



Londonderry Times

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A FREE Weekly Publication



Jessica Brien and Cole Britting admire the diplomas they had just relieved during the Londonderry High School Graduation Ceremony at the SNHU Arena last week. Photo by Chris Paul

Class of 2018 Graduates Londonderry High School

GABBY GUERARD
LONDONDERRY TIMES

Friends and family members scrambled through the stands of the Southern New Hampshire University (SNHU) Arena, trying to find the best seats possible. Moments later, a slow clap began echoing throughout the arena, coming from backstage. Then, it was time.

The Londonderry High School (LHS) class of 2018 proceeded

from behind the stage wearing caps, gowns, and ear to ear smiles. Friday, June 15 marked the day they had waited 12 years for: the 39th annual LHS commencement ceremony.

The evening began with the national anthem, sung by LHS seniors Josie Collins, Ellen Kester, and Nadia King. After marshalls Donna Chisolm and Scott Greene seated the class, LHS principal Jason Par-

continued on page 8

Resident Appeals to Town Council For Cheaper SAU Building Option

MIKE BYERLY
LONDONDERRY TIMES

During the Monday evening Town Council meeting, Londonderry resident Bob Slater presented the board with an option to fund building a new SAU School District Building that he said would be significantly less expensive than the current plan to lease space at Kitty Hawk Landing for ten years. The district is set to begin occupying the new space this July.

Slater's proposal calls for the school district to terminate the lease after three years and move into a new school district office that would be built on the site of the current building. Funding for the

construction of the new building would come partially from the town's undesignated fund balance and partially from savings on lease and tax payments.

Slater estimated that savings of \$1.2M would occur during years three through ten in the form of lease and property tax payments that would not need to be paid by the district. He estimated that a new district office could be constructed for \$2.5-3M. If town funds were used to pay versus issuing a bond for it, then substantial bond interest payments could be avoided.

On May 8, Slater presented his ideas to the School Board who voted

4-1 not to investigate the idea further with the town. While some School Board members saw merit in further investigation, they voted 4-1 not to do so because they had other priorities to deal with and did not want to invest time into the proposal at this point. At the Council meeting Slater said, "after reviewing the minutes from that [School Board] meeting, I truly believe that some of the school board members do not have a full understanding of the potential savings for every year sooner that we end the lease, for the overall total savings, or for the fact that the town may not have the money available

continued on page 4

LHS Spirit Week Controversy: Student Covers Face in Black Paint

GABBY GUERARD
LONDONDERRY TIMES

One Londonderry High School (LHS) student has had enough.

"Never in a million years would I have thought that a child in this day and age, a 16 or 17 year old child, as a junior [in high school], would've thought that was in any way, shape, or form, appropriate," reflected the mother of that student.

On June 15, LHS juniors were encouraged to wear black as part of spirit week, as that was the color for the rising senior class. However, when one

student decided to cover his face with black paint and wear it to class, another student felt racially targeted for being African American, and sought help from school officials.

The school launched an investigation and when reached for comment on the incident, Londonderry School District superintendent, Scott Laliberte, said, "The incident came about as a result of spirit week activity, where the students dress in the class color of the next grade up. And in this particular situation, the student was a junior, who will be a senior in the fall. Their class

color is black. Most of the students wore black clothing, this particular student wore some athletic eye black, from what I understand, and rubbed it over the rest of his face at some point. There were some other students who took offense to that,

continued on page 3

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Seniors Visit Their Elementary for a Send Off Breakfast



Graduating Londonderry High School seniors were treated to a hearty breakfast and a trip down Memory Lane by the district's elementary school last week as they prepared to graduate that evening. Pictured are students who attended North Elementary School as they were greeted at the door with name tags showing their fifth grade smiles and then talked with teachers and staff, admired old photos of them at the school and enjoyed breakfast. Later they toured their old classrooms before younger students started their day.

Photos by Chris Paul



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New 55+ Development Goes Before Conservation Commission

MIKE BYERLY
LONDONDERRY TIMES

Jessica McNeill of The Dubai Group, representing DFC Development of Windham, presented a proposed development called The Meadows of Londonderry. To be located at 48 Old Nashua Road, the development on just over 16 acres would consist of 44 two-bedroom, single family detached homes for 55+ residents.

McNeill shared that the housing density allowed per town regulations could be 116 units, but only 44 will be built. She also said that there would be 5.63 acres of usable

open space which is 128% of what is required by town rules for this type of development. In addition, none of the houses would encroach required wetland buffers.

McNeill explained, however, that some disturbance of the 50-foot wetland buffers would be required to properly install outfall pipes in the three detention ponds. The developer planned to apply for a Conditional Use Permit to request this permission from the Planning Board.

Member Gene Harrington pointed out that a few of the planned houses are very close to the wetland

buffers around one of the ponds. He was concerned that residents would not have a clear idea of where the buffer started and so might end up extending their lawns into it. Then chemicals used to maintain the lawns could end up in the buffer. He requested that there be clear delineation between lawns and the natural area that buffers the pond.

Member Deb Lievens reviewed the list of proposed plants in the landscape plan and encouraged the developer to use more native trees and plants.

The plans also call for a stone dust walking path, forming a loop around a

common lawn area. Member Mike Noone pointed out that parts of the path and lawn area are within the 50-foot wetland buffer surrounding the largest pond at the site. While the path is allowed in the buffer, landscaped turf is not.

Noone suggested reshaping or moving the path so that the common lawn area will not be in the buffer. Failing that, only the part of the lawn area outside the buffer could be maintained as turf and wetland buffer signs would need to be placed in the common area to mark the edge of the buffer.

In other business, the

Commission reviewed a state wetland permit application filed by the Town of Londonderry related to extension of sewer lines in the area of Woodland Village Condominiums, Orchard View Drive and Winding Pond Road. While there were minor wetland impacts, the Commission felt that the plan had chosen the best possible path to minimize such impacts.

There was a brief discussion about the trail maps that the Commission has been distributing at the Musquash Conservation Area trailheads. Members noted that the most maps are being

taken at the Hickory Hill and Faucher Road trailheads indicating that they are the most heavily used entrances.

The Commission received the formal Design Review Committee (DRC) plan for phase 2 of the over 55 Cross Farm project after having provided input on earlier draft site plans. With the final plan totaling 144 pages and having previously provided feedback, the Commission opted to defer providing feedback until the developer could provide them with a list of changes between the draft and final site plan.

Spirit Week

Continued from page 1

apparently there were some other comments that were made by another student as well, and the administration was informed of this and they took immediate action. They immediately interviewed all the students who were involved and applied appropriate disciplinary consequences."

Laliberte continued, "We have met not only with the students who were affected, we met with them and their parents, met with the school administrators. And we've been talking about ways in which we can ensure that our students and our staff and everyone in our community in the Londonderry schools can be more sensitive to some of the issues involving race and nationality, and we feel like this is a perfect time for us to do some

research into that over the summer, take a look at different ways in which we could work with our students and our staff to be more sensitive to the needs of our diverse community."

Meanwhile, the mother of the affected student believes that this is a much bigger problem than the eye black that the Laliberte referred to.

"This is certainly, in my opinion, one of the worst things that could possibly happen. It's at the top of the ladder," she said. "But this is not the only situation that any of my children have had to endure in the Londonderry School District."

Her daughter reports having experienced about a dozen instances this year alone, regarding racial offenses, several of which have included hearing the 'n' word. Though choosing to remain anonymous, in fear of backlash from other

students, she has found her voice and decided to speak up, in an attempt to end the reoccurring pain from racial harassment.

Despite efforts to step up and question officials, the mother has been alarmed by the lack of answers she has yet to receive from the superintendent about the issue. She claims this to be another recurring event, where she is often assured that incidents have been handled, without being provided additional details.

"Every situation that I've brought to their attention, or my daughter has brought to their attention, they can't tell me what they did, or what happened to the person who did things to my kid, but they've handled it, yet I have not seen any change," she said.

The mother hopes to see the school system make changes in the

future, to include more staff training to help prevent issues of racial insensitivity and harassment.

"What I would want anybody to come away

with is demanding that the Londonderry School District implements changes that will show they are finally taking this seriously, so that no child

will have to endure the continuous emotional damage as my child has," she said. "This was not eye black, this was black face."

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Editorial

The American Flag, Symbol of Freedom

On June 14, 1777, the Second Continental Congress passed a resolution to establish an official flag of the 13 United States.

The first American Flag would be thirteen stripes, alternating white and red, with thirteen white stars over a field of blue, to commemorate the 13 United States. Over the next couple of centuries, it would change only by the number of stars until it would become the 50-Star Spangled Banner we know and love today.

The flag has waved for the United States of America through good times and bad times. It has waved high and proud during times of celebration, such as Independence Day, and solemnly at half mast to pay respect during times of crisis.

Last week was Flag Day - a day set aside to retire our flag with honor and respect. For many people June 14, Flag Day was a day like any other, its importance and meaning being lost in the sands of time.

It has been said, "In honoring our flag, we honor the American men and women who have courageously fought and died years, patriots who set an ideal above any consideration of self. Our flag flies free today because of their sacrifice."

Flag Day isn't the only day when a flag can or should be retired. According to the United States Flag Code, "The flag, when it is in such condition that it is no longer a fitting emblem of

display, should be destroyed in a dignified way, preferably by burning."

Many associate the idea of the flag burning as an act of desecration or disrespect. In the case of burning for retirement, this is more an act of respect, cremating the flag, as it were, and it is carried out in a ceremonious, reverent fashion.

