We also want to remind residents to check any camera footage that they might have."

Anyone with any possible pertinent information, are urged to contact New Hampshire Fish & Game or call the police station at 603-329-5700.



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Editorial

Summer Recreation

This summer has been full of challenges for all of us, especially our kids.

We believe the best services a town can provide are responsive to what a community needs.

So, the paper set out to see how summer recreation programs and sports camps were doing in our readership area, we weren't sure what we would find.

Were sports camps and recreation programs back to where they were prior to the pandemic or would they be struggling? What we learned was that most free and fee based programs were filling up, and more scholarships were necessary this year and were being provided. That means a lot of kids having fun.

Some parents forego expensive vacations, and take advantage of the relatively lower cost or free programs available locally, whether it's a recreation day trip, a free swim or a weeklong morning or all-day sports camp. As more families require two incomes to stay afloat, there has to be a place for the children to go.

At one time, the state would help cover the cost of some of these social summer programs, but due to continued cuts, the burden falls

more and more on the town's local taxpayers along with the volunteers to help meet the needs of the communities.

No matter what your child's interests are, camps might help some kids develop important emotional, social, and cognitive skills. Some kids do benefit from summer camps and have great memories that last a lifetime, while some do not it, it depends on the kid. In the end, camps get kids outside to meet other children with similar interests, run into old friends and make some new ones, all while having fun.

Towns do their best to continue to fill the needs for all families by offering free concerts for the whole family to enjoy. Working with organizations such as the recreation programs, after-school, adult education, local sports and church organizations. Local organizations augmented the towns efforts by offering programs for music, art, theater classes, the YMCA, and the Boys and Girls Club; ensuring that there is plenty of options to keep the kids busy while their parents work. It's safe to say the need is there. And there's plenty of room for people to help out.

Have a fun filled safe summer.

Letters

Town of Derry Flag & Banner Policy

To the editor,

During the chairman's report for the July 5th town council meeting a discussion of the town's flag and banner policy occurred. I found this to be quite interesting as the town recently completed flying the gay pride flag throughout the month of June. During the discussion by the town council it was noted there are numerous organizations that have months dedicated to their cause and that flying their awareness flags at the municipal center would greatly enhance the public's awareness of their cause. It was also mentioned that

the POW-MIA flag is displayed year round in the center's lobby. This is the point at which I got concerned.

In roughly the 2014-15 timeframe a request by the Veterans of Foreign Wars and American Legion was made of the town council to permit a missing man table to be placed in the municipal center lobby to commemorate those who fought in America's wars and are either prisoners of war or missing in action. This permission was given, the table installed, and it has been there ever since. An integral part of the missing man table is the POW-MIA flag.

How exactly is the POW-MIA flag catego-

rized? It is neither a national, state or town flag. I do not believe it to be an awareness flag either. What I do know is that a public law (116-67) permitting the POW-MIA flag to be flown whenever the United States flag is flown.

Should the town of Derry institute an administrative regulation concerning the flying of awareness flags on town property I recommend it be clearly defined in the regulation the POW-MIA flag is not an awareness flag and per federal and state law it is permitted to be flown or displayed on town property year round.

Richard Tripp
Derry

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

Water

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a health advisory regarding the "forever chemicals" per-fluoroalkyl and poly-fluoroalkyl substances (PFAS). In 2020, a concerning level of PFAS was found in the Coach Run Condos community well, although recent testing found lower chemical levels. A well in East Hampstead also tested positive for PFAS.

The Committee warned that there may be a seasonal variation in levels of PFAS, and recommended that residents of Larson Drive and East Hampstead conduct more than one test. Residents can apply for a free water test online with the NH Department of Environment Services and remediation rebates until the

end of August 2022.

Long-term exposure to PFAS chemicals has been linked to weakened immunity, fertility problems, and kidney cancer. Babies and pregnant women are especially vulnerable to the negative effects of PFAS, as the chemicals are transmitted through breast milk. The Water Committee strongly recommends a water test for any concerned residents.

To tackle the PFAS issue, Spyvee contacted Deb Paul, Chair of the Londonderry Energy Efficiency Taskforce and Nutfield News owner, to coordinate a response between Londonderry and Hampstead. Paul founded a nonprofit conservation group "Green Team" to promote environmental well-being by

educating others about the natural world.

Hampstead hopes the collaboration with Londonderry will expand knowledge on some of the problems related to water shortages and environmental contamination in Southern NH. The Hampstead Board of Selectmen also approved the formation of an Energy Committee in April, and Spyvee shared information about the Green Team with Selectmen member, Steve Morse, to expand collaboration in areas of the area energy efficiency.

The next meeting of the Hampstead Water Resources Committee will be held on Tuesday, Aug. 2 at 6 pm in the Hampstead Public Library.

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, Chester, Hampstead and Sandown.

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Lauren Violette, center, is the winner of this year's Eleanor Bassett Memorial Scholarship.

Sandown Lions Scholarship Earned

The Sandown Lion's Club recently announced that Lauren Violette is the winner of the 2022 Eleanor Bassett Memorial Scholarship.

Lauren was chosen as recipient based on her personal essay "The Value of Time and Empathy: Why I Volunteer" as well as her dedication to providing both leadership and community service to the town of Sandown, the Timberlane community and her community as a whole. In her essay, Lauren was able to describe how her first recognition of disparities among those in her community

led her to seek out opportunities to volunteer and help others less fortunate.

