

Londonderry Times

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New Beginning

The first day of school looked very different this year as students were all following very restrictive rules on interaction. Pictured, second grade students at North School are given instructions where to go as they head in.

Photo by Chris Paul

One of Four Plans Heard at Planning Board Meeting

CHRIS PAUL
LONDONDERRY TIMES

During the Wednesday, Sept. 12, Remote Meeting of the Londonderry Planning Board, all but one hearing was continued to the Oct. 7 meeting.

The board was to review four new plans that evening, but three of those plans had the applicants requesting a continuance to Oct. 7.

The first application was for a formal review of a site plan for the construction of a 61,400

square foot warehouse addition, a loading area and associated site improvements at 11 Ricker Avenue by Glenbervie, Inc.

The second application was for formal review of a lot line

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School Board Approves Co-Curricular Activities

KELSEY DERHAK
LONDONDERRY TIMES

The School Board held its most recent meeting on Tuesday, Sept. 1, and during that meeting narrowly approved starting co-Curricular activities starting Sept. 8.

That evenings biggest agenda item was a vote on whether to allow after school activities such as athletics, marching band, and academic clubs once school starts. In that vote, the Board voted 3-2 in favor of allowing these after school activities this fall but not after a lengthy discussion. The Board allowed for public com-

ment on the issue of whether or not to approve co-curricular activities and the residents, including those directly affected wasted no time in defending the need for fall co-curriculars.

Athletes from many of the fall athletic teams were there to represent and speak on behalf of their sport as well as parents who provided their own input. Alison Palmer, President of the LHS Cross Country and Track and Field Booster Club, spoke on the risk involved by not holding sports. Palmer who is also a Nurse Practitioner said, "There is no such thing as no risk and each

side of the scale carries risk. I do not see professional or Olympic level play for my children and that has never been the goal. Athletics is more than the physical endurance of running 3.1 miles, making an interception, or scoring a goal. The richness of being a part of something outside of ourselves builds character, offers life skills, and resiliency. The CDC offers guidelines that can balance the risk vs benefit on returning to sports."

Another common theme brought to the attention of the board was the toll it would

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School Board Member Irritated with Finance Director Request

CHRIS PAUL
LONDONDERRY TIMES

During the later part of the School Board meeting held on Tuesday, Sept. 1, member Steve Young took exception to the way the school district's finance director Peter Curro presented a plan of what to do with the Undesignated Fund Balance.

That evening, Curro made a presentation to the board on what to do with surplus funds from FY20, and started by saying that the district currently has \$1,835,284 as a total balance of revenue. He suggested mov-

ing \$150,000 of that to the reserve account leaving \$1,618,400 as the remaining Undesignated Fund Balance (UFB).

Curro then recommended that the board retain \$1,100,000 in the Undesignated Fund Balance, and said, "At the moment \$525,000 would be left as revenue to be used to offset property taxes."

Curro then added, "I said, at the moment, because as you know, at our next meeting, we'll be talking about the need for additional computers for curriculum." For those computers, he

suggested using CARES Act money to purchase them, and to add \$150,000 from the \$525,000 to supplement what is needed for that purchase.

Young immediately asked Curro to explain his figures, saying, "Where you lost me, was where

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Finance

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you said that we were going to take \$500,000 and return that back to the taxpayers." Young added, "Then you talked about spending it. So are we going to return it to the taxpayer, or are we going to spend it."

Curro tried to clarify by saying, "As of tonight, the difference between your Unassigned/Undesignated Fund Balance, and what our recommendation is, is \$524,000. That's tonight. We don't need that number until the end of September, first week of October. Our recommendation in two weeks,

when IT presents their proposal for additional equipment, because of the COVID situation, will be to take, if the board approves additional equipment, will be out of CARES money and money out of reserve." That \$150,000 coming from the UFB will reduce the number going back to the taxpayer in December to roughly \$350,000.

Curro's overall goal that evening was to have the board approve retaining 1,100,000 in the UFB account.

When asked by Young to explain how much money the school is in the account currently, that could be accessed if needed, Curro responded \$1,618,400 as of July

1, 2020.

Young then followed up by saying, "I'll have to watch the video, but I just found then presentation of it odd, because you led with, we're going to return, \$500,000 back to the taxpayers. There is not to many people in the room, but if they're watching the show, they're expecting to get \$500,000 off on their taxes this year."

Curro responded, "That's why I said, absent any further action of this board."

Young finished the exchange with, "I'm just going to say it, I'm a taxpayer and you just really irritated me."

When asked if the board could hold off on

making a decision on the matter until after they hear what would be proposed by IT at the next meeting, the board was told that a report needs to be filed with the state on Sept. 1, but they could request a postponement if needed.

It was then determined that the final decision on what to put into the UFB could be made by Oct. 1.

Young then explained his sensitivity on the subject saying, "We are in a Default Budget this year. In the 18 years I've been on the board, we have never been in a Default Budget. We've never had the voters slap us and say, 'No, you're not getting that.'"

That's why my sensitivity to the fact that people said no last year."

Curro explained that he reasoning for using this money, (\$150,000) is COVID-19 related and he would not be touching money in the Default Budget. He added the money would come from CARES Act and reserves, "That's the purpose of reserves."

Member Amy Finamore then added that it might be best, for clarity, if the board hold off setting the reserve amount until the next meeting after the IT presentation, which fellow members agreed.

Also during the meeting, Superintendent Scott Laliberte gave the

board an update on where the Facilities Master Plan.

Laliberte said that after picking up with the districts discussions with the Trident Group, a project management firm out of Salem, there were three avenues the board could choose from.

One would be to continue moving forward with four phases of the plan which would cost about 4147,000.

The second would be to just do the first two phases at a cost of \$60,000., for the existing conditions report and an educational programming document.

The third choice would be to do nothing for the time being.

Planning

Continued from page 1

adjustment between 33 Londonderry Road, and 23 Londonderry Road, by the owner 33 Londonderry Road, LLC and Lionel Labonte Revokable Trust and Advanced Machining Technologies.

The third was an application for formal review of a site plan for parking lot upgrades and associated site improvements at 33 Londonderry Road from the same applicant.

The fourth plan presented was the application for formal review of a site plan amendment

for a paved access drive around the existing building at 3 Aviation Park Drive, by the owner Kake Preserve.

Engineer Jeff Lewis presented the plan to the board and started by explaining where the property is located. That location is at the corner of Harvey Road and Aviation Park Drive.

Lewis showed the plan that approved by the Planning Board in 2010 with two phases. One phase was for the main building, which was built back then, and the other was to be a smaller addition.

He then discussed the reason for the hearing, saying that due to traffic issues being experienced on the site, the owner has decided to forgo the second phase of the plan and ask to create a driving area where that addition was proposed. This would allow traffic flow to go around the building back to the only entrance and exit. They also would be adding about 20 parking spaces.

Lewis also mentioned that he was hoping that this would be approved soon, in order to get the paving done

before the winter.

One issue that was brought up by both the board and the Planning Department was that the area around the building where traffic would exit was only 16-feet. The Planning Department asked that the applicant get approval from the Fire Department before they move forward with construction.

Also during that remote meeting, Town Planner Colleen Mailloux gave the board an update on the temporary outdoor dining that was allowed by the planning department earlier in the summer.

She explained that

the temporary approval for restaurants in the town to have outdoor dining areas was expected to expire when Gov. Sununu allowed restaurants to go back to 100 percent capacity.

Mailloux said that after speaking with Fire Chief Darren O'Brien, they felt that most establishments could not maintain the mandatory social distancing that is needed within their buildings, so they decided to extend the permits.

She added that those permits will expire on Oct. 31, since winter conditions would make these areas unfeasible.