If a flag is too tattered, dirty, or worn to save, it is time to retire it. The flag should be retired in a private, non-public location in a solemn, dignified ceremony. Local Veterans of Foreign Wars posts, Elks Lodges, or American Legion posts are often able to assist in the retirement process should help be required.

While this method is preferred by the United States Flag Code, modern flags do have the potential to release harmful chemicals as they burn. For those more environmentally conscious, donating the flag to be respectfully recycled is also an option. Americanflagdisposal.com has further information on this option.

As President Teddy Roosevelt pointed out almost a hundred years ago, "We have but one flag, the American flag." So, please, do not just toss out these beloved symbols of freedom. Bring you old flags to your local post, legion, or contact a recycling company, and let them retire the flag with the honor they deserve.

Letters

Thanks to Postal Service

Dear editor,

Far too often it is too easy to complain about bureaucracy and government workers. However...

Recently, I purchased stamps at the Londonderry Post Office. As I put my change away, I forgot to pocket the stamps.

The next day I realized

I didn't have the stamps I had purchased. It seemed like a loss since I had declined the receipt because it was a cash transaction.

A day later when I checked my mailbox I found an envelope addressed from the post office with my stamps in it. A postal employee must have found my

address on the envelope I had handed to her for mailing when I made the purchase. Exceptional service deserves recognition.

And thank you to the other government workers I've not thanked along the way.

Pollyann Winslow
Londonderry

Londonderry Times 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 Londonderry Times at londonderrytimes@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. Londonderry Times reserves the right to reject or edit letters for content and length, and anonymous letters will not be printed. Deadline is 5 p.m. Monday.

SAU Option

Continued from page 1

in the future to fund much of the construction to save on bond costs."

The reception at the Town Council was much more positive with all four of the Councilors in attendance supporting working with the School District to further develop the idea. Chairman John Farrell asked if the Council would support a 10-year, interest free loan of \$2M to the District from the undesignated fund balance to help fund construction. All agreed that they would; however, such a proposal would have to go on the town ballot for voter approval.

Farrell expressed hope that the School Board would reconsider their position and work with the town and Slater on the proposal. Councilor Tom Dolan added that a drawback to the current leasing plan is that at the end of ten years the district would have to build a building or sign another lease, presumably at an even higher cost. In response to a question from Dolan, Slater estimated that it would take 12 months to construct a building from the time the first shovel goes into the ground.

Dolan also highlighted that if Slater's proposal

came to fruition, then after ten years the cost to the district would go to zero with no lease or mortgage payments. At that point, the savings could be reinvested in the district or passed on to taxpayers.

The lease agreement calls for annual rent starting at \$123,000 escalating up to as much as \$175,000 in year ten. In addition, the district would pay between \$20-27,000 in property taxes since the district office is not on town-owned land. Finally, the agreement requires the district to pay \$40,700 annually to cover the costs of fitting up the building space to meet the needs of the district. This is a \$407,000 cost with annual payments spread over ten years and must be paid in full if the lease is terminated early. The district is also committed to pay \$40,000 total in real estate commissions over the ten years even if the lease is ended early.

Farrell pointed out that the town government has a good history of supporting the school district. He mentioned that since 2003 when the current district office was added on to town hall, the town has paid the electric and water bills totaling about \$178,000 and that the town pays approxi-

mately \$30,000 per year for fuel for the school district vehicles, excluding busses. He also mentioned that the town pays for the three school resource officers and would like to see a fourth added during the next budget cycle.

Farrell added, "The Town Council is all in as a partner. The School Board just needs to come forward and want to work with us. I hope they do. I think you have a good idea."

Reached for comment after the meeting, School Board Chair Jen Ganem said that the School Board is focused on more pressing issues like space planning for the growing kindergarten enrollment that will then put enrollment pressure on elementary schools. She said that the Slater proposal could make sense down the line, but that the School Board does not have the time now to engage on it.

She stressed that the lease can be terminated if they decide to build a building or move the SAU office to another school building, but that the lease bought them time to figure out the facilities needs for student first before focusing more time on the needs of the administration.



Londonderry Times

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Cancer Survivors Prepare to Relay For Life at Pinkerton Academy

NOELLE TARDIFF
LONDONDERRY TIMES

Each year, hundreds of walkers, runners, families, and friends gather on the Pinkerton Academy football field for the Relay For Life of Greater Derry and Londonderry in order to raise money and awareness for cancer patients and survivors. This year's event, which will be held this Saturday, June 23, from 12 - 10 p.m., will introduce new activities and opportunities for participants to enjoy throughout the day and into the night.

Approximately 50 teams will be circling the Pinkerton track in this

year's Relay, with 500 or more total participants and close to 50 cancer survivors. As always, there will be uniquely themed laps, during which participants can dress up in costumes as they walk. This year, the team that raised the most money, Father Bob's Believers, even got to choose a theme: the margarita lap.

Amphora, a Greek restaurant in Derry, will once again be catering a dinner for survivors at the Relay. Linda Dinoto, the community development manager of the American Cancer Society, explained that she looks forward to seeing this cel-

ebration as this is her first year being involved with the Greater Derry and Londonderry Relay, and the dinner is unique to this event.

Several local groups will be performing throughout the event as well, including various singers, dancers, and the Red Star Twirlers. Participants can also look forward to several new additions to the event, such as snow cone and taco food trucks, a photobooth, a scavenger hunt for kids, and lots of family fun.

"We've really expanded the event this year," Dinoto said. "It's the first year the event will not go

overnight, so we're really trying to gear it toward children and families."

In addition to all of the new activities scheduled for this Saturday, a beloved Relay For Life tradition will also be carried out this year. The Luminaria ceremony, which honors every life touched by cancer, will begin after dark. Survivors, people currently battling cancer, and loved ones who lost their battles will be honored with a silent lap and the lighting of the Luminaria.

"The Luminaria ceremonies are amazing," Dinoto said. "The dedication that they show to the celebration of survivors

is absolutely stunning. It's wonderful."

While Dinoto has been involved in planning many different walks and Relays before, she explained that each Relay for Life is special. "It's not just a walk," she said. "You really get to enjoy everybody's company for a long period of time. With campsites and things like that, this event is more about people getting to know each other and enjoying the camaraderie."

There are many ways to get involved and participate in Relay For Life year round. The American Cancer Society is always looking for new planning

committee members to help organize these events and volunteer on the day of.

"Even just coming to the Relay and signing up to participate as a team is an awesome way to get involved," Dinoto said. "People can come to the event to enjoy and see what it's all about, and then go forward and start volunteering."

For more information about volunteering, donating, starting your own team, or the event in general, visit www.relayforlife.org, or contact Linda Dinoto at linda.dinoto@cancer.org, or 603-548-2804.

Reeds Ferry Looking to Expand, Revamp Operations

MIKE BYERLY
LONDONDERRY TIMES

Reeds Ferry Sheds came to a recent Planning Board meeting to share their conceptual plan for an expansion of their operation on Tracy Lane. Reeds Ferry has been operating out of 3 Tracy Lane. In April they purchased 5 Tracy Lane from MaryTim LLC for \$1.55M. 5 Tracy Lane is the former site of New England Gymnastics Training Center (NEGTC). In 2017, Reeds Ferry purchased 7 Tracy Lane. The Londonderry-Hudson town line bisects the properties with most of 3 and 5 Tracy Lane in Londonderry and most of 7 Tracy Lane in Hudson.

Jason Hill, Project Manager from TF Morin and Tim Carleton, a co-owner of Reeds Ferry, shared their plans to make use of the two additional properties. Overall, their goals

are to gain outdoor storage space to display sheds. Part of that involves moving parts of manufacturing into 5 Tracy Lane to free up space at 3 Tracy Lane. The plan also calls for parking and traffic flow improvements.

Reeds Ferry plans to expand the 10,000 sq. ft. building that housed NEGTC. In the early 2000s, the town approved a 2000 sq. ft. expansion of the building. NEGTC never executed the expansion, but Reeds Ferry intends to do so as part of their plan.

The applicant is also looking to install driveways that would connect all three parcels. With the shed walls and roofs built in different buildings, a truck needs to visit each building to pick up all of the parts of the shed. Connecting the buildings with a driveway would improve the traffic flow

and keep more truck traffic off Tracy Lane.

On the 7 Tracy Lane parcel, eighteen truck storage parking spaces would be created in the current parking area. There would be twelve employee parking spaces, but overall the number of parking spots would be less than were at NEGTC which had a need for lots of parking.

Reeds Ferry does not anticipate asking for any major waivers, but they may ask for relief from some interior landscaping requirements in parking areas and between parcels when they present the formal site plan for approval.

Board Member Al Sypek asked where plowed snow would be stored. Hill mentioned a few places that it might go and said

that it would be spelled out on the final site plan. Sypek also asked whether sheds would still be displayed on the property across Rt. 102 that is also owned by Reeds Ferry. Carleton said that those sheds are finished inventory sheds built for specific customers that are stored there until they are delivered. That would continue to be the case going forward.

Reeds Ferry is hoping to submit the full site plan and come for approval in the next two months with a goal to complete construction this year.

In other business, Town Planner Colleen Mailloux brought up the topic of 55+ housing. She said that she had heard concerns from a few board members about the proliferation of this

type of housing. She asked the Board if they wanted the planning department to look at the topic. A couple of Board members shared that they had also heard from residents on this topic.