Violette has amassed countless hours with Timberlane's Key Club, Mealey's Meals and various honor societies as well as independently with Lazarus ministries.

Despite the past years Covid limitations, she was still able to complete over 200 community service hours, both virtually and in person. She was also awarded the Hugh O'Brien Youth Leadership award. In the spirit of both the LIONS club and Eleanor Bassett, Lauren epitomizes the motto of "We

Serve". We hope that she continues to dedicate her time and service to her community as she continues her education and beyond.

Congratulations to both Lauren and her family on her amazing accomplishments and we wish her the best at Northeastern University in the fall.

Derry

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applying that way. "That may increase our numbers for free and reduce," said Simard.

School Board member, Brenda Willis, who serves on the Food Service Committee said that they had back and forth conversation about what to do for an increase.

"We did have a pretty decent discussion about this," said Willis.

Simard said that they wish the school lunches and breakfasts were still free this year.

"We would love for it to still be free but it didn't happen," said Willis.

The School Board ultimately unanimously approved the increases for lunch and breakfast next year along with the increase for milk.

The next Derry School Board meeting is slated to take place on Aug. 9.

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Building Permit Fees Increased by Chester Selectmen

ALEX MALM
NUTFIELD NEWS

CHESTER - The Chester Board of Selectmen discussed an increase for building permit fees during their July 14 meeting.

It was explained by Selectmen, Stephen D'Angelo, that he met with Chester Building Official, Myrick Bunker, after Bunker came up with a proposal to change the fees.

D'Angelo said he wanted to see documentation of what other towns are charging for permit fees.

"I asked him to give us documentation," said D'Angelo.

Bunker said that they usually try to make the permit fees so it covers the cost of the budget each year.

"I try to set the permit fees to cover our budget," said Bunker.

Bunker said that the past year the budget was \$113,000 and the revenue that they received from the permits was \$107,000.

"Most of that is covid," said Bunker.

Bunker said they took the three year average for

the cost of the projects and divided it by the budget amount in order to determine what the fee rate should be. He said that the three year average was just over \$10 million.

Bunker said that they also try to update it every three years since costs usually go up.

He said that the current fee is \$7 per \$1,000 worth of construction costs. The new proposal was to change that amount to \$11 per \$1,000 worth of construction costs.

D'Angelo questioned if the proposed fees were

in line with other similar towns.

"That's in line with the other towns," D'Angelo asked.

"I think it is," said Bunker.

Bunker explained that the trouble with looking at other towns' permit fees is that they don't know what other towns are trying to accomplish with their fees.

"We have no idea what they're trying to do with their permit fees," said Bunker.

Bunker said that in some cases he wasn't able to determine what some

towns permit fees were because they have many different variables to determine it.

Bunker said that the last time the fees were increased was in 2019.

Selectmen, Stephen Landau, questioned the fees for out buildings. He argued that for agricultural uses then the second or third floors shouldn't be part of the permitting fees.

"I think you cover that here when you have a change of use," said Landau.

Bunker said that if you can walk up to the floors

then they charge for it, but if it is an attic type structure that can't be easily accessed then it doesn't count.

"If you can easily access it then it is a usable space," said Bunker.

After some debate, it was decided that they could allow people to come to the Board of Selectmen for a waiver for agricultural uses.

Selectmen ultimately unanimously improved the increase for the permit fees. It was decided that the increase would go into effect on Aug. 1.

Animals

continued from page 1

Even though the event doesn't start until 9 a.m. it was decided to have the hours be 7 a.m. to 7 p.m. when the animals won't be allowed.

Selectmen ultimately unanimously approved not allowing animals for the day.

In a statement released by the town, they are asking residents to seek an alternative, "The Selectmen have asked, for everyone's safety, that you please find somewhere else

to exercise your dog, ride your horse, fish, or walk the trails this weekend. Spring Hill Farm is a good local option, as is the Forsaith Forest, and other surrounding Towns have conservation properties as well that will welcome you. Back to normal on Monday."

Another question raised up about the event was whether or not they thought they need a police detail for the event

"Do they need a police detail," said Myette.

Myette said that it will likely be more than 50 people

which requires a police detail, but they could decide to waive it.

"We have the option to waive it," said Myette.

Myette said that they also have the option to require that they have a police detail, but waive the cost.

"There would be a cost of the detail," said Myette.

Selectmen, Stephen D'Angelo, said that they will likely need two officers there for the detail.

"You are going to need someone for traffic control," said D'Angelo.

Selectmen, Steven

Couture, said that the 300th Anniversary could work out with Police Chief, Aaron Berube, about what they need for the detail that day.

"Let them work out the details," said Couture.

Selectmen, Stephen Landau, said that he thinks they should waive the fee for the police detail.

"It's a town activity," said Landau.

The Board of Selectmen ultimately unanimously approved waiving the police detail fee.

Town Administrator, Deb Doda, said that they

will have signs made for the entrances of Wason Pond to let people know that no animals are allowed there on July 23.

The Board of Selectmen also discussed a possible contract for mowing equipment for the highway department to use.

D'Angelo said that he thinks they would only need to use the equipment for about a week instead of the rest of the summer because they haven't had much rain.

"With the dry weather we've had nothing growing right now," said D'An-

gelo.