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Conservation Commission Approves Aviation Park Warehouse Plans

CHRIS PAUL
LONDONDERRY TIMES

During the last Conservation Commission meet held through videoconference on Tuesday night, Aug. 25, members went over the plans for two large buildings being proposed at 5 Aviation Park Drive.

Earle Blatchford of Hayner and Swanson appeared before the commission to represent his client R.J. Kelly and discuss revision that had been made to the plan since the last time he was before the board. He explained that his client is looking to divide two lots at the site on Avia-

tion Park Drive.

The commission was concerned with the wetlands that surround the site on three sides, and Blatchford explained that one of the areas has been created by the abutting property at 3 Aviation Park Drive, from the sites parking lot. The second area is located along most of the eastern part of the property. Both of those areas have large portions of land buffering them. There are two addition wetland areas to the front of the property that are smaller and do not require a buffer.

Blatchford then went over the plans for the buildings they are pro-

posing on the site from the first meeting. Those plans showed a 40,500 square foot building and the other would be a 50,000 square foot warehouse.

In the revised plan that Blatchford presented that evening the amount of buffering around the site was greatly reduced from the original plans. He said that the site now has 16 percent of buffer from what the original plan had shown and they achieved that by moving the building slightly and moving a security fence, and they also made the 50,000 square foot build-

ing 42,000 square feet.

Blatchford also explained that the new plan shows additional retaining walls on the eastern side of the property. They also shaved off some of the pavement for parking on that side of the site.

In summary, Blatchford told the board that the original plan had nearly 30,000 square feet of Buffer Impact, and the revised plan has about 4,500 of impact.

The total Jurisdictional Wetland Impact would remain the same.

Commissioner Deb Lievens was extremely happy with the changes

made to the plans, saying that, "I could definitely support this one."

Commissioner Mike Speltz questioned whether there was enough area around the warehouse to allow a fire vehicle through the entire site.

Blatchford responded that he had gotten that feedback from the Planning or Fire Department, but assured Speltz there was enough behind the building, but they would be receiving additional comments later.

Speltz was also concerned with the snow removal in that area, worrying that the snow

would be draining outside the site on that southeastern corner. He was told that the snow would be pushed more to the center of the site.

There was also some talk about the fire access area and whether the permits given to the site would apply to this plan.

In the end, the commission decided to vote approve the plan subject to confirmation that the previous permits are not contravened by this plan. They also wanted confirmation that the snow removal would not be on the southeast side of the property.

OBITUARY

John E. Kluk



John E. "Jack" Kluk, 71, of Londonderry, NH, passed away Thursday, Aug. 27, 2020 in Parkland Medical Center, Derry, NH. He was born in Methuen, MA on Sept. 16, 1948, a son of the late Edward Kluk and Katherine Mason. Jack was an avid guitarist who loved blues music and attending blues or rock shows at the Tupelo in Derry. He adored the outdoors and enjoyed taking the scenic route through the New England area or walking the local trails. Jack loved being with his family and was known as the family clown. He had a kooky personality and just loved to make people laugh in any way he could. He brought joy and happiness to all the people in his life.

He is survived by his loving wife of 28 years, Kathy (Blanchard) Kluk; daughter, Katie Kluk; brother, Kevin Kluk and several nieces nephews, beloved in-laws, extended family members and many life-long friends. Jack is predeceased by his sister Diane Ludwig.

There will be no services at this time. The Peabody Funeral Home & Crematorium, 15 Birch St., Derry is assisting the family with arrangements. In lieu of flowers, memorial contributions may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

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Activities

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take on the mental health of those students involved in co-curriculars were they not allowed to partake in them this fall. A senior member of the Cross Country team, Gabrielle Page, was worried about how the pandemic would impact her senior season in the spring and so she took to training every day since to calm herself. "I depend on my sport for my mental health as well. When I don't run I notice my

stress levels increase significantly. If I am unable to run cross country this fall I know that my mental health will suffer as a result", says Page. It was the risk of the student's mental health that pushed School Board member, Steve Young, to vote for allowing fall co-curriculars along with members Saucier and Ganem also voting in agreement. School Board Member, Bob Slater, was not in favor of allowing fall co-curricular at this time due to bussing concerns as there was no clear

answer if the athletic department could accommodate one athlete to a seat while traveling. Board Member, Amy Finamore, also voting against mainly due to her concerns for the risk of spreading the virus even more through after school activities and having to shut down the school system once again.

There have been changes made to both athletics, marching band, as well as academic club's normal fall protocols to allow for a safer

return for students. Some of those changes include the use of masks, hand sanitizing stations, social distancing, amount of spectators at events, and disinfecting of equipment before and after each use. Schedules have also been changed to limit the amount of travel needed during the fall. The complete list of changes and rules for athletes and spectators was emailed out to the parents along with a waiver for those who opt-in for fall co-curriculars.



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Editorial

Labor Day Has New Meaning

Last Monday was Labor Day, a day that has always served as a nice transition to the start of school and the end of summer. This year, as we celebrated with friends and family, we were urged to take precautions due to the COVID-19 pandemic, which continues to forever change us and our surroundings.

Yes, things have changed. We see families on the verge of losing their homes, businesses closing, layoffs happening, and people, who were once donors to charities and social-service organizations, becoming recipients. For this I blame COVID.

Labor Day is an important holiday. It is recognition for all American workers who labor to keep our country going. America's economy moves like a machine, fueled by the hard work of all its citizens laboring for independence, family and the American dream.

This year, the average American employee has faced nearly insurmountable turmoil from pandemic, lost jobs, furloughs, lost wages, to risking one's health daily to make it through the workday.

Despite having jobs, we see hard-working Americans struggling to make ends meet, especially as wages continue to lag behind the high cost of housing and healthcare costs. Inflation grows but wages stay stagnant. Many still struggle to earn enough to cover basic necessities, even with government stimulus. I call it corporate greed when large corporations make a killing off COVID

and do not pass along their good fortunes to workers.

We recognize that local commercial businesses are suffering while adapting to new COVID regulations. A summer with little rain is an additional burden on our farmers that may cause larger problems down the road. Many businesses still look hopefully towards a good holiday season to pull them through these financially changing times. You can include this local business among them.

We can take for granted how many comforts we as a society have. We should reflect on the work and sacrifice of everyone who contributes to our country, our freedoms, and our way of life, even with the problems that we continually tweak to make better.

Beyond these financial, social and emotional losses that are hitting home for many of us, there are way too many intangibles to list that make us strong when it comes to figuring out all that has been lost and all that we must do. We as humans are very resilient.

In the end, the burden remains on all of us to do our share. What we do for others will shape what this community, and the world, will look like when we come out of this pandemic. We still have each other. That will have to be enough to make it through. 2020 will surely be one for the books.

"All we need is love, love is all we need..." The Beatles

Letters

Take Responsibility

To the editor,
I've often wondered what it would take to force Donald Trump to take responsibility for his mishandling of COVID-19. Just how many months of the virus ravaging our country would it take for him to admit he was wrong, and that it isn't a hoax? How many jobs lost or businesses closed would it take for him to work with Democrats to fight the virus? How many deaths would it take for him to ignore his Twitter account and instead believe in science?

But now in September, without any remorse or ownership to speak of, we're at the edge of a dangerous landmark, even for Trump. We're now facing down the barrel of schools reopening - regardless of whether they're safe - just so Trump can live out his own personal, pandemic-branded version of the "Emperor's New Clothes."

The health of my four grandchildren and two of my children who are teachers shouldn't be put on the line just to inflate Donald Trump's ego.

If it takes an election to put an adult back in the White House and protect our students and teachers, then so be it. I wholeheartedly support Joe Biden for President. Joe is a calming voice and has a plan for us to move on from this terrible crisis.

I only wish the election was before back-to-school.

Barbara Fucarile,
Londonderry

Chaos Consumes White House

To the editor,
Commander-Of-Chaos Trump has hired some questionable people to fill government positions, and his poor judgement has created chaos in the White House.

