



# Speak Up, Epping! Newsletter

Volume 8, Issue 4

Epping, New Hampshire

July-August, 2015

## About this Newsletter

*This Newsletter is produced by the Speak Up, Epping! Communications Group. The purpose of the newsletter is to provide information about upcoming events and pertinent information from community organizations. Please note that no editorial, political or religious views will be accepted and the Communications Group reserves the right to edit submissions. If you would like to submit material for and/or receive this newsletter electronically, please visit our website at [www.speakupepping.com](http://www.speakupepping.com)*

## Check Out Our Newsletter Website

Be sure and check out our Speak Up, Epping! website: [www.speakupepping.com](http://www.speakupepping.com). Each new issue of the Newsletter will be available by downloading it from the website. You can also access news from the issue separately by topic and find late-breaking news, past Newsletters, town links and calendars.

Also, check out our **Facebook** page! Join us for more late-breaking news and events that did not make our Newsletter deadline.

## What's Up, Watson!



Great news!!! The work on the structural repairs for Watson has begun. It's being jacked up very slowly. Two engineering students from the University of New Hampshire are working on it with Charlie Goodspeed.

Here's an update from Charlie himself:

"Students and I are discovering the outstanding engineering and construction quality built into Watson Academy more than 130 years ago. It is the undesirable subsurface conditions that have plagued the Academy for years. Ledge, silty subsurface, and runoff when combined are simply not good to support a foundation. The ledge restricts water penetration resulting in fully saturated silty material supporting the building. Over the years this material allowed columns to settle producing cracks in numerous structural members. Our goal is to stabilize the building by installing a column/s that penetrates the silty materials to bear directing on the underlying ledge. We hope to complete the work by fall."

## Outside Watering Ban in Epping

There is a mandatory outside watering ban in effect in Epping. Epping town wells are currently at critically low levels and water conservation is very important. The Town is working hard to bring two new wells online, but that process will not be complete before next spring.

## 2015 Town Re-Evaluation

2015 is the Town-wide re-evaluation for the Town of Epping. Please expect to see Assessing personnel from both Vision Appraisal and Municipal Resources visiting properties and collecting physical data. These visits may include a request to tour the inside of your property and measure the exterior improvements. The Assessing agents will have photo identification on them. If you have any questions, please call the Town Hall at 679-5441 or the Police Department at 679-5834.

Thank you for your cooperation with this very important matter.

## Senior Moments

The Epping Watson Academy Senior Citizens Club received great news. Work has begun on Watson Academy and we hope to go home before Christmas. The Fire Department personnel have been great. However, it's always nice to go home. There is a saying, "to know how sweet your home may be, just go away but keep the key." We just hope it still fits.

The wheels of the bus continue to go round and round, taking us places such as Petey's Restaurant in Rye, the Sand Castles at Hampton Beach and the Woodman Museum in Dover. The Museum is right in our back yard and we've been there before. Have you? That is a definite "must see." The artifacts are endless and the Garrison House is REAL! Those Sand Castles were very impressive. We got to see Sculpture artist Justin Gordon creating his masterpiece. He visited our Club last spring and taught us a lot about his art.

Our annual picnic had a new venue this year. It was Pawtuckaway State Park. Some members had never been there and the rest of us hadn't been there since our kids were young. It was a beautiful day and a beautiful Park, but a lot of changes have occurred in the last fifty years.

The trip to Stonehenge in Salem, NH was put on hold until Fall when both the weather and foliage are perfect. It's hard to believe people actually lived there so many years ago. This might be another "go to" place for families.

Our June favorite was Old Orchard Beach, ME. The train ride, the fried clams, the gelato and the scenery fill up a whole day. Strange - it's a huge beach but we never go near the water. How come?

Well - The Epping Historical Society has challenged us to share some of our oldie recipes for their new Cookbook. The Cookbook is part of Epping's Birthday Celebration in 2016. We agreed to part with some of our treasures from our mothers that have lived the test of time. The cookbooks will be for sale by the Historical Society before Christmas and will make great gifts. Favorite recipes are always best .....so look for ours.

Once again we will join the Newmarket Senior Citizens Club on a fun excursion day in September. This year, we will visit Clark's Trading Post and the Hobo Train while enjoying a box lunch..

Eagle One Coach Company has become one of our favorite hosts. The next trip we'll take with them is to Cape Cod in July for a combination train and boat ride. This trip is available to anyone. Just contact Eagle One.

Don't forget - we meet the second Thursday of each month at 1:00 pm at the Epping Fire Department. Don't look for us in July though. We'll be busy with the grandchildren and great grandchildren helping them (and their parents) to enjoy the summer. It triggers the annual contest to see who first starts counting days until school. You might think we seniors usually win but you'd be wrong.

Have a great summer!

*Submitted by Irene R. Cote, Secretary*

## News From the Town

### Upcoming date:

**July 3<sup>rd</sup> – Town Hall Closed - Independence Day**  
Please "LIKE" the Epping Town Hall on Facebook.

### 275<sup>th</sup> Birthday Bash Committee

The Birthday Committee has taken the summer off from their workshop meetings. Hopefully in September we can schedule dates and start advertising and asking for specific help needed. For the list of activities please check out the Town of Epping 275<sup>th</sup> Epping Birthday Bash Facebook Page. If you would like to help with the celebration, please send your name, e-mail address and your interest to Joyce at [secretary@townepping.com](mailto:secretary@townepping.com)

Birthday Pottery Mugs are for sale at \$15, Matching Plates are \$20, also "Epping Air" soy candles are \$15. T-shirts are available in two colors, \$15 Adult and \$12 Youth, along with Town Flags for \$50. All are being sold from the Selectmen's Office at the Town Hall.