D'Angelo said that they could get a week's worth of mowing done so it is done.

He said that if they were to need it for a longer period of time they could always authorize paying for another rental period.

"We can always authorize more," said D'Angelo.

It was ultimately decided to have Doda look into what the rate would be for just a weekly rate and then make a decision at a later date once they receive that information.

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Hampstead Board of Selectmen Gets Update on Drought Issues

ALEX MALM
NUTFIELD NEWS

HAMPSTEAD - During the July 11 Hampstead Board of Selectmen meeting, Selectmen, Laurie Warnock, gave the Board of Selectmen an update regarding the Water Resources Committee.

She explained that the Committee would soon be

sending out postcards to residents about the moderate drought in the region and information about different ways people can voluntarily conserve water.

"As of now any water restrictions are voluntary," said Warnock.

Warnock said that they are headed into another drought.

It was also pointed out

by Warnock that water customers will have temporary rate increases, which will be going into effect soon.

"That will all be available to HAWK to the water customers," said Warnock.

Warnock said that they worked to try to keep the increases down as much as possible.

Also at the meeting, Hampstead Police Chief, Joseph Beaudoin, said that he wanted to continue to provide police details for the summer concert series and not charge the Committee for it. He said that they pay for it through the police detail fund.

Beaudoin said that they only provide it when it is at the park and not Town Hall because since there is enough parking there they don't need a police detail.

"I would like your permission to continue to provide an officer through the detail fund," said Beaudoin.

The Board of Selectmen approved providing the police detail free of

charge.

In other news, the Board of Selectmen approved selling their F350 which they had for sale to the highest bidder which was for a total of \$7,394.

"Unless there's some other review we can award the bid to Mr. Borderguard," said Board of Selectmen Chairman Sean Murphy.

Hampstead Fire Chief, Michael Carrier, said that they have a forestry skid unit for the vehicle and wanted to get permission

to sell it outright without it going out to bid.

Carrier said that they had some interest in purchasing it.

"There's been some interest in it from random individuals," said Carrier.

Carrier said that there was a policy that has a maximum dollar amount that they can sell the equipment without it going out to bid. He said that they expect that the cost would be \$1,000 to \$1,200.

"I'm just not sure what it is," said Carrier.

It was decided that they

would look into what the policy is, but if it falls within the policy then they can go forward with selling the equipment outright.

Selectmen, Joseph Guthrie, said that the Historic/ Heritage Commission recommended they go with the lowest bid of around \$16,000 for the painting of the museum.

Guthrie said that it was a company that they have used in the past and is a small business in Derry.

The Board of Selectmen approved going with the lowest bidder.

OBITUARY

Nathalie J. Latulippe



Nathalie J. Latulippe, 94, of Derry, NH, died Thursday July 7, 2022 in Parkland Medical Center in Derry following a brief illness. She was born in Derry on Oct. 20, 1927, a daughter of the late Howard and Annie (Quimby) Chadwick. Having been a lifelong resident of Derry, she was a graduate of Pinkerton Academy, Class of 1945. Nathalie had been employed as a customer service specialist at Fleet Bank in Derry for many years. She enjoyed building stone walls for the family with her husband Leo. She and her husband traveled extensively, especially enjoying the Northwest of the US and visiting the National Parks. Nathalie enjoyed gardening.

She is survived by two sons, Peter Latulippe and his wife Elaine of New Bern, NC, Michael Latulippe and his wife Anne of Derry; her grandchildren, Peter Latulippe, Jr. and Kris Latulippe, Paul Maurice and his wife Jen, and David Maurice, Jake Latulippe and Joel Latulippe; her great grandchildren, Sam Maurice and Ben Maurice, Cameron Latulippe and Brandon Latulippe, and Roman Jarvis; as well as her great granddaughter Reya. She was predeceased by her husband, Leo E. Latulippe in 2009, and her children, Leo Latulippe, Jr. and JoAnn Maurice.

Calling hours were held on Wednesday, July 13 in the Peabody Funeral Homes and Crematorium, 15 Birch St., Derry. Funeral services were held that Thursday in the funeral home. The

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Young Chester Readers Get to See What's Under the Sea



The Chester Public Library hosted an “Under the Sea” event on Wednesday night, July 13, as part of the Summer Reading Program. Katie Brodeur, a Naturalist from the Seacoast Science Center visited the library and allowed attendees to come by, touch and learn about a number of sea creatures that she had brought with her. The youngsters were also able to search for buried shark teeth, help save seals, make crafts and feel seaweed, starfish, snails and clam shells. *Photo by Chris Paul*

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Pinkerton Names New Director of Stockbridge Theatre

Pinkerton Academy's Headmaster Dr. Timothy Powers recently announced that Shannon Mayers has been named Director of Academy's Stockbridge Theatre.

Mayers' career in the arts has spanned more than 25 years with extensive management experience in both professional and academic settings, including a long tenure as the executive director at the Redfern Art

Center at Keene State College.

In her new role, Mayers will be in charge of all programming for the Stockbridge Theatre. She will provide exciting arts opportunities that engage the students and staff of Pinkerton as well as the greater community.