Michael Flynn, National Security Adviser, lied to the FBI, and he was fired. Tom Price, Secretary of Health and Human Services, resigned because of use of government aircraft for private business. David Shulkin, Secretary of the VA, was fired because of lavish travel costs. Scott Pruitt, EPA Administrator, resigned because of lavish travel costs. Ben Carson, Secretary of Housing and Urban Development, was in trouble due to extravagant furniture expenditures.

Since Trump's inauguration 35 high level officials have left the White House, including huge turnover of National Security officials. Thomas Bossert, Homeland Security Adviser resigned. Ricky Waddell, Deputy National Security Adviser; Nadia Schadlow, Senior NSC official; and Michael Anton, NSC Strategic Communications left the administration.

The ongoing chaos in the White House translates into chaos and violence in the streets of our country.

The Commander-Of-Chaos threatens our security with his blundering decisions, and the White House chaos with its lack of leadership has led to over 180,000 deaths and 6

million coronavirus cases in the U.S., which is 25% of worldwide cases with only 4% of the world population.

Donald Moskowitz
Londonderry

The Last Full Measure of his Disgrace

To the editor,
No, you are not reading the title wrong. The actual line from the Gettysburg address was: "they gave the last full measure of devotion". However, we are talking about this disgrace of a human being here, much less a President, or little chief Bone Spur (BS), if you prefer.

WP: Veterans scorn Trump over report that he calls fallen soldiers 'Losers' & 'Suckers'. Retired Maj. Gen. Paul Eaton stated: I am stunned that anybody in the United States military would consider you anything but a loser or a sucker, urging viewers to vote against Trump in November. Further saying: "You're no patriot". A favorite saying of mine, in regards to his followers.

Of course, he is denying it, much the same as he denies EVERYTHING, takes responsibility for NOTHING. However, much has been said which would make this true. Remarks about John McCain, General Mattis, General Kelly, Lt. Col. Vindman, and a host of others both in and out of the military, speak volumes as to; sure, he said it. As we know, much like in any Criminal Regime; if you speak out against the dictator, you are by default:

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Londonderry Times

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Primary Day

Although many of the Primary Races were uncontested locally, voters still showed up to the polls at Londonderry High School on Tuesday, Sept. 8. The Republicans set up their fenced-in area pretty-much where they always have, despite the Fire Chief's request to have all areas set up across the parking lot. A complaint was filed with the state by Republican leaders in opposition of that request, and they set up in their usual spot. *Photo by Chris Paul*

Letters

Continued from page 4

"Human Scum" (using his words). Still think you are living in the United States of America?

I will never understand the mind of a Republican, most likely because it is a contradiction in terms, I believe. Why after collectively not giving President Obama so much as an inch, they give this idiotic clown a FREE PASS? Examples: National Debt is up 7.1 Trillion too ~27 Trillion, more than any first term President in history. Deficit spending: Increase of 2.3 Trillion too ~ 3 Trillion (6-fold increase). Again,

highest of any first term President. What was that? Conservative what? (I sure do feel sorry for the poor SOB who inherits this nightmare. No worries, it will be a Democrat) Unemployment up to 10%. Close to 200K dead from Corona Virus. Not to mention the 20,000+ lies told. What happened to: "On My Watch"? I guess I would have to say: I miss the days when all those mindless, brainwashed, puppets with strings, could yammer about was Debt & Deficit, every darn day. Including shutting the country/economy down over it. Remember? One has only to use one's imagination to think of

what would have been said had this been a Democrat President during this time, truly mind boggling.

We won't get into the country being "torn in two" just now. Although, it is something I predicted back in 2016, but that is another story. However, it will be a good story, a great story, a terrific story, I mean a really, really fantastic story, believe me. Please....

Do I really believe this will be the last measure of his disgrace? Not by a long shot!

Nine weeks to go and the Nightmare ends!
Steve Homsey,
Londonderry

Not Voting for Donald Trump

To the editor,

I am appalled but not surprised that Donald Trump would disparage all American military members past, present and future. He has always considered himself above all others. He has no respect for any-

one. He holds our soldiers, sailors and airmen in complete contempt.

A person as corrupt as Donald Trump deserves no respect, honor or loyalty. I could curse this fool but I am far to insulted and outraged. I ask all our Veterans, serving military personal and all the rest of us Americans, includ-

ing those fooled by this liar, to respect your country and yourselves by:

NOT VOTING FOR DONALD TRUMP

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COVID Stress Leading To Increased Substance Abuse

MELISSA BETH RUIZ
LONDONDERRY TIMES

Albeit a destructive coping mechanism, there are countless reasons why many people turn to alcohol and/or drugs to solve their problems.

Drug and alcohol abuse affects millions of people across the country on a regular basis. Add the pressures and uncertainty of a pandemic, and numbers of men and women turning to the bottle seem to have been rising.

According to a report put out by Nielson Global Connect, alcohol sales in United States stores went up over fifty percent in late March, compared to the same time last year.

A poll of 2,200 adults conducted by Morning Consult in early April of this year also found that one in four millennials and one in five generation-Xers had increased their intake of alcohol to cope with stress from the pandemic.

While alcohol may work to temporarily numb the feelings of anxiety and uncertainty, or help certain individuals cope with the monotony of being

forced indoors or having their social routines disrupted, excessive consumption can and often does lead to a number of health concerns.

Recent research has also found that those who struggle with Substance Use Disorders (SUD) may be at further risk for complications as the pandemic continues.

A study conducted by the Elsevier Public Health Emergency Collection in June of this year, "There is a surge of addictive behaviors (both new and relapse) including behavioral addiction in this period." The study also stated that there have been increasing reports of withdrawal emergencies and fatalities during this time.

The study concluded that, "COVID-19 and addiction are the two pandemics which are on the verge of collision causing major public health threat," and, "The resumption of de-addiction services and easier accessibility of prescription drugs are needs of the hour."

September is National Recovery Month, "a national observance

held every September to educate Americans that substance use treatment and mental health services can enable those with mental and substance use disorders to live healthy and rewarding lives." says the Substance Abuse and Mental Health Services Administration (SAMHSA), a branch of the United States Department of Health and Human Services.

The theme for the 31st National Recovery Month is, "Join the Voices for Recovery: Celebrating Connections." This year, National Recovery Month aims to help those struggling by reminding those in recovery and the ones who support them that, "we all have victories to celebrate and things we may wish we had done differently," as stated in a post on the National Association for Alcoholism and Drug Abuse Counselors (NAADAC) website.

NAADAC further explains that when it comes to addiction, "we cannot do it alone." While continuing to educate the general public about substance use disorders, the effec-

tiveness of treatment and recovery services, and the possibility of recovery, National Recovery Month will be working to highlight the importance that support people play in the recovery process.

While it can be more difficult to identify a problem in loved ones during a time of social distancing, the main signs and symptoms that present themselves in someone facing addiction are the following, according to a post on eachmindmatters.org.

Feeling the need to use or drink regularly (daily or several times a day)

Having intense urges or cravings that block out any other thoughts.

Needing more of the substance to get a desired effect as time passes, and consuming larger amounts of the substance over a longer period of time.

Spending money on the substance, even if it is not financially feasible.

Not meeting obligations or work responsibilities, or cutting back on things that were once enjoyable because of substance use.

Continuing to use the substance, despite negative consequences associated with use.

Excessive alcohol and drug use is not only an ineffective coping mechanism for COVID-19 related stress, but it could potentially lead to an increased risk of COVID-related complications, says the Center for Disease Control.

According to the CDC, alcohol can weaken the body's ability to fight infections, increasing the risk of complications and making it more difficult to recover from illness.

Alcohol use can also increase the risk of acute respiratory distress syndrome and pneumonia, continued the CDC.