Chairman Art Rugg expressed that the high housing density allowed in this type of development seemed like a problem. He was also concerned that the volume of 55+ housing units could be a long-term problem because baby

boomers are buying them now, but there may not be enough people in the next generation to buy them which would end up causing a glut.

Rugg and other members also shared that residents who may want to downsize to 55+ housing are finding the units currently being built to be too expensive. In the end, the board gave Mailloux the go ahead to research the topic and bring information back to the board.

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Town Council Proclamation Declares Andy Soucy Day

MIKE BYERLY
LONDONDERRY TIMES

The Londonderry Town Council opened their Monday night, June 18 meeting with a proclamation honoring retiring Music Director, Andy Soucy, for his long-time service to Londonderry High School.

Chairman John Farrell acknowledged that such an honor was not something that Soucy would seek because he was not one to seek the limelight. The proclamation established Friday, June 22 as Any Soucy Day in Londonderry.

Farrell noted Soucy's

46 years at LHS and the renown of the marching band as one of the best in the country. According to Farrell, "Londonderry's on the map because of Andy Soucy."

Soucy thanked the council and reassured residents that the music department will be in

good hands.

In other business during the Monday night meeting.

The Council renewed the licenses of junkyards S & S Metals and Murray's Auto Recycling after Code Enforcement Officer Richard Canuel presented that there had been no major violations at either location in the past year. He said that there were some minor issues, but the businesses responded quickly to address them when they arose.

Code Enforcement Officer Richard Canuel attended the meeting for a public hearing on an amendment to the town's Itinerant Vendors, Hawk-

ers and Peddlers licenses. It had been brought to his attention that the monty renewal is difficult for seasonal vendors, so a change was made to the ordinance to allow for a three month license.

The council voted in favor of the change.

Doug Smith, Finance Director for the town shared that there would be proposed updates to the town's financial management policy.

He recently provided an updated draft to the Council and used the meeting to explain the need for changes. The policy was adopted in 2003 with the intent to review it annually; howev-

er, no review had been done in the intervening years. He asked councilor to review proposed changes and provide feedback at or before the July Town Council meeting.

Farrell brought up the house at 209 Rockingham Road. He believes that this was the site of the former Morrison Junior High School about 60 years ago and that it may be the only former schoolhouse in town not currently serving as a residence. He asked the other councilor to check it out as he may explore funding preservation of it in the next budget cycle.

During liaison reports, Councilor Tom Dolan expressed his dismay at the visual appearance of the Blue Bird Self-Storage facility going up on Rockingham Road near exit 5. He and others on the Council felt that the 3-story structure looming over Rockingham Road as drivers exit from I-93 south was not a great way to introduce people to Londonderry.

While acknowledging property owner's rights, he asked the Town Manager and Planning Board liaison Jim Butler to explore what could be done to prevent something like this in the future.

Candidates File for Seats as Londonderry State Reps

The window of opportunity to run for a seat as a Londonderry State Representative closed last Friday.

With seven seats available for District 5, a number of familiar faces are looking to fill the State Representative seats.

Incumbents running for another term on the republican ticket are Al

Baldasaro, David Lundgren, Betsy McKinney, Sherman Packard and Douglas Thomas. The new comers that signed up were Thomas Dolan and Roger Fillo.

The town's democrats will have Kyle Foden, Mack Leathurby, Luisa Piette, Robin Skudlarek, Paul Skudlarek, Alex Rego and Anne Warner

The upcoming primary, on Sept. 11, will not be contested since there were only seven candidates for both the republicans and the democrats.

Those filing for State Senate in Londonderry were Sharon Carson, running as a Republican and Tammy Siekmann, who is listed on the Democratic side.

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A New Generation of Addiction: Schools address the dangers of vaping

GABBY GUERARD
LONDONDERRY TIMES

According to the U.S. Department of Health and Human Services in the state of New Hampshire, 9 percent of high school students smoked cigarettes in the last 30 days, compared to 25 percent of high school students who have used a vaping device in the last 30 days. It was this surprising statistic that caused Londonderry High School (LHS) and Londonderry Middle School (LMS) to take action.

The schools hosted the Northern New England Poison Center (NNEPC) on Wednesday, June 16 at LHS to address the dangers of youth vaping in the community. Following a presentation by Laurie Warnock, N.H. Education Coordinator for the NNEPC, Warnock joined a panel discussion with Dr. Brian O'Sullivan, Professor of Pediatrics for the Geisel School of Medicine at Dartmouth College and Medical Director of a Clinical Research Unit at the Dartmouth-Hitchcock Medical Center, Dr. Beth Sheridan, Londonderry School District Child Psychologist, OFC. Emily Dyer, School Resource Officer, Amity Small, LHS Assistant Principal, and David Sutherland, LMS Assistant Principal.

Vaping originated with electronic-cigarettes, as a safer cessation device for traditional adult smokers, because they do not create the results of combustion from burning tobacco. Yet, for the two million teenagers who had never smoked and have begun using vaping devices, the concern has reached epidemic proportions.

"We will have a whole new generation of young adults who will develop nicotine addictions," said Warnock.

The market now offers devices of all shapes and sizes, including vape pens, vape mods, cigars, and pipes. Essentially, they each have a mouthpiece, reservoir for the liquid, a heating element, and then a battery for recharging. The liquid, known as e-juice, contains a variety of chemicals, including tobacco. Although one must be at least 18 to purchase, the products are all available online, providing access to minors.

Additionally, these are not considered tobacco products by the Bureau of Alcohol, Tobacco, Firearms, and Explosives, nor are they considered food products by the Food and Drug Administration. This means that there is no agency overseeing the safety and the content of the substances and devices.

"Teddy bears have 17 standards that they have to meet for product safety. Vape devices do not," stated Warnock. "Because there's no standardization." O'Sullivan explained that studies have revealed that zinc, copper, tin, and lead in these products, as well as nicotine in e-juices labeled "zero nicotine." The devices can also facilitate the use of marijuana products, without the signature skunky smell.

"Smoking leaf material has maybe 6 to 10 percent THC, whereas resins and concentrates can have 60 to 80 percent THC," she added. "So the difference between a glass of water, and a fifth of Jack Daniels, we're talking that kind of

strength comparison."

Though, the biggest game changer has been the Juul. This cartridge-type device uses pods, and is as small as a flash drive. According to its engineers, it was designed as the "iPhone of e-cigarettes." While similar to other vaping devices, the biggest difference is that Juuls are not meant to be a cessation device; they are intended as a replacement for traditional cigarettes.

"By the time that a new smoker has finished one pod of a Juul, because it's such a high concentration, they've effectively smoked a pack of cigarettes, and that kind of exposure is enough to stimulate addiction," explained Warnock.

The primary danger among all vape products is their effect on adolescents. For the purposes of the brain, an adolescent has not completely developed until ages 21 to 25.

"What we've discovered is that when we introduce addictive substances or behaviors to the adolescent brain when it's still forming, it can prime that brain for addictive behaviors later in life," said Warnock.

According to O'Sullivan, those who vape can undergo immediate damage, however kids don't feel it right away. That being said, early action can help to minimize impact.

"The longer you do it, the more damage that you're going to get," he said. "Inflammation can be reversed if you stop smoking, but if you reach a point where it's turned into cancer or where there's scar tissue, then it's not changeable."

In addition to the



From left, Laurie Warnock, OFC. Emily Dyer, Amity Small, Dr. Beth Sheridan, Dr. Brian O'Sullivan address the dangers of vaping.

physical repercussions, vaping can also damage a student's academic future.

"Possession of e-cigarette is the same as possession of a regular cigarette: it's a statutory offence if you're under 18 years old. If you are caught with that device, or any of the products, you can be issued a summons to court," said Dyer. "If you're ever arrested for drugs in any fashion, you're not eligible for any kind of financial aid from the government for college."

Both LHS and LMS have been affected by students vaping. Sutherland reported that there were 10 offences of vaping or having vape paraphernalia at LMS, while Small revealed that they suspend about three or four kids per week at LHS. One of the main issues was that the epidemic began right when the 2017-2018 academic year started.

"This wasn't anything on our radar last summer, so we didn't have a plan in place of how we were going to handle this," said Small. "Prior to this, having a tobacco infraction was pretty much unheard of."

At this point, vaping has become a serious concern, specifically re-

garding how discrete the devices can be. Small reported that students have been caught in bathrooms, at lockers, and between periods. The vapors are nearly odorless, making them almost impossible to discover. Although some flavors can cause a faint fruity scent, it is virtually synonymous with perfumes.

Both schools have taken action, educating staff as well as students about the dangers through health and wellness classes. Currently, LMS relies on the aspect of having teams, and always encourages students to report behaviors to a trusted adult immediately. LHS utilizes the house office system, which also allows students to tell a variety of staff members about incidents, while having their privacy protected.

"We are integrating this now into the curriculums, and we'll continue to refine how we do that

as we learn more about the drugs and the products, and how our students are using them, to help them understand the short and long term ramifications of their decisions," said Sutherland.

"We're going to be trying to make sure all of our policies and suspension stuff adds up in the Life of a Lancer, and the wellness and health classes will be doing some work too," said Small.

Moving forward, LHS will host a Wednesday Wellness series for elementary, middle and high school parents, to cover different topics regarding mental health. The series will begin in September, meeting in room 221 on the second Wednesday of the month. Events will be posted on the LHS website before the school year begins.

The full video of the event can be found on the "Londonderry, NH High School" YouTube channel.

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Graduation

Continued from page 1

ent welcomed and congratulated the families, friends, and teachers of the graduating class.