"There's a creative side to all parts of learning. It's my goal to be able to bring artists who would be able to interact with the various departments, not just the Fine Arts, and have students interact with the artists to understand how they might have shared backgrounds," Mayers said. "As for the broader community, my goals include increasing our visibility and, especially coming out of the pandemic, inspiring audiences to



Shannon Mayers has been named Director of Academy's Stockbridge Theatre. *Courtesy photo*

come back to live performances.

"We are fortunate to have Mayers join the Pinkerton Academy community," said Dr. Powers. "Her experience in both the arts and in education makes her uniquely suited to continue to build the Stockbridge Theatre programming, providing diverse arts opportunities for our students, staff, and the broader community."

Mayers is heading up an entirely new staff at the Stockbridge Theatre. Alyssa Gillin is the recently hired Assistant Director of the Stockbridge Theatre,

Meghan Ward is the Technical Director, and Michael Champeno is the Assistant Technical Director. Mayers said she is eager to work with her team and excited about the future of arts at Pinkerton.

"It's a beautiful campus, which I'm still exploring. We are hoping to eventually do an outdoor festival and build summer programming. There is great potential here, and Pinkerton has been so supportive of my coming here. This community really supports the arts and introduces the arts to their children at an early age."

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Taking to the Local Trails Helps Fight Heart Disease

SUBMITTED BY
PAUL MARGOLIN

Sitting is not your friend. Harvard evolutionary biologist Daniel Lieberman reminds us of what we inherited from our hunter-gatherer ancestors: "We evolved to be athletes - you couldn't survive without being active. We are genetically programmed to run around and eat modest amounts of food." Unfortunately, many of today's chronic diseases stem from a mismatch between our genes and our modern lifestyle of "too much sedentary behavior and too much food."

In her 2020 book *Exercise is Medicine*, nationally syndicated health columnist Judy Foreman lays out why a consistent program of physical activity is critical to our well-being. Several years in the making,

her research references hundreds of studies that demonstrate how exercise helps ensure our fitness, ward off disease, and prolong our lives. Like most things in life, what you get depends on what you put into it. And when it comes to something as vital as personal health, it turns out that exercise is not optional.

The U.S. Surgeon General first noted in 1915 that manual laborers suffered less degenerative heart, kidney and blood vessel problems than less active workers. Studies in 1922 and 1939 found that those in physically demanding jobs lived longer with less risk of cardiovascular disease than those at a desk and most white collar jobs. Similar studies in Scotland in the late 1940s determined that letter carriers who walked a route had superior heart health to stationary bus driv-

ers and telephone operators.

Since 1948 the landmark Framingham Heart Study, which coined the term "risk factor," has been monitoring the cardiovascular health of three generations of town residents. It has issued over 1,200 scientific papers and shown not just that exercise prevents heart disease, but that lack of exercise is a major risk factor for it.

The Bad News

In fact, the dangers of a sedentary lifestyle are eye-popping. The incidence of chronic disease, its severity, and the risk of dying from it are all increased. Sitting - whether its long hours working at a computer or watching TV - leads to increases in visceral fat. Says Foreman, "This is not an inert blob of tissue, but an active organ that pumps out chemicals leading to chronic system inflamma-

tion, insulin resistance, hardening of the arteries, and neurological degeneration."

What's more, a sedentary life is associated with high cholesterol levels, asthma, COPD, cancer, dementia, osteoarthritis, low back pain, frailty, constipation, muscle weakness, depression, and gallstones.

The Good News

Who knew that working on a computer or watching TV for long periods is so risky? And what can we do about it? Fortunately, it's all within our own power to exercise on a regular basis. Research has found that moving around for at least two minutes every hour mitigates the risks from long periods of sitting. Even just standing is preferable. Sitting after eating leads to a spike in blood sugar, but getting up and walking can cut those increases in half. And you'll find it easier to regulate your appetite if you

exercise regularly.

The World Health Organization's guidelines recommend 150 minutes of moderate exercise weekly; that's half an hour five times a week. Better yet, exercise vigorously and you can cut that to 75 minutes! Either a slow five minute run or a 15 minute walk is beneficial. But frequency and intensity both matter.

The more active we are, the better our body and mind perform and the longer our lives will be. The risk of a first heart attack has been found to be inversely related to how many calories a person burns per week in exercise; the more calories expended, the lower the risk.

Exercise Promotes Longevity

Exercise lowers the risk of heart disease, some cancers and all-cause mortality. It reduces blood pressure, fights diabetes, improves

brain function and lessens inflammation. It also produces anti-oxidants, can improve vision, and may even reverse skin aging. In fact, research has found that people who don't start exercising until their 60s can develop healthier hearts and improved mobility. Aging does not, inevitably, lead to poor health - but sitting does.

Genes play a part, but our lifestyle choices - especially exercise - control 75% of our health and longevity. So: find ways to build a variety of exercise into your regular schedule. Hit the trail - whether it's jogging on the Rail Trail, bike rides, rounds of golf (sorry, no cart), or regular walks in your neighborhood - and you will be fortifying your health.

For more information on fitness, check out *Exercise is Medicine*, and consult with your physician.



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COMMUNITY EVENTS

This section is meant to be used to announce free events to the communities. If your group or non-profit is receiving money for what they are publicizing, there will be a charge of \$40.00/week per paper. All Around Town/Calendar Items will be held to 100 words maximum; anything over will incur a charge of \$40.00/week for up to another 50 words. All free announcements in the Around Town/Calendar section can run a maximum of 3 weeks. **Additionally:** We will run the full versions of any calendar items online free of charge at www.nutpub.net. Please send submissions to nutfieldnews@nutpub.net.