The CDC also stated that the response to the COVID-19 pandemic could also result in disruptions to treatment and harm reduction providers, leading to the risk of untreated substance use disorders and relapse for people not currently using or who are in remission.

Furthermore, many syringe service programs may still have restricted hours which could lead to limited access to testing for HIV or Hepatitis C, and access to care and treatment for substance use disorders and infectious diseases.

In order to help loved ones battling addiction, the American Addiction Centers has several tips that support people can turn to:

Remember that addiction is not necessarily a choice or moral failing, but rather a by-product of pre-existing mental health issues, and is ultimately a condition that the individual must learn to manage.

Set an example for healthy living by giving up any recreational drug or alcohol use, at least in the presence of

the struggling loved one.

Encourage the individual to seek help, which may include finding treatment resources for him or her, including a therapist who specializes in addiction counseling.

Support people who have become distressed while supporting a loved one going through addiction should also seek help from a licensed therapist if their emotional burden is too great to bear alone.

Remain optimistic, be supportive, but do not cover for problems created by substance abuse, as the person struggling needs to deal with the consequences of his or her addiction. Remember that if relapse happens, it is not a sign of failure.

In times of uncertainty, it is not uncommon for people to turn to familiar comforts, even if they can be sometimes damaging. But the first step to overcoming any problem is awareness of a problem, and this campaign hopes to help as many people as possible overcome their addiction.

For more information on Recovery Month 2020, visit rm.facesandvoicesofrecovery.org.

SAMHSA's National Helpline is a free and confidential tool for people undergoing addiction available 24 hours a day, seven days a week, 365 days a year at 1-800-662-HELP (4357).

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DHHS Identifies First Mosquito Batch to Test Positive for West Nile

The New Hampshire Department of Health and Human Services (DHHS) has identified the first batch of mosquitoes to test positive for West Nile virus (WNV) this season. The batch was found recently in the city of Manchester. DHHS is working in partnership with the City of Manchester Health Department on providing additional risk mitigation information to Manchester residents and surrounding towns.

"West Nile virus is transmitted to humans from the bite of an infected mosquito," said NH State Epidemiologist, Dr. Benjamin Chan. "The best way to prevent WNV and other mosquito-transmitted infections is to take steps to avoid mosquito bites by using an insect repellent effective against mosquitoes, avoid being outdoors between dusk and dawn when mosquitoes are most active, and remove any standing

water from around the home, where mosquitoes reproduce."

WNV is an arbovirus transmitted from the bite of an infected mosquito. WNV was first identified in New Hampshire in August of 2000. For the last decade, WNV activity has been detected every year in NH. The most recent human case of WNV in NH was in an adult in 2017. Typically, WNV activity increases in years where drought conditions exist. Even

though we have been experiencing cooler fall weather, the risk for WNV and eastern equine encephalitis virus (EEEV) will continue to increase until there is a statewide mosquito killing hard frost.

Symptoms of WNV usually appear within a week after being bitten by an infected mosquito, although many people can be infected and not develop any symptoms, or only develop very mild symptoms.

Symptoms can include flu-like illness including fever, muscle aches, headaches, and fatigue. A very small percentage of individuals infected with WNV can go on to develop more serious central nervous system disease, including meningitis or encephalitis. If you or someone you know is experiencing flu-like symptoms, including fever and headache, contact your local medical provider.

Prevention guidelines for WNV, and other

arboviral diseases of concern, can be found below. Anyone with questions about arboviruses can call the New Hampshire Bureau of Infectious Disease Control at 603-271-4496. Fact Sheets on these diseases are available on the DHHS website at www.dhhs.nh.gov. For more information, please visit the Centers for Disease Control and Prevention website at www.cdc.gov.

Drought Conditions Predicted to Persist Through September

With "severe drought" conditions across 28% of New Hampshire and "moderate drought" and "abnormally dry" conditions persisting across the rest of New Hampshire, on Thursday, Sept. 3, the New Hampshire Drought Management Team met to discuss drought conditions and impacts in the state. State Climatologist Mary Stampone provided a briefing on the latest drought conditions and forecasts, which indicated that drought will likely improve but persist across southeastern New Hampshire through September. According to Stampone, the well-below average precipitation received in August caused drought conditions to deteriorate. She also indicated that recent rainfall and the precipitation forecast for the next two weeks will not be

enough to make up for the precipitation deficit for the year.

Staff from New Hampshire Department of Environmental Services (NHDES) updated the team on water resource impacts and management efforts. Lake levels continue to fall and are at or near levels experienced in the 2016 drought. While water supply reservoirs are low, they currently have enough water to meet demands. Boaters and swimmers should take caution on recreation lakes, as hazards due to submerged obstructions that are now closer to the sur-

face.

Flow conditions are spotty in NH's rivers and streams as a result of small storms providing brief relief in some parts of the state, however most of the state is experiencing below normal flows. Water management actions, such as reduced outdoor water use and switching to groundwater sources, continue to be implemented in the Lamprey and Souhegan River watersheds as a part of the Instream Flow Program. NHDES conducted a release of water from dams in the Lamprey River watershed to provide relief to

aquatic organisms in late June and in mid-August. Another release is planned for mid-September. These releases provide a significant, but brief, increase in Lamprey River flow to support stressed aquatic life, but have little effect on lake levels.

Of the 31 monitoring wells across the state, the majority are much lower than normal, with water levels that dropped between July and August in all except one well. Large groundwater permit holders are being held to permit conditions related to reducing withdrawals during drought, and

community water systems have been urged to implement outdoor water use restrictions. To date, 148 community water systems have implemented restrictions.

NHDES urges the public to abide by water restrictions and be conservation-minded. To view the latest drought conditions, the presentation slides from Thursday's meeting, and information related to saving water and managing residential

wells during drought, go to www.des.nh.gov and use the "A-Z list" and scroll down to Drought Management.

The Drought Management Team is led by NHDES and is comprised of key representatives across state government, academia, industry and other organizations. For more information, contact Jim Martin, NHDES Public Information Officer, at james.martin@des.nh.gov or (603) 568-9777.

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First Day of School Creates Traffic Backup Getting There




Traffic was a big issue on Tuesday, Sept. 8, as parents and students made their way in for the first day of school in Londonderry. Pictured, North School Traffic caused a later start than expected, but it was similar problem for other schools. *Photo by Chris Paul*



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Youth Art Contest Offered

2020 has been an unusual year. Many families have had to change significant parts of their daily routines, and important discussions are being heard across the country. Already 2020 has become synonymous with change.

We would like to hear from the young artists of New Hampshire - What has 2020 meant to you?

The Londonderry Arts Council is hosting its first ever Youth Arts Contest. The submissions for this contest will be collected virtually, and the prizes will be

awarded across three age categories.

The theme for this year's art contest is "My Life in 2020"

We kindly request that the submissions for this contest be art created within 2020. Please feel free to express yourself in the medium of your choice. The submission should include a high definition photograph or scan of your artwork, and the completed application found below. Additional details about the submission process can be found in the application.

This contest is open

to artists from New Hampshire, ages 5 to 18.

Winner Selection will be conducted by a panel of judges, based on technical skill of the medium, artistic expression and voice.

Submissions will be accepted through email from now through Oct. 9. Winners will be announced on Oct. 30.

For questions email us at art-contest@londonderryartscouncil.org. You can download the application here londonderryartscouncil.org/s/LAC-Youth_Art_Con-test_2020.pdf.



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Derry Garden Club Awards Community Star to Marion Gerrish

The Community Star, a New Hampshire Federation of Garden Clubs award is given every two years to a person, organization or business for contributions to the community.