Parent described the seniors as leaders and role models, who have been respectful, passionate, inspirational, and charismatic. Joining the class in their journey beyond LHS are eight teachers who are retiring. Of the eight, band director Andy Soucy is the only one who has spent over four decades at LHS, and received a standing ovation from the entire arena, marking his final performance.

This school year

marked the 40th anniversary of LHS opening its doors, so the remainder of Parent's address touched upon the different generations, focusing primarily on the class of 2018's generation z. He noted qualities such as being technologically savvy, able to communicate and access information through a number of platforms including social media.

Parent also broke down the class of nearly 380 students with key statistics. There were 160 seniors named as N.H. Scholars, 26 named as N.H. Scholar Athletes, and 43 graduating with a cumulative weighted GPA of 4.0 or higher. He stated

that 80 percent of the class are going onto higher education, as well as recognized the nine students who will join the armed services to defend the nation.

The LHS top ten students were also recognized for their honors: Carolyn Hill - tenth honors, Meghan McCudden - ninth honors, Andrew Liu - eighth honors, Joseph Hernandez - seventh honors, Carina Pento - sixth honors, Jacqueline Baumann - fifth honors, Richard Chen - fourth honors, Jeffrey Cieslikowski - third honors, Caroline Hayes - salutatorian, and Heather Ricker - valedictorian.

Ricker took to the podium with a smile, as she delivered a candid speech focused around the importance of passion.

"I'm the valedictorian, yes, but that's a minute detail. Before that, I am a friend, a peer, a member of Lancer Nation. Those are the things I am most proud to call myself," she said. "Today I will be speaking casually and authentically about all of you, because you all are my passion, and if I've learned anything in my 18 years of life, it's that obligation is never enough of a reason to do something. There must be passion at the root of it all."

Ricker proceeded to ask her classmates to close their eyes and think

about a time during the last four years that caused their hearts to skip a beat. She instructed the class to take that moment of passion, and use it as the foundation for their futures.

"You may not know where you'd like to be 20 years from now, but with your passion, at least you have a place to start," she said. "Spend the rest of your lives chasing and pursuing what you are passionate about."

As class president, Cieslikowski followed with a speech addressing a handful of lessons that the class learned together. Though, rather than focus on academic lessons, he spoke of signature aspects of everyday life at LHS, earning quite a few laughs with his classmates.

Cieslikowski thanked all the family members and retirees for teaching the class numerous lessons throughout their four years of high school, and for all the guidance along the way. He then looked to the future, encouraging the class to branch out and make the most of new learning opportunities.

"In high school, we tend to arrange ourselves into these cliques," he said. "As we move to the next phase of our lives, I challenge you to look past these social barriers. You never know what you can



The Graduation ceremony began with the national anthem, sung by LHS seniors Josie Collins, Ellen Kester, and Nadia King. Photo by Chris Paul

learn from anyone."

Following the conclusion of his speech, Cieslikowski was joined on stage by his fellow class officers, including activities coordinators Hernandez and Luke Cava, prom chairs Baumann and Jillian Doris, historian Aidan Crowley, secretary Shannon Fraser, treasurer Luke Wyman, and vice president Pento. Together, they presented the class gift, which is a digital sign to replace the current display in front of LHS. The new sign will showcase student achievements and community events, allowing for instantaneous updates in the event of an emergency. It will be installed in the

coming months.

After a performance by seniors Hernandez and Brendan Schabhetl, the seniors crossed the stage to receive their diplomas. As members of the class exited the arena to embark on their futures, the words of Parent's speech came full circle:

"I want to thank the Londonderry class of 2018. You are young men and women, who will continue to define your generation the way you always have: as people of substance, with a tremendous capacity to do so much good in the world. We wish you all the best of luck and remember, once a Lancer, always a Lancer."

OBITUARY

Mark E. Vermillion



Mark E. Vermillion, Sr., of Londonderry, passed away on Friday, May 4, 2018 at Parkland Medical Center.

An honorably discharged veteran, Mark proudly served his country for seven years, earning rank of Captain.

A dedicated husband, father, brother, and friend, Mark was a quiet pillar of strength for his family. Mark will be best remembered for his love of family.

Mark is survived by his beloved wife, Lynda; daughter, Jennifer of Weare; two sons, Mark E. II and James, both of Concord; sister, Julia of VA; brother, Eric and his wife Linda of CA; and extended family and friends.

Arrangements: His Wake will be held in the Phaneuf Funeral Homes and Crematorium, 243 Hanover St., Manchester on Monday, June 25, from 10 a.m. - 12 p.m. followed by a Celebration of Life at 12 p.m. Mark will be laid to rest with military honors at the New Hampshire State Veterans Cemetery, 110 Daniel Webster Hwy, Boscawen, on June 25 at 2 p.m. To view Mark's Online Tribute, send condolences to the family, or for more information, visit www.phaneuf.net.

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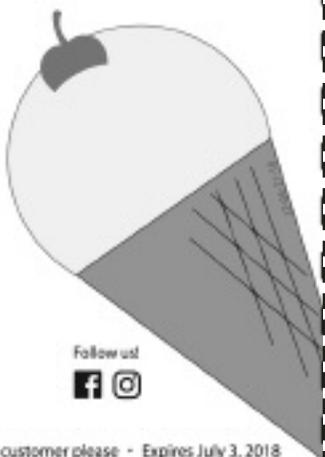
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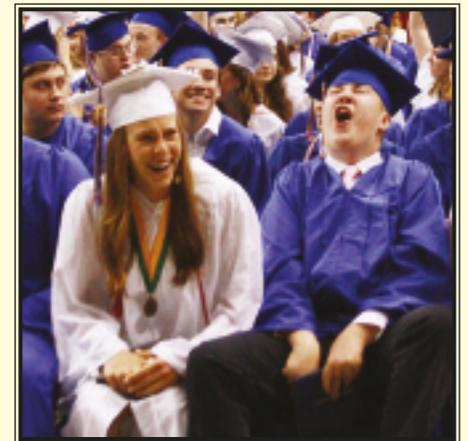
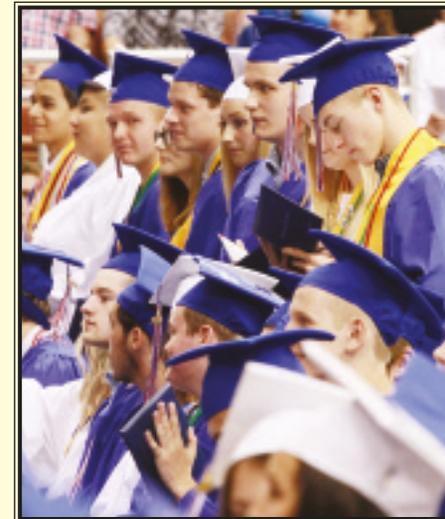
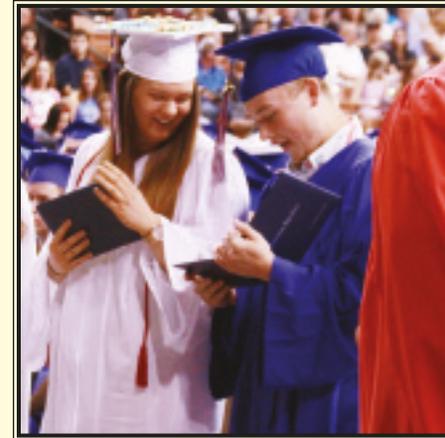
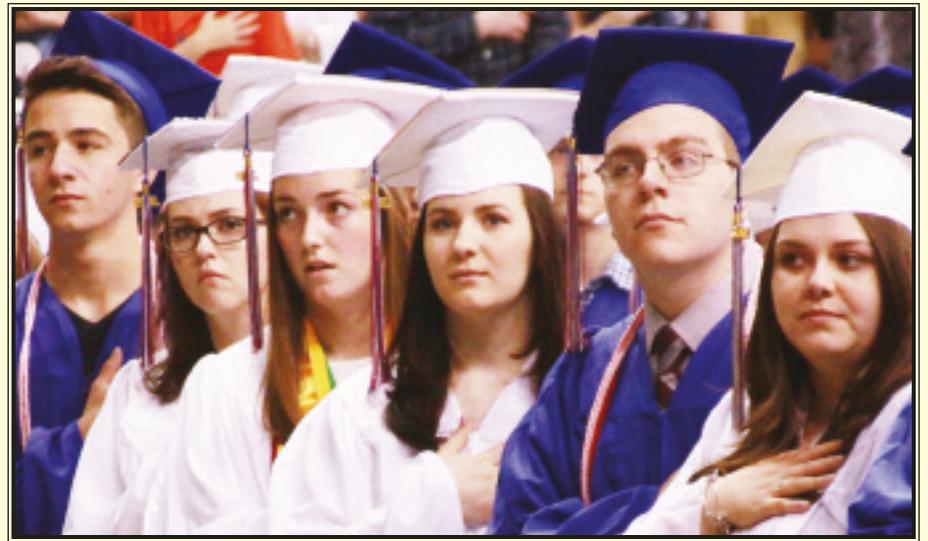
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LONDONDERRY SPORTS

Player of the Year Misiaszek Leads LHS Softball Honorees

CHRIS PANTAZIS
LONDONDERRY TIMES

Based on Lauren Misiaszek's pedigree, athleticism, work ethic, skills, and even her unflappable personality, there has long been every reason to believe that she'd be a candidate for Division I Softball Player of the Year.

And the new Londonderry High School graduate claimed that prestigious honor recently following a truly stellar senior season in which she helped her Lady Lancers to within two victories of the first state championship in program history.