DERRY

Family Fun Fest

On Thursday, July 28 at Don Ball Park, 14 Humphrey Rd., the Marion Gerrish Community Center will host a Family Fun Fest from 6 - 8:30 p.m. There will be Activities, giveaways, a free outdoor movie and more. See the Marion Gerrish Facebook page for a full list activities.

Spartans Summer League

Spartans Basketball, NH's largest AAU Basketball program, will be hosting their Annual Summer League Session at the Derry Sports Center. Games will be played Tuesday through Thursday evenings from Mid-June to Mid-Aug. All practices are held on Friday nights. For more information visit www.nh-spartans.com website, contact Chris Coates at CoatesNew@hotmail.com, or call 603-926-2276.

Varsity Soccer Camp

Varsity Soccer Academy still has openings for summer soccer and fitness camps. The Middle School/High School camp will be the week of July 25 - 29 from 9 a.m. noon. The Boys camp will take place at Gilbert H. Hood Middle School. The Girls camp will take place at Pinkerton on the Girls Varsity soccer field. Fitness Camp will take place Aug. 1 - 5 from 8:30 - 10:30 a.m. at Gilbert H. Hood Middle School. Application, medical form and waiver can be attained on the Pinkerton Athletics website (hit the summer camp link). Any questions can be directed to Kerry Boles at KB22@comcast.net.

Derry Homegrown

The Derry Homegrown Farm & Artisan Market is now open every Wednesday, Rain or Shine at 1 West Broadway, Derry. Close of Season is Sept. 28. For more info, contact Derry Home-

grown at: info@derryhomegrown.org, 603-479-5918, derryhomegrown.org, [facebook.com/derryhomegrown](https://www.facebook.com/derryhomegrown) or [instagram.com/derryhomegrown](https://www.instagram.com/derryhomegrown)

Story and Craft

The Taylor library will be holding a Story and Craft on Tuesdays at 4 p.m., this is for all ages. Call Library at 603-432-7186 for more information.

Tiny Tot

The Taylor Library will hold Tiny Tot's on Mondays and Fridays at 10 a.m. Call Library at 603-432-7186 for more information.

Senior Movie Special

Free movie, popcorn & soda for seniors on the last Friday of each month at noon at the Marion Gerrish Community Center, 39 West Broadway, Derry.

Story and Building Club

The Taylor Library will hold a Story and Building Club on Thursdays, at 4 p.m., this group is open to all ages. Call Library at 603-432-7186 for more information.

CHESTER

Tie-Dye on the Lawn

On Monday, July 25, at 4 p.m., bring your own t-shirt, tote bag, socks, shoe laces, or whatever it is you'd like to make groovy to the Chester Library. All other materials are provided by the library. Limit of one item per person please.

Sand Slime Making

On Wednesday, July 27, at 4 p.m., make your own sandy slime with Ms. Grace at the Chester Library. All materials are provided by the library. Please register by giving us a call at (603) 887-3404.

Cultivating Compost

The benefits of compost-

ing far exceeds the initial challenge of deciding how to get started. In this presentation on Thursday, July 28, at 6 p.m., at the Chester Library will discuss basic tips for composting and common mistakes to avoid. When wrapped up, you'll be composting with ease. The evening will conclude with ample time for questions and discussion with Willa Coroka of Dillon Old Farm Nursery. Reservations required call at (603) 887-3404

Foundation Meeting

Chester Public Library Foundation Meeting will be held on Tuesday, July 26, at 4 p.m. New members welcome.

Paint by Number

On Wednesday, July 27, at 3 p.m., come join Miss Kandy at the Chester Library for this fun class. No skill needed. This event is open to adults. All supplies provided by the library. Space is limited, register by calling 603-887-3404.

Bedtime Stories

Every Monday at 6:30 p.m., at the Chester Library, put on your PJs, bring your favorite stuffed animal, and snuggle up for evening story time and a craft with Miss Grace. Please register.

Storytime

Bring your little ones to the Chester Library for stories, songs, and crafts with Miss Grace every Tuesday at 10:30 a.m. They will meet on the lawn behind the library (weather permitting) Please register.

Diamond Painting Club

Find your Zen every Thursday from 6 - 7:30 p.m., at the Chester Library. Materials are provided for this drop in club. No Registration required.

Dominoes Club!

Love dominoes and already know how to play? Or

are you looking for something new and fun to try? Join Terry Armstrong for this fun new club, meeting in Chester Library conference room every Thursday from 1 - 4 pm. All skill levels welcome! For more information and to register call 887-3404.

HAMPSTEAD

Submarine Craft

A Yellow Submarine Take and Make kit, that can be picked up starting Friday, July 22 at 9 a.m. will be available at the Hampstead Library. This submarine really floats. The number of kits is limited; please register in advance to reserve one. Call 603-329-6411 or sign-up online via the Events Calendar on HampsteadLibrary.org. Reserved kits not picked up by Saturday will be made available for other Library visitors on Monday morning.