T-shirts and Flag





## In and Around Epping

Aroma Joe's is moving along and should be open soon! The Dollar Tree is going up behind Cumberland Farms and that site will also have a Valvoline on it. A Taco Bell may go up on the lot between Wendy's and Cumberland Farms. The liquor store is under construction at Brickyard Square.

## Cell Phones for Our Troops

**Donate your old cell phone.**

More than 150,000 troops are serving overseas and are away from their families. Please make a donation of your old cell phone so they can call home, providing these soldiers with a much needed connection to their loved ones. There is a drop off box at the Epping Town Hall for your convenience.

## The Pease Greeters Need Our Help!

The Pease Greeters, hundreds of volunteers, meet our Armed Forces any time of day or night, as they pass through Pease International Airport on their way to a war zone or on their way home. For eight years, Greeters have welcomed service members on every flight with a warm meal and beverage, small gifts, a cell phone to call home and a hearty round of applause. Recently, the number of flights through Pease has increased and the Pease Greeters are in need of **monetary help**. We need to support our service men and women any way we can. If you can give any amount, please make a check payable to Pease Greeters and send or drop it off to Joyce at the Town Hall.

## East West Express

Flight Line transported over 400 passengers last month (May 2015). Most of the traffic was between Manchester-Boston Regional Airport and Epping NH, but many passengers traveled between Epping

and Portsmouth as well as Epping and Downtown Manchester. This is encouraging since the goal of the East West Express service is to build volume by providing a service that meets the needs of many different types of travelers. By offering a service that caters to the airport traffic, as well as the commuter and/or day tripper, the service has a better chance of building volume which in turn provides the revenue that keeps the service in operation.

Flight Line representatives recently met with the director of the Manchester-Boston Regional Airport and the director of transportation at the University of New Hampshire. The purpose of this meeting was to vet options to boost passenger loads on the East West Express and also identify possible links to UNH's Wildcat Transit system. As always, we are happy to be serving the town of Epping NH and look forward to a great summer season.

*Submitted by Jamie Dowd, President of Flight Line, Inc.*



## Epping Lions Club

**"We Serve"**

**We Want YOU to Join the Epping Lions Club**

[www.epping.nhlions.org](http://www.epping.nhlions.org)

<https://www.facebook.com/EppingsLionsClub>

The Epping Lions Club was established in April 2009 and we sponsor several exciting events throughout the year, including the Lamprey River Canoe Race in April and the Highnote Festival in September. We support sight programs and services including vision screenings, eyeglass recycling, and provide assistance to local families in need of eyeglasses. There are several eyeglass drop locations around town – Checker's Barber Shop, Epping Town Hall, Walmart, Harvey Farms and Edward Jones. You can donate your old glasses at one of these locations and change someone's life.

July marks the beginning of our new fiscal year and we have elected new officers. Please reach out to one of the officers below or any fellow Lion you know if you would like more information about our group. With your involvement and ideas we look forward to creating even more special fundraising events. We understand people have busy lives and the Lions Club allows you to volunteer as little or as much as you like.

If you're interested in learning more please visit our website: [www.epping.nhlions.org](http://www.epping.nhlions.org). Meeting times are posted, which are generally the 4<sup>th</sup> Tuesday of the month at 6:30 pm. We currently



meet at the Epping Edward Jones office on Route 125 (285 Calef Highway). We'd love to see you!

**Colleen Palmer, President**

[colleenmariepalmer@hotmail.com](mailto:colleenmariepalmer@hotmail.com)

**Cheryl Denoncour, Treasurer**

[cdenoncour@gmail.com](mailto:cdenoncour@gmail.com)

**Deb Brooks, Eyeglass Collector**

[lexusreina@comcast.net](mailto:lexusreina@comcast.net)

*Submitted by Debbie Moulton*

## Epping Historical Society

Summer is here! We are very busy at the society at this time. Many visitors stop in to visit when they are in town. I am always amazed at how many folks have family roots right here in Epping - not only people from other states, but many from all over New Hampshire. In the early days, many Epping families maintained two homes, one here in Epping, and another home where they operated a business. They may have owned a manufacturing business in the North, or owned and operated a lumber business. It was more convenient for the families to maintain two homes than to travel back and forth. So there are Epping families who have family roots in other areas of the state.

We have been working on our "Historic Cookbook" for the last few weeks. Thank all of you for your contribution of your favorite recipes. The cookbook is at the publisher's, and should be available by late summer. This is a fundraiser for the Epping Historical Society. We need new windows and a new roof for the attached building. We had a bit of ice damage (along with the rest of the town) this past winter. We will be selling the books for \$10.00. The books will be available at the Society, or you can call to purchase the books. I wish to thank our chairman and all the volunteers that spent many hours putting the cookbook together. Thank you all!!

The Town of Epping has started work on the Sally Plumer Park, I am sure you have noticed that the big tree was removed. The tree was very overgrown, and needed to be replaced. The fence has been removed, as well as the bricks. A new walkway is installed and it is beautiful! In the near future veteran memorial bricks will be installed in front of the monument, and granite posts will surround the park. This will be an ongoing project, improving our downtown appearance.

In June, we had a program at the Society: "Researching Your Home Online." Dana Zulager from Raymond, presented the program. Although we had a very small audience, everyone was very enthusiastic to get started on their own research.

We have information available at the society for websites and tools for researching.