The highly-skilled second baseman - who has been a constant contributor to LHS varsity softball coach Wayne MacDougall's Lady Lancer squads since her freshman year - also bagged D-I First-Team All-State honors after batting .500 with a .524 on-base percentage, 26 runs batted in, four home runs, 39 hits, and 30 runs scored.

Misiaszek - who is known to friends and family as Loey - is a part of a family which has contributed some pretty stellar athletes to Londonderry High right back to the school's earliest days in the late 1970's.

Her cousin Darryl played on the first two Londonderry High championship baseball squads in 1982 and 1983, and also starred in basketball.

Another cousin Mike was a fleet-footed outfielder in the Lancer baseball program before transferring to Trinity High in Manchester to be able to play hockey prior to LHS adopting that sport. And he was one very good hockey player.

But perhaps most importantly and directly, Endicott College-bound Misiaszek is the daughter of former LHS standout football and baseball player Peter Misiaszek, for whom she played softball for years.

"This is her moment, I had mine," said Peter. "All I will say is that I could not be more proud of my daughter. She is a great daughter, teammate, and person. I'm excited for what the future holds."

Leading up to this great softball honor as she moves from high school to college, soft-spoken and self-effacing Loey Misiaszek has always let her play do the talking. And her now-former coach MacDougall is pretty pleased to have had her in his lineup for four full and impressive seasons.

"She simply works hard at the game, and of course her dad has always been very supportive, coaching her during the summers for years," said MacDougall. "She has a great work ethic and great leadership skills, being a team captain and member of our (LHS) Athletic Leadership

Council."

Misiaszek's 2018 Londonderry High softball teammates who also garnered Division I All-State honors were senior pitcher Ila Brown (First Team), leadoff-hitter extraordinaire and senior infielder Cassidy Raza (Second Team), junior shortstop Alivia Proulx, and sophomore outfielder Gia Komst (both Honorable Mention recipients).

Coach MacDougall was a little miffed at the All-State placements of those latter three players.

"Cassidy and Alivia should have both been First Team, and Gia at least Second Team," he said.

In moving on to the illustrious Endicott College (Beverly, Mass.) softball program - which has collected some 10 Commonwealth Coast Conference championships and just missed out on number 11 in early May - Misiaszek steps onto a team which went a pretty incredible 30-6 for first-year coach Katie Bettencourt this spring. That team included four seniors and one grad student, but no New Hampshire residents in its talented ranks.

The 2018 New Hampshire Division I Player of the Year intends to study nursing at the Bay State school and help keep the Endicott softball powerhouse a major player in New England collegiate women's softball.



Endicott College-bound LHS softball star Loey Misiaszek was named 2018 D-I Player of the Year.



Senior pitcher Ila Brown joined teammate Misiaszek as a D-I First-Team All-Stater. Photos by Chris Paul



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Defender Bourque Ends Up Being the Lone LHS Lady Lax All-Stater



CHRIS PANTAZIS
LONDONDERRY TIMES

There was certainly no surprise that star senior defender Isabella "Izzy" Bourque was named a 2018 Division I Second-Team All-State selection recently. As a linchpin and a leader on the Lady Lancers' defense, Bourque played a vital role for second-year coach Scott Walden and his crew.

What was a surprise, however, was that LHS senior attack and superb offensive weapon Catie Derhak did not in fact garner all-state honors this spring after having another excellent campaign.

Coach Walden had very little trouble coming up with superlatives regarding 2018 all-stater

Bourque, who will move on to Stonehill College in Easton, Mass., and in doing so continue a tradition of Londonderry High sports standouts going to that Bay State school and playing on athletic teams there.

Record-setting LHS multi-sport star Kayla Green attended Stonehill and became a college lacrosse All-American there and then went on to do some coaching at Southern New Hampshire University and U-Mass Lowell following graduation in 2013. And Bourque's former LHS lacrosse teammate Jill McIntire - perhaps best known to Londonderry High sports fans as a huge contributor to the Lady Lancer gymnastics team's state title several years ago - will be

a junior on the Stonehill women's lacrosse contingent next spring.

"Izzy has always had tremendous athletic ability," said LHS coach Walden. "She is fast and very strong. This season she worked a great deal on her help-defense. She has always been a tremendous one-on-one defender, but this season her help-defense really improved. She helped the new defenders all year long and it helped the entire defense improve a lot over the season. I know she will turn into a star at Stonehill next season."

The Stonehill Lady Skyhawks went 8-9 for coach Katie Conover during their 2018 campaign, with a sub-par 5-8 mark in

the New England-10 Conference. They have graduated six seniors from their roster, four of whom saw time on defense.

As for the snubbing of offensive stalwart Derhak for 2018 all-state honors, Walden was unable to figure out why a standout senior who potted 45 goals this spring - including the 100th goal of her fine career - would miss out on honors.

"I was very surprised that Catie did not receive an all-state selection," said the coach. "She was a First-Team selection last year, and again this year had an outstanding season with fantastic numbers in both goals and assists."

Derhak is moving on to Southern NH University.

Londonderry High senior defensive linchpin Izzy Bourque ended up being the lone Lady Lancer lacrosse all-stater this spring. Photo by Chris Paul

LHS Junior Spiker Buttafuoco Gets All-State Recognition

CHRIS PANTAZIS
LONDONDERRY TIMES

The 2018 Londonderry High School boys' volleyball squad was facing all kinds of challenges coming into its campaign this spring. But one battle-tested veteran upon whom new varsity coach Jon Buatti could truly rely on his

young squad was junior middle-hitter James Buttafuoco.

And although the Lancer squad had distinct struggles throughout their tough 2018 season - going 2-14 overall and missing out on a state tournament berth - Buttafuoco exhibited leadership and considerable talent in helping the team

become an entity which went from having trouble even winning games early in the season to one which made opponents go a full five games to vanquish the locals.

The skilled veteran helped his Lancers to victories against Winnacunnet of Hampton in late April and the John Stark Regional squad from

Weare in early May.

Other Division I volleyball coaches noticed Buttafuoco's qualities, and as a result he recently received All-State Honorable Mention recognition from them.

Buttafuoco, who also plays basketball at Londonderry High, will enter his senior season looking to play a vital role again in boys' volleyball next spring.

The team only loses three players to graduation and could bring back as many as nine, more battle-tested players for the 2019 campaign.



Junior James Buttafuoco was a bright light for a Londonderry High boys' volleyball squad which had a tough 2018 season. Photo by Chris Paul

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God Bless

LHS Baseball Squad Has Four Players Receive All-State Recognition

CHRIS PANTAZIS
LONDONDERRY TIMES

While it's true that the 2018 Londonderry High baseball team had the competitive part of its season end with a heartbreak, in the wake of that loss the squad had four of its top players receive impressive recognition from the Division I coaches against whom they played so well.

The Lancers recently had four of their players - junior Reece Manor and seniors Nate Sullivan, Ricky Perry, and Anthony Pirolli - all collect 2018 all-state honors as voted upon by the D-I coaches.

Reece Manor was named a First-Team All-Stater thanks to his play in the field, on the pitcher's mound, and at the plate for the 12-9 Lancers. Pitcher/shortstop Nate Sullivan and standout outfielder Ricky Perry were both named second-teamers, and left-handed pitch-



Reece Manor was the LHS baseball squad's lone First-Team All-State selection for the 2018 season.



Recently-graduated senior Nate Sullivan bagged Second-Team All-State honors for 2018. Photos by Chris Paul



Ricky Perry was a vital cog for the LHS baseball squad at the plate and in the field and garnered 2018 all-state honors.

ing stalwart Anthony Pirolli got third-team recognition.

That fearsome foursome played a vital role in helping their LHS team overcome a frustrating 10 games at the start of season - where the Lancers went a lowly 3-7 - to produce nothing less than stellar play in the final 10

games of the regular season in which Londonderry went 9-1.

There was every reason to believe that the fifth-seeded Lancers would make big waves in the state tournament as well, but alas they were upset by the number 11 Keene High Blackbirds in a 10-5 game at LHS in round one.

However, coach Demas utilized the chance to talk about the talents of his four all-staters with true gusto, and had every reason to be able to do so.

"Reece did it all for us this year," said Demas. "He led the team in hitting and was one of the top arms and defenders. He was (subsequently) named a captain for the 2019 season."

Of Sullivan, the long-time Lancer coach stated, "Nate was the heart and soul of the team. He is the definition of the term 'dirt

dog.' He helped turn our season around at the midpoint by becoming a starter on the hill."

As for Perry, who has been a versatile catalyst for his team for years now, his coach said, "Ricky has been a three-year captain and an excellent young man. Defensively, he was the leader in the outfield, and nobody works harder at their craft than what Ricky has demonstrated over his time at LHS."

And regarding true southpaw hurler Pirolli,

who his fellow Lancers affectionally refer to as 'Rolli,' Demas said, "Anthony had a rougher start to the year, but really turned it on in the second half. He is kind of goofy off the mound, but on the mound he is all business."

Through much of baseball history, many left-handed pitchers have been referred to as "quirky" or "eccentric," but Pirolli got plenty of winning accomplished on the pitcher's mound and earned his teammates' praise and respect in doing so.

EES Crew Has Win Push it Into First in 50-and-Over League

CHRIS PANTAZIS
LONDONDERRY TIMES

The Efficient Energy Systems squad notched a decisive and satisfying victory in proving to be a real pain in the neck for The Village Chiropractors' team in Londonderry 50-and-Over Softball League play on

the evening of Tuesday, June 12.