The Marion Gerrish Community Center has been called the "Heart and Hub" of the Derry community as it provides 192 non-profit organizations rooms for their meetings. The Derry Garden Club's co-

Presidents Sylvia Roberts and Alison Kennerly presented the award on the center's lawn with townspeople looking on. Receiving the Certificate was Sarah Garvin, Executive Director and Denise Barker, Administrative Assistant. The MGCC is deeply involved with community events such as Derry Fest, Frost Fest, Farmers' Market and Derry's annual road race. They also provide

space for senior games groups, host a WIFI café, and collaborate with The Upper Room (a family resource center) to teach teens skills to live independently. Rockingham Nutrition and Meals on Wheels use the building to assemble over 140 meal trays each day for distribution to the homebound and Scout Troops, Rotary Groups, AARP and many others benefit from this organization.



Derry Garden Club members pose in front of the garden they maintain at the Marion Gerrish Center. Courtesy photo

Construction on Gilcreast and Bancroft Roads to Continue Four Weeks

The Town of Londonderry posted the latest notice on two areas under currently under construction. They were posted at the end of August.

Construction on Gil-

creast Road will continue until the road work is completed (approximately four weeks, weather permitting).

Gilcreast Road will have daily closures.

Please follow the

posted detours for an alternate route.

Construction will also continue on Bancroft Road until the job is completed (approximately four weeks, weather permitting).

Bancroft Road will have daily closures.

Please follow the posted detours for an alternate route.

Go to:

- Bancroft Road.
- Route 128/

Mammoth Road.

- Stonehenge Road.
- Hardy Road.
- Pillsbury Road.

The town apologizes for any inconvenience and thanks residents for

their cooperation.

Residents are asked to the Department of Public Works with any questions or concerns. Please call: 432-1100 Extension 193



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The Baldwin is a non-for-profit 501(c)(3) organization.



September Has Become National Preparedness Month

September is National Preparedness Month and New Hampshire Homeland Security and Emergency Management is participating to increase preparedness efforts throughout the State. This year's national theme is Disasters Don't Wait. Make Your Plan Today.

Each week of National Preparedness Month,

NH Homeland Security and Emergency Management will emphasize a unique aspect of preparedness:

- Week 1: Stay Informed
- Week 2: Have a Plan
- Week 3: Make a Kit
- Week 4: Get Involved

"Preparing your family for an emergency doesn't have to be difficult," says Homeland Security and Emergency Manage-

ment Director Jennifer Harper. "For families with children at home, it is even more important to be prepared. Learn preparedness tips and download free resources at ReadyNH.gov."

The core steps toward preparedness are simple:

1. Stay informed. Sign up for emergency alerts on your mobile

device and landline telephones. Free services are available including NH Alerts or your local radio/television weather app for smartphones.

2. Make sure your family has an Emergency Plan so everyone knows where to go and what to do in an emergency. Include emergency contact information so everyone knows how and where to reconnect.

3. Build an Emergency Kit www.readynh.gov/emergency-kits/index.htm that contains basic items you and your family may need if an emergency happens.

4. Get involved in preparedness efforts in your community through organizations like VOAD (Voluntary Organizations in Disaster), CERT (Community Emergency Response Teams), or Neigh-

bors Helping Neighbors. Taking a First Aid/CPR class is a way to be more prepared.

5. For more detailed, easy-to-follow instructions of what to do before, during and after a disaster, go to ReadyNH.gov. Stay informed by following NH HSEM on Twitter @NH_HSEM, on Facebook @NH.HSEM, and on Instagram @NH_HSEM.

State Warns to Not Fall Victim to COVID-19 Financial Scams

New Hampshire Homeland Security and Emergency Management Director Jennifer L. Harper and New Hampshire Attorney General Gordon J. MacDonald warn residents that local, state and federal disaster workers will never solicit or accept money for disaster services.

There have been reports that scammers are pretending to be

from the government, contacting people by robocalls, text messages, emails and other outreach. These scammers falsely claim that they can get people financial help during the COVID-19 pandemic, and then ask for money or personal information, like social security, bank account or credit card numbers. These are scams.

Similarly, scammers

are pretending to be from the government and contacting people offering federal COVID-19 essential worker hazard pay. There is no federal hazard pay assistance and the Federal Emergency Management Agency (FEMA) is not making direct payments to individuals. These are also scams.

Never trust anyone who offers financial help and then asks for money

or your personal information. New Hampshire Homeland Security and Emergency Management and FEMA never charge for disaster assistance.

Director Harper and Attorney General MacDonald offer the following advice to avoid falling victim to these scams:

- Never send money or provide your personal information to someone you don't know.

- If you receive an email or text message asking for money or personal information, delete it immediately without engaging with the sender. Never open links contained in those emails, as that might infect your computer with a virus.

- If you receive a phone call asking for money or your personal information in exchange for disaster assistance, you should hang up

immediately.

If you, or someone you know, has fallen victim to this scam, report it to your local police department and the Consumer Protection and Antitrust Bureau of the Attorney General's Office. You can file a complaint at: www.doj.nh.gov/consumer/complaints/index.htm or by calling the Consumer Hotline at (603) 271-3641.

'Know before you go': Visitor Safety a Priority in NH State Forests

Heading into the busiest time in New Hampshire fall outdoor recreation season, New Hampshire state officials are reminding everyone spending time in the state's forests to follow established regulations and precautions so that their outdoor adventures are fun, healthy and safe.

New Hampshire's 219 state forests cover more than 236,000 acres and offer a wide range of outdoor recreational activities, including hiking,

paddling, trail riding, wildlife viewing, nature photography and more.

Visitors can make sure that the time they spend in New Hampshire state forests is safe and enjoyable, both for them and for others, by knowing the following:

- There is no camping allowed in New Hampshire state forests, except in areas that are designated as state park campsites;

- Fires of any kind, including cooking fires,

are not permitted in New Hampshire state forests;

- When using off-highway recreational vehicles, stay on designated trails and obey all speed limits and other regulations, as failure to do so can be dangerous to riders, forest animals and the forest itself;

- Forests are not restrooms; human waste is a dangerous for both forest health and the health of those who visit;

- Litter isn't pretty; follow "Pack In/Pack Out" habits and "Leave No Trace" so that others can enjoy a pristine environment;

- Be prepared for changing weather and terrain conditions, and have the "Ten Essentials" with you just in case your visit doesn't go according to plan; and

- Park only in designated parking areas and always leave room for

first responders.

"While we have been extremely pleased to see an increase in the recreational use of our forests this year, unfortunately, some people are exhibiting behaviors that put themselves and others at risk," said Chief Steven Sherman of the N.H. Division of Forests and Lands' Forest Protection Bureau. "Restrictions on camping, fires and other activities help

ensure that everyone can have a safe and enjoyable time in the forest."

Part of the N.H. Department of Natural and Cultural Resources, the Division of Forests and Lands protects and promotes the value provided by trees, forests and natural communities. For more information about the Division of Forests and Lands, visit nh.gov/nhdf or call 603-271-2214.

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Prevention Guidelines for Mosquito and Tick Diseases

NH Department of Health and Human Services, Division of Public Health Services

1. Eliminate habitat and breeding locations. Mosquitoes

- Mosquitoes lay their eggs in standing water. Remove outdoor items that hold water (old tires, cans, plastic containers, ceramic pots).

- Drill holes in the bottom of outdoor recycling containers, clean roof gutters and ensure proper drainage.

- If not in use, empty and/or cover swimming pools, wading pools and

hot tubs.

- Turn over wheelbarrows and change water in birdbaths at least twice weekly. Ticks

- Minimizing areas where hosts for the ticks, such as rodents and deer, can congregate to eat, sleep or feed.

2. Be aware of where mosquitoes and ticks live.

- Weeds, tall grass, and bushes provide an outdoor home for mosquitoes and ticks, alike.

- Make sure that doors and windows have tight-fitting screens. Repair or replace all

screens in your home that have tears or holes.

- Resting mosquitoes can often be flushed from indoor resting sites by using sweeping motions under beds, behind bedside tables etc. and once in flight, exterminated prior to sleeping at night.