Bioluminescence

A University of NH Marine Docent presents an interesting talk about Bioluminescence at the Hampstead Public Library on Monday, July 25 at 7 p.m. Bioluminescence is the incredible light emitted by deep-sea fish and other marine organisms. In the depths of the ocean where sunlight doesn't penetrate, most organisms produce their own light to communicate. Bacteria, whales, and creatures in between utilize bioluminescence for offense, defense, and mating purposes. Come learn all about this incredible natural phenomenon. This event is suitable for adults and children.

Necklace Craft

Create a Sand Dollar Necklace at the Hampstead Public Library on Friday, July 29 at 11 a.m. All instructions and materials are provided for you to craft this beachy necklace. All levels of crafters are welcome, including adults, teens, and children with an adult. No registration is necessary. Sample pictures can be found on the Library's website in the Events Calendar.

Wildlife Encounter

Friends at Wildlife

Encounters Ecology and Wellness Center return to the Hampstead Public Library on Tuesday, July 26 at 2 p.m., with a selection of live animals to educate and delight. The program is interactive, and fun! It is best for those age three and older (including adults), however, we leave the minimum age up to parents/caregivers. Younger siblings are welcome. The event is held on the Library front lawn, but will be moved inside if the weather is inclement. Special thanks to the Friends of the Hampstead Public Library for funding this program.

Sound Bath Demo

Joe Hayes of Sound Scapers leads a Crystal Bowl Sound Bath on Saturday, July 30 at 1 p.m. It's believed that a sound bath can trigger "sound healing," a remedy favored by many cultures for thousands of years. You may either sit in a chair, or if you prefer, lay down please bring a blanket/towel/yoga mat. No advance registration required.

Donations

The Hampstead Public Library currently accepts book and media donations, specifically, adult fiction, children's books, and DVDs for all ages. Donations should be fairly recent publication, and free of damage. Please, do not contribute items that have stains, water damage, mold, mildew, dust, yellowing pages, musty smell, etc. The staff appreciates donations of no more than two boxes or bags at a time. Please bring things inside during Library business hours, do not leave any donations outside. All donations are greatly appreciated, and many will be used in the big Annual Book Sale in August.

Senior Trip

The next scheduled trip for the Hampstead Seniors is for Sept. 15. This bus trip is to Encore Casino in Boston MA. After spending time at the Casino, the bus will stop on the return trip at Prince Pasta in Saugus Ma for a buffet dinner. The buffet will include salad, rolls, chicken broccoli Alfredo, homemade meatballs, and pasta with

marinara sauce. Dessert and coffee and soft drinks is also included. The last day for sign ups is July 28. If the bus is not filled by that date, out of town residents will be allowed to sign up. The cost for this trip is \$35 for Hampstead seniors. The cost includes round trip transportation, the buffet at Prince Pasta, and \$20 in slots given by Encore Casino. Out of town residents are \$45. For questions call Jaye Dimando at 793-329-5422 or email at Jdimando1@gmail.com.

Preschool Story Time

Mondays, July 25 and Aug. 1 at the Hampstead Library. This Summer Story Time features ocean-themed stories and crafts. This program is designed for children age 3 to 6, but siblings are welcome to join as we sing, move, and read. Outdoor Story Time is at 9:30 a.m., on the Library lawn. If the weather is poor, Outdoor Story Time is cancelled. Indoor Story Time is at 11 am in the newly-renovated Children's Program Room. The same stories, songs, and crafts are featured in both the indoor and outdoor session.

Mother Goose Story Time

On Tuesday mornings, July 26, and Aug. 2 at the Hampstead Library, at 9:30 a.m. Mother Goose is designed for children age 0 to 2 with their caregivers. It is a 30-minute interactive session that uses rhymes, songs, and more to stimulate the learning process of babies and toddlers. Older siblings are welcome to attend. This program takes place outside but moves inside if the weather is poor. Please bring a blanket or chair to use outside.

CODA Movie

Watch CODA, this year's Oscar winner for Best Picture, on the big screen at the Hampstead Library on Friday, July 22 at 3 p.m. This movie is not available on DVD. Please note: due to screening rights, this event is only open to HPL cardholders. Register via the events calendar on HampsteadLibrary.org or call 603-329-6411. Light snacks will be provided.

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Calendar

continued from page 13

Light Steeple for Ukraine

The war in Ukraine is seldom making headlines these days as other issues have taken center stage, but unfortunately the war between Russia and Ukraine rages on. The people of Ukraine and their leaders still need our support. In honor of the Ukrainian people, Hampstead Congregational Church will light its steeple from July 27 - Aug. 2. Please join this week in prayer and support for the Ukrainian people. For more information, please call 603-329-6985, or go to hampsteaducc.org.

Crochet Club

Ying Zhang will be teaching in person either one on one or small private groups on Saturdays at the Hampstead Civic Club Building next to Town Hall. Email

Ying at Yzhanglai@comcast.net to book an appointment. The Civic Club will still provide the material needed.

Chess Club

Meeting on Sundays from 4 - 5:30 p.m., for players from Hampstead and their friends from nearby towns. There is no cost to play and all skill levels welcome. Due to Covid-19 the Chess Club will be online only. Go to <https://hampsteadcivicclub.org/chess-club> for more information.

June Storywalk

The featured book in the Hampstead Public Library's Storywalk® for the month of June is It's a Firefly Night by Dianne Ochiltree. The Storywalk® is located on the Library's front lawn. The public is welcome to enjoy it at any time.