By virtue of that success, the EES crew rose to the very top of the league standings thanks to its 4-1 record and eight points.

Second place was occupied by both Rocco's Pizza (3-2 record) and Justin's Eagles (3-2) with

their matching tallies of six points, and the Birch Tree Counseling Center contingent sat in fourth overall at 2-4 with its collection of four points. And The Village Chiropractors' crew was still looking to hit its stride with its 1-4 record and two points on the young season.

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Lancer Laxmen Have Four Athletes Garner D-I All-State Honors

CHRIS PANTAZIS
LONDONDERRY TIMES

After tallying a final-four finish for first-year coach Roger Sampson, the Londonderry High boys' lacrosse team recently had four of its standouts recognized by the Division I coaches against whom they played so well with all-state recognition.

The Lancers had seniors Nate Andrews (a midfielder) and Corey Hicks (a defender) collect Second-Team All-State recognition along with their sophomore teammate Jeff Wiedenfeld (also a mid-die), while junior attackman Anthony Federico got All-State Honorable Mention recognition.

Both Andrews and Federico also produced plenty for the LHS ice hockey team during the

winter sports season.

In addition to their lacrosse all-state accolades, Andrews and Hicks were selected to play on the New Hampshire team of select seniors who will battle a team of Vermont seniors in the 26th Annual Byrne Cup Match at the University of Vermont this coming Saturday.

All four men played extremely important roles in helping to push their Lancers to an 11-7 regular season record and the fifth seed in the Division I tournament.

Sampson's squad then upset the fourth-ranked Bedford High Bulldogs in a come-backing upset, quarterfinal-round victory in Bedford which had folks in New Hampshire high school sports circles talking for weeks. Andrews potted three



Senior LHS lacrosse player Nate Andrews followed up a fine ice hockey season with an all-state lacrosse one.



Defensive stalwart Corey Hicks completed his Londonderry High career with all-state honors.

goals in that battle.

Londonderry had its own 2018 title aspirations

dashed by the undefeated and top-seeded defending state champions from

Bishop Guertin High School, but those Cardinals were upended by the second-ranked Pinkerton Astros in the D-I championship match.

Londonderry, Pinkerton Field Hockey Stars Team Up vs. Vermonters

CHRIS PANTAZIS
LONDONDERRY TIMES

One need look no further than what the Merrimack College men's lacrosse team accomplished recently in collecting the Division II National Championship to know that Londonderry High School and Pinkerton Academy athletes

working together can do great things.

That title-winning team included three former Londonderry High Lancers and two Pinkerton Academy Astros who worked side by side for the same goals after being opponents for years.

This Friday night, June 22, it'll happen again in an annual field hockey match in Vermont which will feature two former Londonderry High Lady Lancers teamed up with two Pinkerton Lady Astros on the New Hampshire contingent in the 35th Annual New Hampshire Field

Hockey Coaches Association Twin-State Game against a crew of Green Mountain high school stars at the University of Vermont.

Newly-graduated Londonderry High midfielder Maeve McPhail and defender Chase Vanini are working with teammates and recent Pinkerton grads Carly Young (mid-die) and Whitney O'Brien (defense) in aiming to help their Granite State group bag its sixth consecutive victory in the

annual all-star series. The New Hampshire side collected a truly pleasing 4-1 victory over its Vermont rival in the 2017 battle, which was played in the Granite State. The Green Mountain state last picked up a win in overtime in the 2012 contest, and the Granite Staters have built up their record in the series to a dominant 22-9-3.

The top, recently-graduated senior field hockey players from New Hamp-

shire and Vermont have been playing in Twin-State matches since 1984 when the Granite State played host to the inaugural match and dropped a tight, 1-0 decision.

The two states switch off as hosts each June, with the hosting site usually being a college.

This year's New Hampshire contingent is being co-coached by Kelli Bralley of Souhegan High School of Amherst and Jess Brown of Goffstown High School.

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Longtime LHS Softball Coach MacDougall Eyeing End of The Road

CHRIS PANTAZIS
LONDONDERRY TIMES

It has been longtime Londonderry High School softball coach Wayne MacDougall's practice over the last handful of years to get to the end of a season, use a bit of down time to decompress from what transpired, and then make a definitive decision on whether to return to the coaching post or not.

Up to this spring of 2018, the answer MacDougall always landed on was 'yes.' But despite the fact that his talented Lady Lancers' squad fell just two wins short of the first-ever state championship

in LHS softball history, MacDougall is nearly ready to hang it up. Nearly.

The retired Londonderry High math teacher has been a high school softball coach for some 30 years, beginning as varsity head man John Vaughn's junior varsity coach in 1988 and then taking over from Vaughn as the varsity head coach in 1997.

During his span of 21 years at the varsity helm, MacDougall led his Lady Lancers to championship games in 2001, 2007, and 2010, and in all three cases Londonderry faced and lost to the always-

tough Salem High Lady Blue Devils.

MacDougall's 2017 and 2018 contingents both had truly exceptional regular seasons, and they looked all but unbeatable this spring in heading into the D-I tourney as the number one seed with a winning streak of 16 consecutive wins rolling.

They hammered number-eight Exeter in the quarterfinals to bag consecutive success number 17, but they put forth an entirely atypical performance in falling to number-four Spaulding of Rochester in the semifinals.

Some folks might have

been thinking that MacDougall would come back for one more season next spring to take another crack at getting that elusive first championship for the program. But the coach himself has been thinking otherwise since season's end, and he may well have coached his final game as the leader of the Londonderry High softball program.

"I'm undecided on (returning) next year, but it's highly unlikely," he said. "I'm tired these days and would rather spend more time in Florida in the spring. 80/20 not to come back is my best estimate."



Longtime LHS softball coach Wayne MacDougall, shown here with assistant coach Corrine Murphy, may have coached his last high school game.

Fun in the Sun: Benefits of Sunshine in Summer Months

MELISSA BETH RUIZ
LONDONDERRY TIMES

With the days now longer and hotter, protecting skin from harmful UV rays with sunscreen with an SPF of 50 or more can be helpful. While this is a sound practice and should not be stopped entirely, as it turns out, it's not all doom and gloom when it comes to a ray of sunshine.

The detriments of too much sun exposure are serious, ranging from a sunburn to various forms of skin cancers. UVA radiation from the sun penetrates deep into unprotected skin where it contributes to skin cancer via indirect generation of DNA-damaging molecules such as hydroxyl and oxygen radicals. UVB rays, while they also lead to direct DNA damage and accelerate different skin cancers, are primarily responsible for that painful, lingering sunburn. Both forms of radiation damage collagen fibers and destroy vitamin A in the skin, accelerating aging of the skin.

But with the bad comes the good, and there are several good reasons for letting the sun shine on the skin for a moment or two. Aside from providing a warm, comforting feeling and a sunkissed glow, the sun's rays provide a decent list of benefits to those who choose to bathe in them.

The benefit of sunlight that is best-known is its ability to boost the body's supply of vitamin D. In most cases, deficiency of the vitamin is actually caused by lack of sun exposure. According to the National Institute of Environmental Health Science, at least 1,000 different genes governing virtually every tissue in the body are now thought to be regulated by D3, including calcium metabolism, neuromuscular and immune system functioning.

Unlike other vitamins, vitamin D can be synthesized in the skin through a reaction triggered by exposure to UVB radiation. Efficiency of this production depends on the number of UVB photons that penetrate the skin, which can be inhibited by clothing, excess body fat, sunscreen, and the amount of melanin in the skin.

Not only can sunlight provide a health boost physically, it is also a powerful tool in strengthening mental health. Looking outside and seeing warm, sunny weather conditions can be an instant mood enhancer for many, but taking it a literal step further into the sunlight helps in a number of ways.

As primarily diurnal (being awake during daylight) beings, humans are programmed to be out and

about when the sun comes up and at rest after the sun goes down. For this reason, melatonin, the hormone responsible for the body's circadian rhythm, is produced during dark hours and stops upon exposure to daylight. The proper production of melatonin plays an important role in countering infection, inflammation, cancer, and autoimmunity, and it even helps to suppress skin damage caused by ultraviolet radiation.

The production of serotonin, one of the hormones responsible for feelings of happiness, is also affected

by exposure to sunlight. Serotonin is normally produced during the day, and is converted into melatonin in darkness. Moderately high serotonin levels result in more positive moods and a calm yet focused outlook.

UV rays also help to increase blood levels of endorphins, chemicals which interact with the receptors of the brain that reduce the perception of pain, and trigger a positive feeling in the body.

The best way to safely reap the benefits of sunlight vary from person to

person, but generally, chair of the Department of Dermatology at Beth Israel Deaconess Medical Center, Dr. Robert S. Stern suggests the use of a sunscreen with a Sun Protection Factor of at least 15 while out for an extended period of time and wearing a hat and shirt around midday as a middle ground when trying to take advantage of these health advantages.

While they don't neces-

sarily override the risks of too much sun exposure, the benefits of soaking up the sun are real and can be fun to partake in. Nutfield Publishing still advises its readers to adhere to all of the necessary safety precautions when it comes to prolonged sun exposure, and for individuals to ask their doctors the best way for them to go about taking in this natural health-booster.

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AROUND TOWN

Around Town Policy: This section is meant to be used to announce free events to the communities. If your group or non-profit is receiving money for what they are publicizing, there will be a charge of \$40.00/week per paper. All Around Town/Calendar Items will be held to 100 words maximum; anything over will incur a charge of \$40.00/week for up to another 50 words. All free announcements in the Around Town/Calendar section can run a maximum of 3 weeks. Deadline for submissions is Monday at 5 p.m.