### Warnings Out

Between 1657 and 1817, there were laws about settling in a town. If a family decided to move to a new town, the family was given a "Warning Out" when they arrived at a new place. This was an official document, signed and sealed by the Townsmen. At that time, many new towns were established, and the "Townsmen" or Selectmen of these towns decided if a family was allowed to become an inhabitant of said town. When new families came to town, they had to have a means of support, because the towns could not support families that were poor and looking for a place to live. The newcomers had to declare what town they came from, in case they fell on harder times, and became town supported. If that happened, they were removed to their former town, for that town to support the family. On the official warrants, the family is named in this order: husband, wife, and children by age and name, so there was no mistaking who they were. Many people ignored the "warning out," bought land, established a home or business and led very productive lives. After three years they could apply to the Selectmen to become an inhabitant of that town. The laws of each town were very different; some towns allowed families to stay after a few months, some towns never allowed in new inhabitants.

At the Epping Historical Society, we have several official "Warnings Out," some from Epping, sending the family back to Newmarket, and even one from Newmarket, sending a family back home to Epping.

I know this sounds cruel and unfeeling, but for the times it was acceptable. Life was harsh, especially for those who were poor. In some cases, even those with property were "Warned Out," just in case they ended up poor. If the head of the family should die, and he left a widow and children, what were they to do? Wives did not work outside the home, so they did not have any way to support themselves or their children. In many cases, the family was split up, children "given" away, wives going into service (more like servitude) just to survive. The town did not want to be responsible for their support, so they removed the family to whence they came.

We are open Mondays from 8:00 to 12:00, or whenever the flag is flying. If the hours are not convenient for you, please call 679-2944 and I can make an appointment to meet you there.

*Submitted by Joy True, Curator*





## TALES FROM EPPING'S PAST

### Remembering Lyman W. Cate Lest We Forget

Back in the 1860's, a man by the name of Lyman Cate and his family lived here in Epping on Spring Street. This street, as so many were back then, was probably little more than a dirt road. It was located about a half mile from "Epping Corner" which is our downtown area today.

Mr. Cate's wife, affectionately called "Lizzie," was a popular and talented church organist. And Mr. Cate, who was known around town as "Bigfoot Cate" (possibly a clue to his size), was a notable jack of many trades. He was a member of the Epping police force, a shoemaker and a good cook who, with his handy horse and cart, provided food and refreshments not only to the crowds attending the Hedding Camp Ground meetings, but at other events in Epping and elsewhere as well. For years Mr. Cate was also a lamplighter who each evening made his rounds along Epping Corner to fill and light the oil street lamps along the way. And at one time he had men blasting ledge all around his place with dynamite hoping to discover silver and other valuable minerals. We're not sure how long this went on, but the explosions from this venture must not only have bothered Lizzie and the neighbors no end, but must have been heard all over town and beyond.

But most notably, Lyman Cate had returned to Epping as a Civil War veteran. He served with the legendary 8<sup>th</sup> New Hampshire Volunteer Infantry Regiment at the battle at Port Hudson, Louisiana where he was wounded. This regiment lost a total of 258 men at Port Hudson, the most of any Union regiment in that hot and disease-ridden setting so far from home.

Mr. Cate died here in Epping in 1903 and, no doubt with full military honors, the old soldier was laid to rest in the Central Cemetery, not too far from his old home place. To further honor him, Spring Street was renamed Cate Street by this grateful town and it remains Cate Street to this day.

Lyman Cate is just one of the many war veterans at rest in Epping. Their stones have been carefully marked with the flag of our country and Taps is played over them each year.

And so may it always be. Lest we forget.

**This is twenty-eighth in a series for Speak**

**Up, Epping!**

**Text/Research: Madelyn Williamson**

## The Civil War Roundtable of NH



*NH graves at Soldiers' Cemetery in Gettysburg  
(Photo by Bill Hallett)*

The Civil War Roundtable of New Hampshire was founded in May of 1991, and is dedicated to all aspects of the Civil War: Education, Preservation and Restoration. The CWRT-NH is a group of men and women who share a common interest in the War Between the States and that period in American History that defined Our Nation, as we know it today.

The CWRT-NH is meeting with the 275<sup>th</sup> committee to participate next year in Epping's celebration. If anyone has Civil War memorabilia, is interested in reenacting or in being part of CWRT activities (or becoming a member), please e-mail the CWRT-NH, at the e-mail address in this article.

Our meetings are held the 3<sup>rd</sup> Friday of each month, except no meetings are held in July, August or December. The meeting format is usually a speaker followed by a discussion. Coffee is served at 6:45 pm and we begin the meeting at 7:15 pm. The CWRT-NH is a nonprofit 501(c)(3) organization and we are open to the public. Our meeting location is the Epping Town Hall 3<sup>rd</sup> floor (elevator available).

Meetings are recorded live by ETV (Channel 22). You can watch on your TV or computer by accessing the Epping Town site (for live or past meetings).

This is the CWRT-NH schedule for the next months.

**Note:** The schedule is subject to change without notice. You can access the CWRT-NH website for the current schedule. If a meeting is cancelled, a notice will be put on ETV. The February meeting was cancelled due to harsh weather conditions

**July and August** – No meetings

**NOTE: August** – Possible CWRT trip to Chamberlain Museum

**September 18, 2015** – Bob Duffy – "Civil War Tech"

**October 16, 2015** – Larry Olasky – "Civil War Cartography"

**November 13, 2015** – Robert Korkuc – "1st Sgt. Charles Phelps of the 5th NH at Gettysburg"

**December** – no meeting

The CWRT-NH is now meeting on the third floor (above the present meeting room) at the Town Hall. As I have said in the past, I hope to see more people come to our meetings and join our group.

If you have an interest, would like to know more about the Civil War or are plain curious, our group is for you. For more information on membership and member fees, contact our Roundtable via email: [cwrtnh@gmail.com](mailto:cwrtnh@gmail.com).