SANDOWN

Tales for Tots

On Tuesdays from 10 a.m. - 10:30 a.m. at the Sandown Library. Ocean based stories, songs, and activities will be incorporated into this story time designed for busy toddlers. This program is designed for toddlers and early preschool children 3 and under.

Crafting Crew

On Wednesdays from 10 - 11 a.m., at the Sandown Library an Ocean themed crafting fun for the summer. This program is recommended for children 3 years and above. Registration is required and will close at 9 p.m. the evening prior to the program.

Graphic Novel Book Club

Do you love graphic nov-

els? Join the Sandown Library's Graphic Novel Book Club on On Wednesday July 27, from 4 - 5 p.m. This group meets once a month to discuss a graphic novel and do some fun activities. This month, Shark Summer by Ira Marcks. Copies of the graphic will be available at the front desk. Registration is required for this program.

Ride the Waves Story Time

Come join the Sandown Library's summer reading ocean fun, learn about the beach, the ocean and the creatures that live there on Thursday, July 28, from 10 - 11 a.m. Registration is required.

Mermaid Sugar Scrub

Make your own natural body scrub with a mermaid twist at the Sandown Library on Thursday, July 28, from 5 - 6 p.m. Great to give as a

gift or keep for yourself. Registration is required. This program is for ages 11+.

Game Day - Mahjong

The Sandown Library's instructor Cathy will teach this beautiful, fun, and ever challenging game played with tiles on Thursday, July 28, from 10 a.m. - noon. American Mahjong is similar to the card game rummy. No registration is required - just stop in.

Ukrainian Eggs

On Saturday, July 30 from 11 a.m. - 12:30 p.m. Ruth returns to the Sandown Library with a special Ukrainian Egg program. She has designed a series of ocean-themed eggs for the Seacoast Science Center, and she has agreed to show us how they are done! Due to the use of candles and hot wax, this class is not recommended for

children under 6. Children aged 6 - 9 may participate with an adult working as a team. Sandown residents will be given first priority for attending this program. A wait list will be maintained for out-of-town residents and should there be available space, they will be notified.

Orcas - The Whale Museum

On Saturday, July 23, from 11 a.m. - 12:30 p.m., at the Sandown Library. A special program from the The Whale Museum, a natural history museum located in Friday Harbor in Washington State! Our guide Tracie will present a program on Orca Whales then provide us with a tour through the museum. This will be presented through Zoom. Participates may choose to join in at the library or from their home. Crafts will be provided for

continued on page 15

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Calendar

continued from page 13

children who attend at the library.

Citizen of the Year

The Sandown Old Home Day Committee is seeking nominations for Citizens of the Year. They are seeking a Sandown resident who has shown exceptional dedication and exemplifies the qualities of volunteerism, offer service to the community for the improvement and betterment of Sandown, and someone that you think deserves the honor of being Citizen of the Year. Nomination Deadline: July 29, a candidate form can be found at www.sandown.us/sites/g/files/vyhlif497-6/f/news/2022_nomination_form.pdf. You can return the form to the Selectmen's Office, email the signed form to pgulla@sandown.us, fax to (603) 887-5163 or drop it off at the Town Hall.

29th Annual 5-mile 5k race

The Sandown 5 Mile and 5K Road Race will be held on Saturday, Aug. 6 at 9 a.m., and a Kid's 1K at 8:30 a.m. Race Day Registration at 7:30 a.m., at Town Hall - 320 Main St. Entries can be mailed-in before July 25. Fee for 5 Mile and 5K is \$35 per person. Kid's 1K fee is a donation of a Non-Perishable Food Item for the Sandown Food Pantry. For the 1st 140 racers will receive a Sport Towel, there will be awards to winners in each Age category. For more information go to www.runreg.com/29th-annual-sandown-5-mile-5-k-road-race.

Old Home Day

Sandown's Old home day will be held from Aug. 12 - 13. Starting on Friday Night at 6 - 11 p.m., with the Town Hall SHSM Kick-off. On Saturday from 10 a.m. - 4 p.m., with the Downtown TLC, Library, Seeley Beach & More. Then on Saturday Night from 6 - 9 p.m.; Band & Fireworks at The Sandlot along with a Cornhole Competition - Registration due by July 1. Plus Performers, Fireworks, Food, Bounce House, Town Beach Events, Vendors, Games, and a Cornhole

Competition.

Board of Library Trustees

Sandown Library Board Of Trustees will be Meeting from 7 - 9 p.m. The Board of Library Trustees meet every month on the second Thursday. This meeting is open to the public.

Cookie Bites & Canvas

Join Michelle's Art as she guides us through a paint project at the Sandown Library, and we enjoy a new cookie treat each month on Saturday from 1 - 2 p.m. All materials and snacks will be provided by the library. Dress in clothes you don't mind getting paint on. This program is for tweens and older please.

Messy Monday

Join the Sandown Library for child-centered, creative exploration on Monday's from 10 - 11 a.m. Art, science and crafts will all be incorporated into this program, and you can leave the mess for us. We will provide aprons, but please dress your child in clothing that can get messy. This group is limited to 10 children (ages 2 - 6) and registration is required.

PageTurners Book Club

This Sandown Library group will meet on the first Thursday of each month at 5 p.m. There will be great snacks! At the end of each meeting, members can make suggestions and then vote for the following month's book. Please come prepared to share two things you liked about the book, two things it could have improved on, and any other thoughts you have about the book. Registration is required. Copies of the book can be found at the front desk.