- Avoid tick-infested areas. If in tick-infested areas, walk in the center of trails to avoid contact with overgrown grass, brush, and leaf litter at trail edges.

3. Protect yourself from bites.

- When outside, wear

protective clothing such as socks, long-sleeved shirts, and long pants (preferably tucked in socks). Light-colored clothing helps you spot ticks.

- Consider avoiding outdoor activities in the early morning and evening, when mosquitoes are most likely to be biting.

- Wear insect repellents, such as one containing 30% or less DEET (N,N-diethyl-methyl-meta-toluamide), Picaridin, para - menthane-diol, IR3535, or 2-undecanone or oil of lemon eucalyptus. Treat clothing with permethrin, which is

odorless when dry.

- Vitamin B, ultrasonic devices, incense, and bug zappers have not been shown to be effective in preventing mosquito bites.

- Shower as soon as possible after spending time outdoors.

- Check for ticks daily, on you and your pets. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.

- Wash and dry clothing after being outdoors. Tumble clothes in a dryer on high heat for 10 minutes to kill ticks on dry

clothing. If the clothes are damp, additional time may be needed.

- Early removal of ticks can reduce the risk of infection. Inspect all body surfaces carefully, and remove attached ticks with tweezers. Monitor your health closely after a tick bite and be alert for symptoms of illness. Contact your physician to discuss testing and treatment.

For more information on mosquito-borne diseases, visit the DHHS Website at www.dhhs.nh.gov.

Possibility For Great Small Game Season This September

MELISSA BETH RUIZ
LONDONDERRY TIMES

The New Hampshire Fish and Game Department stated that small game hunting season will begin Sept. 1 this year, where hunters will be permitted to bag gray squirrels through Jan. 31.

According to NH Fish and Game, hunters will be given a bag limit of 5 squirrels. While hunters don't need as much space to hunt squirrels as they would with larger game, the animals may not be taken in parks or cemeteries.

Before taking to the woods, NH Fish and Game encourages hunters to look over the New Hampshire Small Game Summary Report. This report contains final data from 2019's Small Game Hunter Survey and the Ruffed Grouse

Wing and Tail Survey, which are both conducted by the Fish and Game Dept each year.

Fish and Game states that the Summary Report is the most efficient way to achieve a good understanding of the distribution, abundance, and trends of NH's small game population, in hopes to improve management and provide opportunities for public enjoyment of small game species.

The Summary Report reported that gray squirrel was a species of interest during last year's small game hunting season, the third most sought-after species according to the Report's general survey information.

Many New Hampshire residents have been complaining of a surge in chipmunk inva-

sions, a side effect of a population boom of the animals. This is the result of a bumper crop of acorns from last summer, Patrick Tate, NH Fish and Game wildlife biologist has said.

Because the food source was so plentiful last summer, small game rodents had been able to store an abundance of it during hibernation. As a result, more of the animals survived and more babies were born.

The same is true for squirrels, as there have been plenty of sightings of these rodents as well. So hunting conditions may be in favor of small game hunters this year.

Aside from easy access to the game species, American Hunter, a publication of the National Rifle Association, offers a few good reasons why hunters

should consider adding gray squirrels to their list of potential game this year.

"A handful of acres of wooded habitat is sufficient for a season's worth of squirrel hunting," wrote Brad Fitzpatrick in a post on American Hunter's website last year. "finding productive public land to squirrel hunt isn't difficult."

Squirrel hunting is not only easy, all things considered, but affordable, continues Fitzpatrick. A single-shot rifle, shotgun, or air rifle should suffice in pursuit of this small game, with a small game license all that is generally required to harvest.

In the state of New

Hampshire, however, a regular hunting license is required for resident hunters. Youth hunters under the age of 16 do not need a license to hunt small game, provided they are accompanied by a licensed resident hunter over the age of 18.

Which leads into Fitzpatrick's next point that squirrel hunting is a natural stepping stone toward hunting other game, a sentiment that NH Fish and Game echoes. The same early mornings and long hours in the woods that are required of deer hunting are not applicable when it comes to hunting squirrels. Furthermore, the success rate of squirrel hunting

is high enough to make trips feel worthwhile for new hunters, while helping to boost their confidence.

Both new and experienced hunters could very well experience one of their most successful small game seasons yet this September. Furthermore, hunters will have the opportunity to help NH Fish and Game better manage the beautiful ecosystem that we all share.

For more information on small game hunting in New Hampshire, visit www.wildlife.state.nh.us/hunting/small-game-season.html or contact the New Hampshire Fish and Game Department at (603) 271-3421.

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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 is receiving money for what they are publicizing, there will be a charge of \$40/week per paper. All Around Town/Calendar Items will be held to 100 words maximum. All free announcements in the Around Town/Calendar section can run a maximum of three weeks. Deadline for submissions is Monday at 5 p.m. Please send items to londonderrytimes@nutpub.net.

Food Pantry

Contact-free pick up at the Upper Room, 36 Tsienneto Rd., Derry is available on Mondays from 11 a.m. - 1 p.m. (back entrance), Thursdays 3 - 4 p.m. and by appointment (front entrance).

Parents on Board

A Parent Education Workshop Series Parents on Board will be available Sept. 14, 21 & 28, from 6 - 8 p.m., \$35 per person (book included). Active involvement in your children's education is the single most important factor in their success. Topics include preparing your child to succeed and encouraging and reinforcing positive behavior. Contact the Upper Room for more information.

Crossroads

Crossroads: A series on Co-Parenting will be held by the Upper Room Oct. 5, 19 & 29, from 6 - 8 p.m., \$80 per person (book included). Learn how to protect your child's well-being by keeping them out of the middle, allowing children to love both parents, and working on communication and recovery. To register www.urteachers.org/remote-learning-and-support# call 122.

Grandparent and Caregiver Support

Are you a grandparent or caregiver raising another person's child? Join this weekly meeting for resources, discussions and support on Tuesdays from 6 - 8 p.m., at the YMCA

Londonderry Facilitated by The Upper Room, the YMCA- Londonderry and the Southern Rockingham Coalition for Healthy www.urteachers.org/remote-learning-and-support# Youth (SoRock) Contact: Seren Elizabeth atselizabeth@urteachers.org.

Parent & Caregiver Café

Parent & Caregiver Café Remote meetings are open to those raising teens. Thursdays from 6 - 7:30 p.m. To access, visit: us04web.zoom.us/j/302497889 Meeting ID: 302 497 889 (no password needed)?Contact: Seren Elizabeth atselizabeth@urteachers.org No preregistration need.

Voter Information

The Supervisors of the Voter Checklist will meet at the Town Clerk's Office to correct the checklist and register voters on: Sept. 23, at 6 - 7:30 p.m. To register to vote, one must provide: Proof of Londonderry residency - Proof of citizenship (passport, birth certificate, naturalization papers), Proof of age - 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, domicile and citizenship. For any questions contact: Kristin Grages Chair, Supervisors of the Check-

list for the Town of Londonderry 603-432-1100, ext 198

Golf Tournament Fundraiser

The 6th Annual Lancer Nation Boys Basketball Golf Tournament Fundraiser will take place on Sunday, Sept. 20 at the Windham Country Club. This fundraiser will help fund at least 2 college scholarships, and other uncovered team expenses. There will be a box lunch, raffle and silent auction after the tournament. We will be following Windham Country Club's safety and social distancing policies. If you aren't available for the tournament, but are still interested in supporting Lancer Nation Boys Basketball (the booster club for the LHS Boys Basketball teams), we are looking for businesses interested in being an LNBBBA sponsor and sponsoring a hole (\$125) or a cart (\$50) with a tax deductible gift. Visit lnbba.com or contact lnbba@gmail.com for more information.

Legion Meeting

The American Legion Post 27 will have their Monthly General Meeting on Sept. 14, at 7:30 p.m. at 6 Sargent Rd., Londonderry. All members are welcome to attend.