*Submitted by Dan Bennis Board Member, CWRT-NH  
[dddbennis@msn.com](mailto:dddbennis@msn.com) (Feel free to e-mail me with any questions.)*

## Lamprey River Advisory Committee

### Summer's Here, Time to Explore the Lamprey River

Whether you have a house full of guests from away or kids or grandkids who need something to do besides play computer games, the Lamprey River can help keep them entertained.



The Lamprey River Map and Tour Guide highlights the many parks and scenic spots along the Lamprey River in Epping, Lee, Durham, and Newmarket. The guide offers suggestions for

finding the destinations and things to see or do at each site. Copies are available at your local library and at <http://www.lampreyriver.org/recreation>.



The *Lamprey Rivers Junior Ranger Study Guide and Activity Book* offers activities to help kids and their families become familiar with the geography, history, nature, recreational opportunities, and current issues in and along the river. Patches featuring the rare Blanding's turtle are available for free for kids who complete the activities. The activity book is available online at <http://www.lampreyriver.org/for-fun-junior-rangers>.

### Twinkle, Twinkle, Little Firefly



The lightning bug is brilliant  
But he hasn't any mind.  
He blunders through existence  
With his headlight on behind.

--Anonymous

Summer's here again, and love is in the air. Ah, l'amour! Depending on where you live, maybe lots of love. Love that comes and goes in a flash. Love that has its own rhythm and sometimes is deceptively alluring. Love we can't help but watch, magical yet painfully short-lived.

The firefly, or lightning bug, is more properly called a beetle. It has leathery forewing covers that conceal softer wings used for flying. Unlike other beetles, though, fireflies are fairly soft (in other words, easily squished by curious children). All fireflies have a unique shield-like covering, the pronotum, over their heads. Over 2000 species



occur in moist tropical and temperate areas. Most firefly larvae eat worms or snails. Most adults do not appear to eat.

Unlike lightbulbs, fireflies do not get warm when they glow. The light is caused by a biochemical reaction. This reaction occurs in eggs, larvae, and adults. Adults use the light to seek sexual partners. Larvae seem to use the light to warn predators of their foul taste and eggs flash the light when they are disturbed. Each firefly species in a particular area has a unique signal. This ensures that the fireflies find the right partner. One signal might be to flash for one second then rest for two seconds. Another signal might be to form a “j” shape while flashing for three seconds. Males usually signal while flying, but females usually signal from a perch, such as a blade of grass or a twig. Females of some species also can imitate another species’ signal. They mimic the signal until some unwitting male approaches. Instead of mating, the female will attack and eat the male. Nobody said firefly love was always pretty.

As is true with many insect populations, firefly numbers are dwindling globally. Loss of suitable habitat is certainly a cause, but bright lights, pesticides, and fertilizers also seem to interfere with natural firefly behavior and physiology. If your family wants to enjoy nature’s little light show, turn the lights down, avoid pesticides on your lawn and garden, keep fertilizer use to a minimum, and don’t over-mow the lawn (fireflies hide in the grass during the day).

### **Enough Is Enough, or Is It? The Lamprey River Instream Flow Management Plan**



*Low water June 2015 downstream of Rte. 27 bridge in Epping  
Photo by S. Petersen*

With all the snow last winter, one would think that we would have had a very wet spring. That turned out not to be the case; we had a really dry spring. On the positive side, the dry spring did not deliver any floods. The downside, though, is that we are heading into summer on the dry side.

The Lamprey River is one of two rivers in New Hampshire that has a pilot “instream flow management plan.” The goal of this plan is to create conditions that maintain the natural variability of flows (not strictly volume) to meet the basic survival needs of aquatic organisms. This sounds easy enough on the surface, but achieving that goal is extremely complex. In fact, the plan took more than twenty years to be finalized. The early work involved figuring out the basic needs of aquatic organisms and then determining what flow conditions were natural and when flows should be considered to be outside that range. The final stage was establishing how to supplement flow when necessary. Managing the flow of water in the Lamprey occurs primarily through controlling the amount of water that humans take from the river and controlling the amount of water released by dams.

For all the work that went into the plan, active management occurs only during low flows. The state carefully monitors both rainfall and the rate of flow in the river. Activation of instream water management is affected by how much (or more correctly, how little) water is flowing combined with the duration of different kinds of flow: allowable, persistent, and catastrophic. If flows are determined to be low enough to trigger management, the plan includes components for municipal water conservation, limiting water withdrawals, and dam management.

What does all this mean? Do people along the river have to do anything or expect noticeable changes? The short answer is...not really. If we have a long stretch of dry weather and flows in the Lamprey fall below a critical rate, the NH Dam Bureau will release a 48 hour pulse of water from Pawtuckaway Lake to the Lamprey, resulting in a lowering of the lake by about one half inch. This pulse mimics a two-day rain event and provides temporary relief to fish hiding in natural refuges in the river, but it will not be enough to enhance flows for recreational purposes. Once a pulse is released, the clock is reset. During low flows and persistent dry weather, the Town of Durham/UNH Water System is required to stop taking Lamprey River water and switch to another water source. (This happens almost every year in late summer.) Towns



might also need to activate water conservation measures, such as limiting outside water use.

The Lamprey River Instream Flow Management Plan was adopted in August 2013. By statute, the state legislature will review the plan in late 2015. Depending on this review, the instream flow management plan created for the Lamprey and the lessons learned along the way could well serve as a model for other rivers in New Hampshire.



*Helping communities protect the  
Lamprey River.*

*Submitted by Suzanne Petersen*



## Epping Garden Club

The Epping Garden Club is always looking for new members or at the very least volunteers like us, to help with keeping our planted corners weed free and watered. However, after the recent rains maybe just work on weeding and grass trimming would go a long way in keeping these spots looking beautiful for years to come.