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

Children's Summer Reading Program

The summer is here and it's time to rock out with this year's Summer Reading Program! The theme for the program is "Libraries Rock!". The Leach Library is pleased to be able to offer some great programs and activities this summer, including craft days, trivia contests and guessing games, just to name a few. There will also be special programs and performers throughout the summer. Have an enjoyable summer of fun during this summer's reading program! All reading program participants will work as one team to try to read enough books to double the world record for the longest marathon reading aloud by a team, with a total of 43,800 minutes! Each book read will equal one minute of reading completed. Follow our bookworm as he makes his way around the clock. Be sure to visit our website for our monthly Calendar of Events and all activities information. Check out the Leach Library Children's Services page at londonderryNH.org/Pages/LondonderryNH_LeachLibrary/CS/children

Leach Library Hours

The Library hours for the month of July are: Monday - Thursday, 9 a.m. - 8 p.m., Friday - Saturday, 9 a.m. - 5 p.m. The library will be closed on Wednesday, July 4, in celebration of Independence Day.

Adult Summer Reading Program

Ninth annual Adult Summer Reading Program is in full swing and will continue until Friday, August 31. If you have already registered, continue reading for a chance to win prizes. If you have not yet registered, there is still plenty of time. Adult library card-holders can stop by the Reference Desk to sign up. For more

information, please call the library at 432-1132.

Renew

Renew will be open Saturday, July 14, from 8 - 10:30 a.m. at Calvary Bible Church, 145 Hampstead Road, Derry. Arrive by 10 a.m. Renew will also be open every Thursday 9 - 11:30 a.m., please arrive by 11 a.m. You do not have to be a Derry residence. Renew offers free, gently used apparel. Each household is limited to 20 of the newest items, plus a reasonable number of older items. Enter at the church marquee sign. Donations of good condition, modern clothing may be placed in the donations bin by the door at any time. No donations of money are asked or accepted. For details, search for "Renew Derry" on Facebook, email renewcalvary@gmail.com or call the church secretary at 434-1516.

Parade Day

On Monday, July 2 from 11 a.m. - noon the Leach Library will have a celebratory program full of scarf waving fun. During this energetic program, we will hear stories of parades big and small, discovery why a pig parade is a terrible idea, and march in time to some fabulous parade tunes. Registration is required and begins the Thursday prior to the program. For more information, please call the library at 432-1132.

Teddy Bear, Teddy Bear

On Tuesday, July 10 from 10 - 10:30 a.m. come to the Leach Library to hear stories of everyone's favorite fuzzy friend. Patrons of all ages are invited to an energetic half-hour program of exciting stories, frolicking finger plays, and sensational songs. Each week, one lucky patron will win a special raffle prize. No registration is required for this drop-in

program.

Games Night

On Thu. July 5 as part of the Leach Libraries Young Adult Summer Reading Program for grades 6-12 come bring games to share with the group for a fun-filled night from 6 - 7 p.m. For more information, please call the library at 432-1132.

Book Bingo

On Thu. July 12 as part of the Leach Libraries Young Adult Summer Reading Program for grades 6-12 come and take part in the classic game of Bingo. All participants will receive at least one book as a prize! For more information, please call the library at 432-1132.

Harry Potter Celebration

On Thu. July 19 as part of the Leach Libraries Young Adult Summer Reading Program for grades 6-12 join us in celebrating twenty years of Harry Potter! Test your knowledge of the books and enjoy Harry Potter themed activities. For more information, please call the library at 432-1132.

Book Discussion

On Thu. July 26 as part of the Leach Libraries Young Adult Summer Reading Program for grades 6-12 come and discuss "Call of the Wild" by Jack London. Join Buck in a journey of survival as he learns what it means to be leader of the pack. The first sixty participants to sign-up will receive a paperback copy of the book to keep. For more information, please call the library at 432-1132.

Puppet Show

Join Deborah Costine on Wednesday, July 11 from 11 a.m. - noon for her Turtle's Wetland Quest puppet show at the Leach Library. Blanding the turtle is in search of a new, safe wetland home. A road has been built between her pond and the sandy hill

where she goes to lay her eggs. How will she cross the road? When Blanding meets Castor the beaver, who is eager to build a dam, she thinks her problem is solved! New friends including Edward, Rachel and a Blue Spotted Salamander follow Blanding on her adventure through nature. Registration is required and begins the Thursday prior to the program. For more information, please call the library at 432-1132.

Craft Time

Paint your own wind chimes on Thursday, July 26 from 10 - 10:45 a.m., or 1 - 1:45 p.m., to paint your own hot air balloon inspired wind chimes at the Leach Library. During this program, patrons will be able to decorate their wind chimes with special paint. Each session is open to 70 participants. Registration is required and begins the Thursday prior to the program. For more information, please call the library at 432-1132.

Summer Fun Book Bingo

Join us Monday, July 30 from 11 a.m. - noon at the Leach Library to play a fun picture version of the popular game. Every participant will win and be able to choose books from our special selection table. Registration is required and begins the Thursday prior to the program. For more information, please call the library at 432-1132.

Just Desserts Social

The Londonderry Republican Committee is holding a "Just Desserts" social on Thursday, June 21, at the Victory Baptist Church, 78 Litchfield Road, Londonderry. We will meet from 6:30 - 8:30 p.m. No July meeting. We'll resume our monthly meetings on August 16, same time and place.

Win Tickets to Red Sox vs. Yankees

Etz Hayim Synagogue is raffling off two front-row seat tickets to the Red Sox v. Yankee game that will take place on Friday, August 3, at 7:10 p.m. at Fenway Park. The cost of the raffle is \$10 for one raffle ticket; \$50 for six raffle tickets. Tickets include admission to the Royal Rooters Club, a private club for Red Sox season ticket holders and home to original memorabilia. The drawing will take place on

Sunday, July 22, (your presence is not required for the drawing). To purchase raffle tickets, please contact the Red Sox raffle organizer at redsox@etzhayim.org, or Dina Michael Chaitowitz at d.chaitowitz@etzhayim.org. Proceeds from the raffle will benefit Etz Hayim Synagogue and will in turn help to support the synagogue's many programs that are available for free to the surrounding communities.

Summer Free Lunch Program

Sonshine Soup Kitchen, Monday Thru Friday, 4:30 - 5:30 p.m. The Salvation Army Summer Free Lunch Program For Kids June 26 to August 23 (18 and younger), 12 - 1 p.m. Tuesday June 26 and Thursday at the Fairway Apartments.(by the pool), Wednesday, at The Salvation Army, 18 Folsom Road. Look for the Salvation Army lunch truck.

St. Gianna's Place Yard Sale

St. Gianna's place, yard sale will take place on June 23, in the St. Thomas Aquinas parking lot, 26 Crystal Ave., Derry. The sale will run from 8 a.m. - 2 p.m. St. Gianna's place is working to purchase a home that will serve at-risk pregnant women in the Derry/Londonderry area, and their annual yard sale is a reliable source of funds.

Voter Information

The Supervisors of the Voter Checklist will meet at the Town Clerk's Office to correct the checklist and register voters on: July 18, from 6 - 7 p.m. To register to vote, one must provide: Proof of Londonderry residency, Proof of citizenship (passport, birth certificate, naturalization papers) Photo ID Applicants for registration who possess proof of identity, age, citizenship, and domicile should bring that proof when they come to register. Qualified applicants who do not possess proof or who do not bring proof with them may register if they sign an affidavit attesting to their qualifications for identity, age, and citizenship.

Media Camp

The Londonderry Access Center's Beginner Summer Media Camp is fast approaching! The camp will be held July 9-20 from 10 a.m. - 2:30 p.m. This camp is open to students entering 5-

8, grade in fall 2018. This is an exciting camp where kids will learn aspects of video production. They will produce a TV show, and have a screening of all their work at the end of the two weeks, for friends and family to see. Space is limited, so be sure to reserve your spot today! Call Erin at 432-1100 X-185.

RC Air Show

The New Hampshire Flying Tigers will hold a Radio Control Air Show supporting the Wounded Warriors Project on Saturday, June 23 from 10 a.m. - 4 p.m. (rain date Sunday). Held at the Flying Tigers airfield accessed behind the Total Air Supply building on B-Street in Derry, the event will offer demonstrations of warbirds, helicopters, aerobatics, drones and scale planes all day. Food and refreshments will be available and the public is invited to not only watch the aircraft but also to try flying a radio control aircraft. For information, visit www.nhflyingtigers.com or call ABC RC and Hobbies at 458-6481.

VA Bingo

On June 22, Post 27 will be playing bingo with patients at the VA Hospital in Manchester from 7 - 8:30 pm. We'll be serving pizza and diet soda as well as providing \$150 in prize money. For more information go to our website www.alpost27.com, or call at 437-6613.

Elijah's Table

Free Community Dinners Offered by Elijah's Table in Derry. Elijah's Table, a joint project of Etz Hayim Synagogue (1-1/2 Hood Road, Derry) and the Derry Episcopal Church of the Transfiguration ("DECOFT") (1 Hood Road, Derry), are serving up two free dinners in June. On June 24, from 5 - 6:15 p.m., Etz Hayim will be serving ziti with cheese and sauce, fresh salad with corn and orange peppers, green beans, garlic bread, and dessert, including ice cream. The atmosphere is always informal and friendly, and the facilities are air conditioned. Meet up with old friends, make new friends, and have a great meal. For more information on free meals in the Derry area, please go to <http://freemealsinderry.blogspot.com>

Free Meals

Continued on page 19

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Londonderry Police Log

Selections from the Londonderry Police Logs

Monday - June 11

9:23 a.m. Services rendered for report of Criminal Threatening at Budget Gas and Auto Repair on Nashua Road.