Oktoberfest

The Londonderry Republican Committee is having a Constitution Day Oktoberfest on Thursday, Sept. 17, from 5 - 7:30 p.m. It will be held at the American Legion, 6 Sargent Rd.,

Londonderry. The dinner will feature brats and all the fixing's and will include a ticket for a free beer. The event is \$25 per person with all proceeds going towards the General Election Campaign. Sponsorships are available for \$100 and includes two tickets. Please join us to celebrate the birth of our constitution and our rally to win red down the entire ticket in the General Election in November. There will be oom-pah music and sharing of ideas that will lead us to victory! To RSVP contact Liz Thomas at eatomas@comcast.net or call Liz at 603-505-6007.

Stacey Peasley

Beginning on Monday, Sept. 14, at 10 a.m. and ending on Friday, Sept. 18, at 5 p.m., patrons will be able to view Stacey Peasley's musical performance on the Leach Library Facebook page. This lively sing-along will include old favorites as well as original children's songs. Please check the Leach Library's Facebook page on Monday, September 14 for the link. To access the library's Facebook page, visit the Leach Library website at www.londonderrynh.org/leach-library then select the "Facebook" link from the blue menu on the left side of the page.

Paul Nelson Concert

Beginning on Monday, Sept. 14 at 10 a.m. and ending on Friday, Sept. 18, at 5 p.m., watch a special musical performance by Paul Nelson on the Leach Library Facebook page. Paul Nelson is a local songwriter and performer from the Manchester, New Hampshire area. He will be playing a concert of his original eclectic music, a combination of blues, gospel, folk, rock, and jazz. Please check the Leach Library's Facebook page on Monday, Sept. 14 for the link. To access the library's Facebook page, visit the Leach Library website at www.londonderrynh.org/leach-library then select the "Facebook" link from the blue menu on the left side of the page.

Wason Pond Pounder

The Upper Room will host the Wason Pond Pounder on Saturday Oct.

3, in Chester. To learn more about this popular race and sign up at run-reg.com/9057.

Raising another's child?

Are you parenting a second time around? Attend the Grandparent and Relative Caregiver Support Group. Join this free weekly meeting for resources, discussions and support for those raising another person's child. No preregistration needed. Tuesdays 6 - 7:30 p.m. Meeting in person at the YMCA - Londonderry. Contact: Seren Elizabeth at selizab@urteachers.org. Grandparent PASTA Groups are brought to you by NH Children's Trust, the YMCA of Greater Londonderry, the Southern Rockingham Coalition for Healthy Youth (SoRock) and The Upper Room.

Roaring 20's Drive-In Auction

The Upper Room's 19th Annual Roaring 20's DRIVE-IN Auction NEW DATE AND TIME. Featuring Bill Burke at The Tupelo Music Hall, Derry, Nov. 1, at 1 - 4 p.m. Join us for our live auction, food and drinks drive-in style. Tickets (per car) are available at tickets.tupelohall.com. Online Silent Auction Oct. 30 - Nov. 6 Bid on many great items from gift cards, gift baskets, tickets, experiences, trips, packages and other unique items. Sign up for auction updates at: bit.ly/roaringupdate.

Feeling Overwhelmed?

The Upper Room is offering supportive online counseling schedule a free one-on-one supportive counseling session. Email Seren at selizab@urteachers.org.

Raising children ages 0-12?

Upper Room offers Parent & caregiver workshops on Wednesdays, from 6 - 7 p.m. Free live on Zoom, facilitated by The Upper Room. Tune into this new series for weekly workshops offering families information, discussion and support.

Caregiver Resource Line

Have parenting questions? Upper Room offers Parent & caregiver re-

source line, call (603) 437-8477 ext. 26. Call with your name and contact number, and a trained professional will return your call within 24 hours. If you are having an emergency, please call 911.

Presbyterian Church

The Walking Together Group and the Walk With Me Group will be meeting together via zoom 7 p.m. every Tuesday, via computer or telephone. This is a support group for anyone who has lost a spouse, a family member or a friend. For information, contact: 781-866-9976 or jrkdias@aol.com

Raising a teenager?

Parent & Caregiver Café (PaCC) Group. These meetings are a wonderful resource for parents and caregivers raising teens. Discuss your concerns and learn new parenting strategies. New topics are introduced weekly including anger management, drug and alcohol abuse, communication and setting boundaries. No preregistration needed. Thursday 6 - 7:30 p.m. Free live on Zoom. Link to Join: <https://us04web.zoom.us/j/302497889>. Contact: Seren Elizabeth at selizab@urteachers.org

Evolve!

A group for young woman ages 13 to 18 to talk about today's challenges meets every Wednesday from 5:30 - 6:30 p.m. at the Upper Room, 36 Tsienneto, Road, Derry. This is a free weekly group. To register, Call 437-8477 to register ext. 16.

Young Adult Programs

On Fridays 11 - 11:30 a.m., facilitated by The Upper Room, weekly free remote support programs are available. To access: Contact Beth O'Connell at eoconnell@URteachers.org or follow the Young Adults Strong Facebook page.

Teen Talk

Need to be Heard? Upper Room's Teen Talk, an online forum to talk, support and be heard is open Tuesdays 3 - 4 p.m. Free live on Zoom. Teens 13-18. No preregistration necessary; Meeting ID:

Continued on page 13

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Around Town

Continued from page 12

111 147 286, Password: 694887. Contact: Nicole Smith Martin at nmartin@urteachers.org or call 437-8477 x29.

St. Jude Food Pantry

St. Jude's Food Pantry is open to all Londonderry resident who maybe in need. Call Kay at 434-1827 to make an appointment to pickup your food from the panty. "We are there for the people and want to

help them."

CART Transitions to Essential Trips only

In an effort to keep drivers and the ridership of CART safe and healthy during the COVID-19 pandemic, CART will transi-

tion to essential only. CART will communicate with all passengers who have current trips scheduled and make adjustments where appropriate. Essential travel will include medically necessary trips (dialysis, phar-

macy, etc.) as well as trips to the grocery store. CART will work with passengers to accommodate the essential trips and will work on timing to be as flexible as possible. Service will remain available to all towns, 5 days a week.

Any questions, concerns or comments should be directed to mwhitten@mtabus.org or phone CART at 603-792-5151. CART looks forward to restoring regular service levels as soon as this crisis passes.

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Londonderry Police Log

Selections from the Londonderry Police Logs

Monday - Aug. 31

12:44 a.m. Criminal Threatening Investigated bt three officers on Old Nashua Road

12:54 a.m. Assisted Londonderry Fire Department with Transportation to a Hospital from Whittemore Road.

12:58 a.m. Assisted Londonderry Fire Department with Transportation to a Hospital from Wilshire Drive.

6:32 a.m. Criminal Mischief investigated on Pettengill Road.

7 a.m. Suspicious activity investigated on Hillside Avenue at Moveras.

8:36 a.m. Services rendered for trespassing on Wiley Hill Road.

4:41 p.m. Larceny/Forgery/Fraud investigated at Home Depot on Nashua Road.

5:49 p.m. Services rendered for Suspicious Activity on Old Derry Road

6:08 p.m. Criminal Mischief investigated on Oakridge Drive.

6:15 p.m. Services Rendered for Sexual Offender Registration on Morway Drive.

Industrial Drive Milton

10:55 a.m. Motor Vehicle Check results in two arrests made at RMZ Truck Stop on Rockingham Road.

Amanda Fratallone, 41, of Manchester charged with possession of a Controlled Drug: Heroin Crack less than One Gram; Falsifying Physical Evidence (Alter, Destroy, Hide); and arrested on a Warrant. Michael Frattalone, 43, of Manchester, Charged with Driving after a Revoked/Suspended License.