Our next plant sale will happen as we move in to our fall plantings so, for now, enjoy your summer with family and friends.

Stay safe and do all you can to keep our town clean and looking great. Mowed lawns and a pot of plants on your front steps go a long way in making this a beautiful place to live, as well as beautiful for those who are just passing through. Picking up trash on the street where you live is easy for us all to do - maybe on the day you are going to the transfer station anyway.

Please stop by and LIKE us on FACEBOOK to keep up on our Plant Sales.

See you around town or at our FALL MUM SALE!

*Submitted by Eunice Miller*

## Become a UNH Cooperative Extension Master Gardener

Do you love gardening and sharing your experiences with others? Consider becoming a Master Gardener volunteer for UNH Cooperative Extension. This is an opportunity to share the knowledge and experiences gained from our training to educate individuals, organizations, and communities. A class is being offered in Goffstown on Thursdays, 9 am to 4 pm. from September 10<sup>th</sup> through December 3<sup>rd</sup>, excluding Thanksgiving.

The class fee is \$250 with the option of purchasing a handbook for \$25 (online version is free). Applications are due by July 15<sup>th</sup>. For more information, visit [bit.ly/UNHCEMG](http://bit.ly/UNHCEMG), e-mail Marcy Stanton at [marcy.stanton@unh.edu](mailto:marcy.stanton@unh.edu) or call 351-3831.

UNH Cooperative Extension puts trusted information and practical know-how in the hands of citizens and businesses in New Hampshire. Extension is at work in every New Hampshire county, making the state's critical industries stronger; developing vibrant communities and municipal leaders; fostering healthy families and an informed and engaged citizenry, and keeping the state's natural resources healthy and productive.



## Ledd Center

The next production in the Ledd Center's 2015 schedule for their exciting 40<sup>th</sup> season is "Bye, Bye, Birdie" on stage **July 10-26**, followed by "Mary Gatchell in Concert" on October 2, "Charlotte's Web" from October 23 to November 11 and "A Christmas Carol" December 4-13.

Individual tickets are \$18 and available online at [www.leddycenter.org](http://www.leddycenter.org) or by calling the Ledd box office at 679-2781, Monday through Friday, from 3:00 to 5:00 pm. Call the box office for information on our group rates.



## ETV Schedule

Channel 22 – ETV – Schedule of live programs  
Monday–July 6, 20; Aug. 3, 17. 31 –Selectmen  
–7 pm

Tuesday–July 7; Aug. 4 –Water & Sewer –7 pm

Tuesday–July 21; Aug 19 – Library Trustees–7 pm

Tuesday– July 7; Aug. 4 – Conservation

Commission – 7 pm

Wednesday – No July meeting; Aug. 5 –

Recreation Commission–7pm

Wednesday– No July meeting; Aug.19–Budget

Committee – 7 pm

Thursday–July 16; Aug. 6, 20–School Board

–7 pm

Thursday–July 9; Aug. 13–Planning Board–6 pm

Friday–No July or August meeting of the Civil War  
Roundtable

Monday meetings are rebroadcast:

1/2 hour after meeting

Tuesday - 7 am

Wednesday - 11 am

Thursday - 3 pm

Monday - 2 am

Tuesday meetings are rebroadcast:

1/2 hour after meeting

Wednesday - 7 am

Thursday - 11 am

Monday - 3 pm

Tuesday - 2 am

Wednesday meetings are rebroadcast:

1/2 hour after meeting

Thursday - 7 am

Monday - 11 am

Tuesday - 3 pm

Wednesday - 2 am

Thursday meetings are rebroadcast:

1/2 hour after meeting

Monday - 7 am

Tuesday - 11 am

Wednesday - 3 pm

Thursday - 2 am

All dates and times are subject to change. Please consult the ETV Bulletin Board or the Town website for any changes or updates.

Always remember that Board meetings are available any time at your convenience if you go to <http://etv22@pegcentral.com>. They are usually available the day following their "live" broadcast.

"Live" video streaming is also available. Watch live meetings anywhere while they're broadcast: [http://etv22.pegcentral.com/live/live\\_etv22.html](http://etv22.pegcentral.com/live/live_etv22.html).



## Scouting Around Epping

### Cub Scout Pack 136

If you would like information about joining Cub Scouts, please contact our **Cubmaster, Michael Page** at [michael.page.nh@gmail.com](mailto:michael.page.nh@gmail.com) or contact him at [cubmaster@pack136epping.org](mailto:cubmaster@pack136epping.org)

Join us on Facebook and keep track of the Pack <http://m.facebook.com/group.php?gid=199059685109&fbf=r6c4d2187&refid=46> or go to our website where you can find more Pack information at <http://www.pack136epping.org/calendar>.

### Boy Scout Troop 136

The boys have had a great couple of months. They have camped at Straws, participated in the Memorial Day Parade, assisted the town with removing the bricks from the park at Main and Water Streets and gone indoor rock climbing.

The white water rafting trip had to be cancelled this year due to the cost of the trip. The boys will try again in the future.

The next two months are busy ones! The boys are excited about the following events:

**6/27-6/28** Canoe and Camping trip - the Saco Canoe Rental Company of North Conway will be providing the equipment for the boys to Canoe down the river, then following that, they will camp for the night.

**7/25** Troop Hike at Pawtuckaway.

**8/1** Court of Honor and BBQ at the Sylvain's.

**8/2-8/8** Summer Camp at Hidden Valley.

**8/28-8/30** Trolley Museum in Kennebunk, ME

Our fundraising season is scheduled to start in September.