9:29 a.m. Services rendered for Traffic Hazard on Mohawk Drive.

12:33 p.m. Assault investigated on Pettengill Road.

12:56 p.m. Juvenile offenses investigated at Londonderry Middle School.

5 p.m. Services rendered for report of Sex offenses on Shasta Drive.

10:28 p.m. Peace restored after disturbance on Winding Pond Road.

10:53 p.m. Domestic disturbance investigated on Buckingham Drive.

Tuesday - June 12

12:08 a.m. Assault investigated Manchester Boston Regional Airport.

1:15 p.m. Suspicious activity investigated on Old Derry Road

1:48 p.m. Assault investigated on Raintree Drive.

4:05 p.m. Services rendered for motor Vehicle Accident on Rockingham

Road at Commercial Lane. **4:55 p.m.** Motor vehicle accident investigated on Harvey Road at Litchfield Road.

9:12 p.m. Criminal Threatening investigated on Nashua Road.

Wednesday - June 13

4:57 a.m. Missing person investigated on South Road.

9:04 a.m. Motor vehicle accident investigated on Technology Drive.

11:36 a.m. Motor vehicle accident investigated Mammoth Road at Fieldstone Drive.

12 p.m. Criminal mischief investigated at Nelson Road Rec. Fields.

12:03 p.m. Services rendered for suspicious activity on Chase Road.

10:44 p.m. Peace restored after disturbance on Pinto Lane.

Thursday - June 14

2:34 a.m. Suspicious activity investigated on Nashua Road at Shell Food Mart

8:31 a.m. Services ren-

dered for Larceny/Forgery/Fraud at McGregor Cut Project on Stonehenge Road.

8:38 a.m. Prowler investigated on Old Derry Road.

11:57 a.m. Motor vehicle accident investigated at Gabby Smoke Shack on Rockingham Road

12:38 p.m. Motor vehicle stop and arrest made at Gabby Smoke Shack on Rockingham Road.

Lisa Velasques, 43, of Manchester charged with Disobeying an Officer.

1:32 p.m. Peace restored after Disturbance on Constitution Drive.

4:29 p.m. Warrant served and arrest made on Richard Court. Jonathan Tomasi, 25, of Raymond charged with Conduct After an Accident.

8:02 p.m. Warrant served and arrest made on Greenview Drive. Sara Gladstone, Angela, 36, of Manchester charge with Conduct After an Accident.

8:06 p.m. Services rendered for Juvenile Offenses on Holly Lane.

Continued on page 19

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Around Town

Continued from page 16

Please join us for free, family-friendly meals, served in a relaxed atmosphere. Meals are generally held as posted below, but may be rescheduled for holidays. Please call the facility to check on holiday times. We look forward to seeing you! On July 8 and August 12, dinner will be served from 5 - 6:30 p.m., at Episcopal Church of the Transfiguration, 1 Hood Road, Derry. On June 24, July 15 and August 19 dinner will be served from 5 - 6:15 p.m., at Etz Hayim Synagogue 1-1/2 Hood Road, Derry. On June 29, July 27 and August 24 a

Spaghetti supper will be served from 5 - 6:30 p.m. at First Parish Congregational Church, 47 East Derry Road, East Derry. On June 24, July 29, and August 26, Lunch will be served from 1:30 - 2:30 p.m., at St. Jude Church 435 Mammoth Road, Londonderry. On July 21 and August 18, Dinner will be served from 5 - 6 p.m., at St. Luke's United Methodist Church, 63 East Broadway, Derry.

Book Drive

The LHS Community Service Club has been sponsoring a book drive for the past two weeks. So far, over 700 books have been collected. The books are being donated to the Upper

Room, family resource center, in Derry. We are collecting used books which would be of interest to young families, both children and parents. In the first two weeks of the drive, the LHS community (Lancer Nation) has donated over 700 books; we would like to get to 1000 books donated, so we are extending the drive into April. Collection areas are in the High School House Offices, Main Office, and Library. Our contact at the Upper Room is Janis Lilly (JLilly@urteachers.org).

Continuing Education Program

Programs are open to the public at no charge, except as otherwise indicated.

Donations to the Etz Hayim Synagogue will allow us to continue to offer these and other programs, and are gratefully accepted. Thurs. Nights, at 7 p.m. Etz Hayim Synagogue, 1 1/2 Hood Road, Derry. For more information, please contact: Stephen Soreff, MD, at soreffs15@aol.com or 603 895-6120.

Greater Manchester Lyme Disease Support Group

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

Relay for Life

American Cancer Society Participation in Relay For Life of Greater Derry-Londonderry to Help Attack Cancer From Every Angle is calling on all community members to participate in the annual Relay For Life of Greater Derry-Londonderry on June 23, 2018 from noon - 10 p.m., at the Pinkerton Academy Track. Be part of the fight, and together we can beat our biggest rival. American Cancer Society is seeking volunteers to form teams and stand shoulder to shoulder with us and cancer patients and those supporting them. To learn more about Relay For Life, and register a team, visit RelayForLife.org/derryandlondonderrynh.com or on Facebook @GDLRelayforLife.

fortunate woman and people in NH meets every 4th Thursday of the month 7 p.m. at Londonderry Presbyterian Church at 128 Pillsbury Road, Londonderry. If you have any questions please call 781-866-9976.

Walk with Me

Are you losing or have lost someone? A child, a parent, a sibling or a friend? It can be a painful journey but you don't have to walk it alone anymore. Just come "Walk With Me". Meetings are the 2nd and 4th Tuesdays of the month at 7 p.m., at the Londonderry Presbyterian Church, 128 Pillsbury Road, Londonderry. If you have any questions please call 781-866-9976.

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.

Police Log

Continued from page 18

8:17 p.m. Domestic disturbance investigated on Conifer Place.

9:29 p.m. Disturbance investigated at Fortin and Sons, Inc on Mammoth Road.

10:16 p.m. Services rendered for suspicious activity on Rockingham Road near the Stumble Inn.

Friday - June 15

12:44 a.m. Domestic disturbance investigated on Pinto Lane.

8:44 a.m. Criminal threatening investigated on Conifer Place.

9:27 a.m. Disturbance investigated at Sleep Inn on Perkins Road.

2:08 p.m. Motor vehicle accident investigated at Auto Auction of New England, Inc. on Action Blvd.

4:19 p.m. Motor vehicle

accident investigated on Nashua Road near Young Road.

6:40 p.m. Disturbance investigated on Chapparel Drive.

7:22 p.m. Person who overdosed transported to hospital from O'Reilly Auto on Garden Lane.

8:40 p.m. Trespassing investigated at abandoned building on Bancroft Road.

9:03 p.m. Assisted Londonderry Fire Dept. with transport to hospital from Wallace Farm Apartments on Bridle Path.

9:42 p.m. Suspicious activity investigated on Tanager Way.

10:58 p.m. Services rendered in keeping the peace on Pinto Lane.

Saturday - June 16

5:20 a.m. Assist Londonderry Fire Dept. with structure fire on Hovey Road.

10:15 a.m. Suspicious activity investigated at Manchester Boston Regional Airport.

4:39 p.m. Peace restored after complaint on Judy Drive.

8:28 p.m. Warrant served and arrest made on Elijah Hill Road. Angela Martin, 51, of Londonderry charged with Criminal Trespassing and Disorderly Conduct

11:15 p.m. Auto Theft investigated on Hall Road.

Sunday - June 17

12:23 a.m. Motor vehicle stop leads to two arrests at McDonald's on n Nashua Road. Three officers respond and charge Justin Macero, 41, of Londonderry with Disobeying an Officer and Driving After Revocation or Suspension. Cody Haycock, 22, of Rochester is charged with Possession of Con-

trolled/Narcotic Drugs.

1:25 a.m. Five officers respond to attempted suicide and make arrest on Pinto Lane. Alan Grochowski, 37, of Londonderry charged with Violation of Protective Order; and Resisting Arrest or Detention.

2:14 a.m. Services rendered in response to disturbance reported on Hampshire Lane.

8:14 a.m. Assisted Londonderry Fire Dept on Fieldstone Drive.

2:20 p.m. Motor vehicle accident investigated on Lantern Lane.

4:56 p.m. Motor vehicle accident results in arrest on Young and Cross Roads. Four officers charge Shawn Ganley, 37, of Nashua with Driving Under the Influence of Drugs or Liquor and Possession of Controlled/Narcotic Drugs.

Lions Club Meeting

General Lions Club Meetings are on the 2nd and 4th Monday of the month at 7 p.m., at Lions Hall, Mammoth Road. We are always welcoming new members to help support our community, so stop in to learn more.

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Boy Scout Yard Sale

Boy Scout Troop 163 will hold its annual yard sale on

Saturday and Sunday, June 23 and 24
at Murphy Drive and Route 102/Raymond Rd., Chester
 (near Chester Academy)

Sale starts at 8 a.m., under the Big Top Yellow and White Tent.

Donations will be accepted until day of sale, please visit [Facebook.com/ChesterTroop163](https://www.facebook.com/ChesterTroop163) or call 508-596-3034 if interested.



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