2:08 p.m. Juvenile Offenses investigated by three officers on Winterwood Drive.

3:40 p.m. Services rendered for suspicious activity on Holstein Avenue.

6:02 p.m. Services rendered for Identity Theft on Charmarand Row.

9:12 p.m. Suspicious activity investigated on Rockingham Road at RMZ Truck Stop.

11:00 p.m. Three officers investigate an Overdose on Charmarand Row.

Wednesday - Sept. 2

12:07 a.m. Shooting Complaint not located on Seasons Lane near Route 93.

10:40 a.m. Larceny/Forgery/Fraud investigated on Old Nashua Road.

11:32 a.m. Shoplifting investigated at Market Basket on Michels Way.

5:08 p.m. Suicide Attempt/Threat investigated by seven officers on Memorial Drive.

8:15 p.m. Disturbance investigated by four officers at RMZ Truck Stop on Rockingham Road.

11:24 p.m. Disturbance investigated on Bridle Path at Wallace Farm Apartments.

Thursday - Sept. 3

3:16 a.m. Disturbance results in the transportation to a hospital from Industrial Drive.

12:39 p.m. Suspicious activity investigated at Manchester Boston Regional Airport.

3:21 p.m. Juvenile Offenses Investigated on Nelson Road at Lafa Complex

3:31 p.m. Assisted the New Hampshire State Police with investigation on Hardy Road at West Parish Drive.

Friday - Sept. 4

12:43 a.m. Overdose transported to the hos-

Continued on page 19

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GREENWorks: Start Cleaning Up Your Laundry Habits

The National Park Service estimates that the average family does about 300 loads of laundry per year, which amounts to about 12,300 gallons of water per household. That's a lot of water, not to mention the heavy energy use that comes with using washers and dryers, and the hazardous chemicals that can be found in certain detergents and dryer sheets. Thankfully, there are many ways you can change your laundry habits to protect your family's health and the environment.

Be an Energy Star: Consider switching to an Energy Star-qualified front-loading washing machine. Front-loading

machines use approximately half the water of a top-loading washer. Energy Star machines use 33% less water each cycle, and they often have a longer life span, saving an average of \$380 in maintenance and operating costs, according to the Energy Star website www.energystar.gov/products/appliances/clothes_washers. Energy Star offers rebates on select appliances up to \$50.

Fully loaded: Wearing clothes more than once is another great way to use less water and energy. Even Levi's Jeans recommends washing your jeans every other week. Waiting to do laundry until you have a full load is another way to help

the environment. Many washing machines have cycles for smaller loads, which use less water. So, if you need to wash before a full load, be sure to adjust your machine cycle.

Get out of hot water: You don't need to use hot water to have clean clothes. The majority of the energy your washer uses is to heat the water. Your washing machine most likely has a knob for water temperature. Make sure it's set to cold! Using cold water significantly reduces your carbon footprint. According to the EPA, if a family of four washed five loads of laundry in cold water per week, this would prevent 182 pounds of carbon diox-

ide being emitted into the atmosphere each year. That is equivalent to the amount of energy required to drive a car 202 miles or charge a smartphone 10,527 times www3.epa.gov/carbon-footprint-calculator/.

Hang it out to dry: Save money and energy by line drying your clothes. Since one dryer emits about a ton of carbon dioxide each year, it will really make a difference. An added bonus: The quality of your clothes last longer when you line dry, because the dryer causes most of the wear and tear. Also, hanging your clothes up right after washing may prevent a trip to the dry cleaners or the need to iron your clothes. If you

do use the dryer, clean out the lint trap. Keeping the trap clean reduces the amount of time it takes for your clothes to dry.

Detergent: Look for detergent that is readily biodegradable, phosphate-free and plant-based (rather than petroleum-based). These detergents are healthier for the planet and your skin, too. There are many other alternatives to detergent. For example, fabric softener can be replaced with a cup of white vinegar that is added to the washer during the rinse cycle. Nontoxic detergent can also be made at home with castile soap and borax.

DIY Powder Deter-

gent Recipe:

Ingredients

1 cup grated Castile bar soap (scented or unscented)

1 cup borax

1 cup super washing soda

Optional: 15 drops of your favorite essential oils (lavender, citrus, pine or tea tree are preferred)

Add the ingredients to a glass jar or other container, cover the jar and shake to mix. Use one to two tablespoons per full load for best results.

To learn more about your carbon footprint, visit the EPA's household carbon footprint calculator www3.epa.gov/carbon-footprint-calculator/.

USDA Updates Conservation Provisions for Highly Erodible Land and Wetlands

The U.S. Department of Agriculture (USDA) published its final rule on determining whether land is considered highly erodible or a wetland, integrating input from the public and making updates in accordance with the 2018 Farm Bill.

This final rule follows a focused effort by USDA's Natural Resources Conservation Service (NRCS) to improve consistency and use of science in making determinations.

"Feedback is a very important resource, and we appreciate all of those who help us improve

how determinations are made," said Becky Ross, State Conservationist. "Highly erodible land and wetland determinations are the gateway to USDA programs, and we strive to provide the highest quality technical assistance to inform decision-making by farmers and

ranchers."

To be eligible for most USDA programs, producers must be conservation compliant with the highly erodible land and wetland provisions. These provisions aim to reduce soil loss on erosion-prone lands and to protect wetlands for the multiple benefits they provide.

The final rule was made available for public inspection yesterday, and it will be published in the Federal Register today. This follows an interim final rule published Dec. 7, 2018.

This final rule con-

firms most of the changes made by the December 2018 interim final rule and makes these additional updates:

1. Adding the requirement of the 2018 Farm Bill that USDA will make a reasonable effort to include the affected person in an on-site investigation conducted prior to making a wetland violation technical determination.

2. Further clarifying how wetland hydrology is identified for farmed wetlands and farmed wetland pasture.

3. Adding clarification to the consideration

of best-drained condition for wetland hydrology in keeping with the definition of prior converted cropland.

4. Relocating the provision that wetland determinations can be done on a tract, field, or sub-field basis in order to improve clarity.

NRCS has recently updated its conservation compliance webpages, adding highly erodible land and wetland determination resources for agricultural producers by state.

Learn more about conservation compliance on the NRCS website.

Police Log

Continued from page 18

pital from Mammoth Road.

8:43 a.m. Services rendered in keeping the peace on Seasons Lane.

9:55 a.m. Services rendered by Conservation Ranger on Harvey Road.

2:51 p.m. Welfare Check results in the transportation to a hospital from Fieldstone Drive.

4:07 p.m. Motor Vehicle Stop leads to an arrest made on Nashua Road at Action Blvd. Three officers assist with charging Qurtimiya Bonds, 42, of Derry with Disobeying an Officer; Driving after Revoked/Suspended License; Driving an Uninspected Vehicle; and

having Tinted Windows.

5 p.m. Warrant served and arrest made on County Road in Bedford. James Collins, 43, of Bedford charged on Conduct after an Accident.

Saturday - Sept. 5

12:16 p.m. Assisted Londonderry Fire Department with services on High Range Road.

12:25 p.m. Services rendered by Conservation Ranger on Mayflower Drive.

6:32 p.m. Services rendered for Criminal Threatening on Pinyon Place.

6:40 p.m. Shooting Complaint recieved on High Range Road. Could not locate.

8:17 p.m. Rape investi-

gated on Main Street.

Sunday - Sept. 6

9:21 a.m. Homeland Security investigated at Manchester Boston Regional Airport.

10:41 a.m. Services rendered for Criminal Mischief on Charleston Avenue.

3:10 p.m. Assisted Londonderry Fire Department with services on Cross Road.

3:21 p.m. Disturbance investigated on Hall Road.

7:35 p.m. Sex Offenses investigated by five officers on Constitution Drive.

8:05 p.m. Disturbance investigated on Harvey Road at Pettengill Road.

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