If you know a boy between the ages of 11-17 who would benefit from an organization like the Boy Scouts, please contact Les Houston at 231-1148.

*Submitted by Pat Oumansour*

## Epping Explorer Posts

### **Fire Department Explorer Post 716**

Youth 14 years old to 20 years old are invited to join the Epping Fire Department Explorer Post. The Explorers meet on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays from 7:00 to 8:30 pm.

Explorers learn how to use the Fire Department equipment and do search and rescue. Once the probationary (learning) period is over, they may assist on fire calls. Explorers are allowed to ride on the apparatus if seats are available and assist firefighters with the self-contained breathing apparatus (SCBA), supervise the rescue truck and perform many other duties at a fire scene.

For more information call Cliff Cray at 396-9436 or e-mail at [deacon100@comcast.net](mailto:deacon100@comcast.net).

### **Police Department Explorer Post 714**

Youth 14 and older may also join the Police Explorer Post by calling 679-5122.

## American Legion News

### **Monthly Breakfast Buffets**

Monthly second Sunday breakfasts are being held from 8:00 to 11:00 am. Come enjoy our hot Breakfast Buffets on **Sunday, March 8<sup>th</sup>** and **Sunday, April 12<sup>th</sup>** - eggs, bacon, sausage, toast, pancakes, home fries, and coffee are all piping hot and ready to be enjoyed. Bring your newspaper and your appetite!

The Buffet is \$6.00 a plate, \$4.00 per child and worth every penny!

## Make 4-H SPIN!



*To see Rockingham County 4-H youth in action, visit us at the Stratham Fair on July 16-19.*

Do you have a talent or interest that could be taught to youth members in our community? Let's make it a SPIN, a Special Interest group sponsored by Rockingham County 4-H! SPIN topics are limitless and have included sign language, animal tracking, beekeeping, blacksmithing, science and gardening. 4-H members are able to find their passion and gain new knowledge and skills through these group experiences.

A 4-H SPIN group recognizes that both youth and adults often have a limited amount of free time. SPIN groups have the ability to provide youth development through non-traditional time frames. This is also an excellent opportunity for adult volunteers, since volunteers can serve for a short period of time. For example, a wildlife group might meet once a week for six weeks, or twice a week for three weeks. This gives youth and leaders more flexibility.

SPIN groups are set up to work around the volunteer's schedule. Each group meets six or more times for at least one hour per session. The meeting location is based on the type of activity and number of participants. Meetings can always be held at the UNH Cooperative Extension office in

Brentwood.

For more information on becoming a SPIN volunteer, contact Joe Drake, 4-H Program Coordinator at [joseph.drake@unh.edu](mailto:joseph.drake@unh.edu) or (603) 679-5616.

The UNH Cooperative Extension 4-H Youth Development program brings positive learning experiences to New Hampshire youth between the ages of five and 18 through afterschool programs, camps, teen conferences, and other events and activities aimed at expanding knowledge and encouraging community engagement and leadership.

*Submitted by Donna Funderal*

## Epping Community Church

Our church service is at 9:00 am every Sunday morning. We are located on the corner of Pleasant and Main Street. Our sanctuary is on the 2<sup>nd</sup> floor of the church. We are wheelchair accessible and have an elevator to take those in need upstairs. Come and see what we have to offer during our time of worship. You can then take a tour of our new additions. There's always someone there that would love to show you around. You can stay after church and have coffee and meet new and old friends.

We will not be having 3<sup>rd</sup> Saturday dinners in July or August. We will return for another delicious meal in September. Look for announcements in local establishments and on our sign out in front of the church.

The Epping Community Care Food Pantry has been very busy. We had a very successful breakfast in memory of Linda Gauthier in June. Thank you to all who attended the breakfast and brought in food items, toiletries or made cash donations. We appreciate all donations. You help our program to continue to assist those in need in our community.

Our Soup of the Day Café is every Thursday from 11:00-12:30. Anyone in the community is welcome to come to this free lunch. We have been offering various menus during the summer including, steamed hot dogs, green salads, pasta salads, Italian sandwiches and other yummy lunch items. We will be taking a break for vacations this summer. We will be closed from July 23<sup>rd</sup> until September 3<sup>rd</sup>.



## St. Joseph Catholic Church

208 Pleasant St. (Rte 27)

Epping, NH 03042

Office telephone: 679-8805

### Mass schedule weekdays:

**Monday** 8:00 am

**Tues, Thurs, Fri.** 7:30 am

**Wednesday** 7:00 pm

### Mass schedule weekends:

**Saturday** 8:00 am

**Sunday** 8:00 am, 10:30 am and 6:00 pm

### July

**Mondays** – Adoration – Noon to 9:00 pm

**Tuesdays** – Men's group – 6:00 to 7:00 am

**Wednesdays** – Women of Faith reading group –  
2:00 pm

**Fridays** – Adoration – 8 am to 7 pm

**Fridays** – Youth group – 7:00 pm

**July 15<sup>th</sup>** – Healing Service – 7:30 pm

**July 18<sup>th</sup>** – Men of St. Joseph – 7:30 pm

**July 19<sup>th</sup>** – Motorcycle Blessing – 1 pm Church  
parking lot

### August

**Mondays** – Adoration – Noon to 9:00 pm

**Tuesdays** – Men's group – 6:00 to 7:00 am

**Wednesdays** – Women of Faith reading group –  
2:00 pm

**Fridays** – Adoration – 8 am to 7 pm

**Fridays** – Youth group – 7:00 pm

**August 15<sup>th</sup>** – Men of St. Joseph – 7:30 pm

**August 19<sup>th</sup>** – Healing Service – 7:30 pm

If you have any questions, please call the  
Rectory Office 679-8805 or check our website at  
<http://stjosepheppingnh.com> for further information.