Legos and More

Do you love Legos? Come and build at the Sandown Library on Mondays from 4 - 5 p.m. We will have building challenges, introduce some STEM activities, and have open, creative time. This program is appropriate for ages; 5+Registration is required.

Story Hour

Come join the Sandown Library for fun with stories,

songs, puppets and more. This themed story and craft times are designed to encourage the development of early literacy skills and build friendships with others. This event will take place on Thursdays from 10 - 11 a.m. Class size is limited to 12 children with their parent/caregivers. Registration is required and will close at 9 p.m., the evening prior to the program. director@sandownlibrary.us.

BOOK - 2 - MOVIE

Is the Book always Better? The first Thursday of each month from 6 - 8 p.m., the Sandown Library watches a movie based on a book and have a discussion comparing them. Books for the next gathering are always available on movie viewing night. This is open every month to anyone who wants to join the discussion and watch the movie. Contact: Tricia Thomas at 603-887-3428 or pthomas@sandownlibrary

Food for Thought

Come join the Sandown Library and explore recipes and cooking. Second-guess the experts and improve on their recipes. Food for Thought meets on the second Wednesdays of the month. Each month we pick a chef/recipe, prepare the food, and meet together to taste and critique. You must follow the recipe you choose. A great way to refine your cooking skills, explore new cuisine, and gather with other foodies. Registration is required for this event.

Crafting Crew

Crafts to make at home with the Sandown Library for ages 2-6! Each registered participant will receive a Take & Go Bag containing craft materials for each week's craft. If you did not request a bag, most crafts can be made with materials you probably have at your home, so check out the craft video! The directions for each week's craft will be pre-recorded then posted to the library's YouTube channel each Thursday 10 - 11 a.m. Find the library's channel here, <https://bit.ly/2REz5vh>. Contact: Tricia Thomas, at 887-3428, or programming@sandownlibrary.us.

A Novel Bunch

Join the Sandown Library teen book club, A Novel Bunch. It will meet on the fourth Thursday of each month at 5 p.m. There will be snacks. At the end of each meeting, members can make suggestions and then vote for the following month's book. Please come prepared to share two things you liked about the book, two things it could have improved on, and any other thoughts you have about the book. Registration is required. Copies of the book can be found at the front desk. This book group is for those in grades 8-12.

Potter Book to Movie Club

Do you love all things Harry Potter? If so, this club is for you! On the fourth Wednesday of each month from 3:30 - 6 p.m., this Sandown Library group will watch a Harry Potter movie based on one of the books and have a discussion comparing them. Is the book always better than the movie? There will be great snacks! Registration is required. Copies of the book can be found at the front desk.

Mother Goose On The Loose

Join the Sandown Library on Monday mornings for movement, reading, rhymes, and songs. Mother Goose on the Loose is a brain-based program consisting of thirty minutes of fun, skill-building activities. Some benefits of the programs are the following: aids speech development, improves motor coordination, develops attention span, and encourages a love of books and book illustrations.

Dog Man Book Club

This Sandown Library club will meet once a month on Thursdays from 4 - 5 p.m., to discuss a Dog Man book and do some fun activities. For this month, we will be reading Dog Man: A Tale of Two Kitties. Copies of the book will be available at the front desk.

REGIONAL

Free Food & Snacks

End 68 Hours of Hunger of Derry and Chester will offer free weekly food and snack bags will be available this summer at: Derry Public Library Teen Room and Children's room, Greater Derry Boys and Girls Club, Marion Gerrish Community Center, and Taylor Library. Bags are available to take, no qualifications or requirements or proof needed.

Women's Scholarship

The Londonderry Women's Club offers an annual scholarship to any woman seeking to improve her education. The scholarship is open to all women in Londonderry and surrounding towns. The scholarship value is \$1,000. To be eligible, the female applicant must meet the following requirements: Be at least 23 years of age or older, Be a current resident of Londonderry or an adjacent community, Be currently enrolled at an accredited post-secondary institution, Have completed a minimum of half the time or credits required for your degree, certification or licensing program, To apply the applicant will need to submit: A college

or institute transcript, Cover letter with statement about your reasons for returning to school, One personal recommendation, Activities, work experience and essay mentioned on application form. Applications must be received by Sept. 30. No late applications will be considered. All finalists might be notified for a personal interview. Recipient will be announced before Dec. 1. The recipient must notify the Londonderry Women's Club of her acceptance before Dec. 15. The award will be made payable to the recipient. Applications are available at the Leach Library, the Derry Public Library and can be found and downloaded from our website at londonderrywomensclub.org.

Free Meals

Please join us for free, family-friendly meals. Meals are generally held as posted below, but may be rescheduled for holidays. Sonshine Soup Kitchen will be serving drive by to go meals on Mondays, Tuesdays, Wednesdays and Thursdays from 4:30 - 5 p.m.

Need a Tutor?

Work one-on-one with a volunteer tutor. Free Tutoring is offered for a variety of programs including Adult Basic Education, Adult High School, and English as a Second Language at Derry Center for Adult Studies. Cover a variety of content areas, Flexible days and hours, Sessions held via Zoom and/or in-person. If you are interested in receiving tutoring services, please email kcapistran@sau10.org for more information.


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