## Epping Bible Baptist Church

Epping Bible Church invites you to join them  
throughout the week at 243 Pleasant Street in  
Epping.

Our Sunday mornings begin with a full, free  
breakfast starting at 8:15 am, followed by Sunday  
School for all ages at 9:30 am and morning service  
at 10:45 am. Sunday evening service begins at  
5:00 pm. Families are welcome.

Sunday School follows the Faith Weaver  
curriculum and all classes learn about the same  
passage of Scripture with lessons tailored for each  
group

A free nursery for children – infants through four  
years – is provided during the morning and evening  
services. Children ages four through third grade

are invited to Junior Church during the morning  
service after praise and worship time.

Prayer and Praise fellowship is offered on  
Wednesday evenings at 7:00 pm at the parsonage.

The Awana program (ages three through grade  
6) meets on Friday nights to help children learn  
about God's Word. There will also be a morning  
cubbies (ages 3 and 4) Awana group on Friday  
mornings at 9:30 am. Please contact Dora Brown  
at 702-2650 or at [awana@eppingbible.org](mailto:awana@eppingbible.org).

Our services can be seen on Sunday mornings  
on ETV – channel 22, and on our website.

Epping Bible Church is located at 243 Pleasant  
Street, Epping. If you have any questions, please  
contact Pastor Ron Townsend at 247-0405 or  
[PastorRon@eppingbible.org](mailto:PastorRon@eppingbible.org).

## West Epping Quaker Meeting House

The West Epping Meeting grew out of the  
Seabrook Quarterly Meeting in the middle of the  
18<sup>th</sup> century. Records show that Joshua Folsom  
was a recorded minister among Friends in the  
community in 1772 – though he may have  
commenced his activities even earlier. The present  
Meeting House was built in 1851. The surrounding  
tall pines, dating from this period, have been a  
distinguishing feature of West Epping Village.

West Epping Friends meet for silent worship at  
10 am every first and third Sunday of the  
month. We welcome visitors to our meetings to join  
with us. For those who would enjoy just visiting the  
Meeting House they may call the Clerk, Fritz Bell,  
at 244-1119 for a tour.



## Harvey-Mitchell Memorial Library

Epping's Public Library

151 Main Street

734-4587 (Adult Dept.)

679-5944 (Youth Dept.)

679-5884 (Fax)

[harvmitch@gmail.com](mailto:harvmitch@gmail.com)

[www.eppinglibrary.com](http://www.eppinglibrary.com)

Hours: Monday, Friday, Saturday 10 – 5

Tuesday, Wednesday, Thursday 10 – 8

Closed: **Friday and Saturday, July 3<sup>rd</sup> and 4<sup>th</sup>** for  
Independence Day

**Monday, September 7<sup>th</sup>** for Labor Day

### **Preschool Story Times with Miss Eva & Mr. Ben**

Pre-registration is required. Call us at 679-5944 or e-mail us at [hmmlyouth@gmail.com](mailto:hmmlyouth@gmail.com). Limit of 12 children at each session.

Join us for stories and crafts on Mondays at 11:00 am and 1:00 pm, and Wednesdays, Thursdays, and Fridays at 11:30 am.

### **Summer Reading Program**

#### **“Every Hero Has a Story”**

Grades 1-8 from June 29<sup>th</sup> to August 6<sup>th</sup>

Mr. Ben and Miss Eva are already planning a great program of reading, crafts and surprises! Join The Fun!!!

### **Knit Night**

Get together on 2<sup>nd</sup> and 4<sup>th</sup> Wednesday nights at 7:00 pm. Bring your own yarn and needles. Enjoy the company of other knitters! For more information, contact coordinator Marjorie Pim at [marjpim@yahoo.com](mailto:marjpim@yahoo.com).

### **Fall Into Great Books!!!**

#### **Adult Book discussion Groups**

New members are always welcome!

The Eclectic Book Club meets on second Wednesday nights at 7:00 pm.

The Dusty Old Mystery Book Club meets on third Wednesday nights at 7:00 pm.

For more information, please call us at 734-4587 or visit us at [www.eppinglibrary.com](http://www.eppinglibrary.com).

*Submitted by Bradley A. Green, Library Director*

### **Epping Y.O.U.T.H. Coalition**

#### **(Youth Organizations Unite To Help)**

A community-wide collaborative organization dedicated to empowering youth to make healthy lifestyle choices and reduce substance misuse, through awareness campaigns, education, coordinated activities, and sharing resources.

**Purpose:** To Engage, Educate, and Empower youth, families, and the community, to change social norms and social culture!

Following the Youth and Community Discussions last month, we came up with areas to work on and ACTION PLANS to get started!

#### **I. To Build trust relationships, empathy, respect, responsibility...self-worth, importance & belonging**

**A. Mentors** -- have a HUGE impact! EHS students already mentor EES students!

Action Plan:

Increase Mentoring! Kathy S-B has ideas! Encourage opportunities w/ EHS & EMS Students to mentor.

Older students modeling & teaching younger students to make healthy choices, then arrive at middle school already making positive choices, changes the social culture!

#### **B. Community Involvement (Service)**

Action Plan:

Adam had ideas for 1 or 2-Day Projects to meet a community/person need.

Also, local situations that arise, may present opportunities.

**C. Community Involvement** Work/study/Intern volunteer

Action Plan:

Connect with local businesses for short-term intern/volunteering at their business.

Connect with parents, community, & faculty for leading after school “out-of-the-box” activities.

Offer students a variety of specific options to sign-up for.

### **II. To educate and impact, with perspective-changing messages**

#### **A. Assembly Presentations with Personal Impact**

Action Plan:

Presentations from young people, who made poor choices, how it affected them, lost scholarships, etc., & now

From students/young people who lost family members due to drug/alcohol related situations

Accident Scene in parking lot with EPD, EFD, EMTs

#### **B. Educate Parents & Adults**

Action Plan:

Educate Parents & Adults about their choices to drink/smoke, and how they influence youth

How to talk to their youth about substances, and symptoms and what to look for

About the dangers of how substances really affect the body, brain, & ability to function...and future college or employment opportunities

Will brainstorm ways to do that in the fall

### **III. To Engage “un-engaged” students in different after school options**

Action Plan:

Safe hang out -- Already working on a Community Center

Real park, within walking distance -- Community Center?

Different after school options-- See “Community Involvement” above

More basketball hoops (older kids take over)

or skate park --Already working on a Community Center

**Bottom Line: People need “something” to get involved in, to get involved.**

These Action Plans seek to involve the community and parents with our youth and reach the students not already involved in positive choice activities.

No Meetings in July and August

Next Meeting: **3<sup>rd</sup> Wednesday, September 16<sup>th</sup>**

*Have a fun and safe summer!*

Thank You for your Support and Ideas!

Success is always a Team Effort!

*Submitted by Linda Daigle*

## Epping Parks & Recreation

### Department News

*Home of the “River Otters”*

Director: Nicole Bizzaro

Temporary office at Epping Town Hall

Cell Phone: 608-9487

[eppingrecreation@gmail.com](mailto:eppingrecreation@gmail.com)

Join us on Facebook and follow us on Twitter

If you need to reach the Department, please contact Nicole, Recreation Director via e-mail at [eppingrecreation@gmail.com](mailto:eppingrecreation@gmail.com) or cell at 608-9487. The temporary Rec. Office has been set up on the 2<sup>nd</sup> floor at the Town Hall. Enter the main door and go up the stairs. There will be registration forms and other information available there. Any program payments can be given to staff at programs or can be mailed to us at 157 Main Street, Epping, NH 03042. Please make checks out to “Town of Epping.” We appreciate your patience while we figure out our building issues.

Please follow us on Facebook for latest program updates, changes and announcements.

### Help celebrate Epping’s Birthday

In 2016, the Town of Epping will turn 275 years old! We are currently collecting names of interested residents who would be willing to serve on the Birthday Celebration Committee! Please send us an email to [eppingrecreation@gmail.com](mailto:eppingrecreation@gmail.com) or see Joyce in the Board of Selectmen’s Office at the Town Hall if you are interested in helping.

Interested in helping out with Community Events? We can always use volunteers! Epping Parks & Recreation Department does not receive any tax dollars to run Community Events! We rely solely on donations and volunteers to offer such events! If you are interested in helping, please

contact Nicole, Recreation Director at 608-9487 or send us an e-mail.

### **Martial Arts Programs at Epping Recreation and Elementary School (offered by Epping ATA)**

#### Karate Classes

Mondays (EES Gym) and Thursdays (MS Stage) 3:10 – 4:15 pm, \$65 per month

For more information or to sign up your child, please contact Mrs. DeNapoli at 674-6599 or e-mail her at [eppingata@gmail.com](mailto:eppingata@gmail.com).

\*\*\*ALL beginners receive a FREE Uniform.\*\*\*

### **Middle/High School Programs**

**8<sup>th</sup> – 12<sup>th</sup> Grade CIT program** is back again this year. Students who like working with children and want to gain experience may apply to be a Counselor-In-Training. School year and summer positions are available and it’s FREE! For an application, please contact the Rec. Department.

Both the Application and two Reference Forms need to be returned to the Recreation Director at Town Hall, 157 Main Street, for review. Without references (non-related), applications will not be accepted. CIT positions are limited! We will call all applicants in for an initial interview with the Recreation Director and Program Director. The CIT program is not a full summer, full week program. Each CIT will be given a schedule of days and hours they will be assigned to complete their volunteer time with us. CIT’s will ASSIST staff in running programs for kids, preparing materials for programs, helping with general clean up after programs and being role models for children participating in programs. Most CIT hours are completed on school grounds (no field trip hours). If a CIT shows exemplary skills in assisting children during on-grounds programs, we may contact those parents to arrange for field trip volunteer hours.

### **Adult Programs**

#### **Adult Basketball**

Want to play some adult basketball? Come join The Epping Recreation Department for some pick up co-ed basketball in the Epping Middle School Gym on Sunday nights.

**Day / Time:** Sunday – 7:00 – 9:00 pm

**Location:** Epping Middle School Gym

**Cost:** \$30 for 10 nights – Please make check out to the “Town of Epping.” If paying in cash, please bring exact change.



Each participant is required to sign a waiver form prior to playing and payment. Waiver forms will be available at the gym. We will have a sign-in sheet, to keep track of the days used. Once you have used your ten nights, please bring in your next payment of \$30 for ten additional nights. You will not be allowed to play if we do not have a signed waiver and payment. The payment covers the cost of the staff to provide this program.

Please check our Facebook page for updates on programs, including cancellations. We will also notify you via e-mail of any program changes, so please provide a current e-mail address.

### **Zumba**

**Zumba is currently on hold due to Instructor's illness. Please check Facebook for updates.**

The popular dance aerobics class is back in the Epping Recreation Department with Zumba Instructor Cassandra Mullen. She has classes on Thursday nights from 7:45 to 8:45 pm at the MS/HS Café. Cost: \$35 for a 6-week session, \$7 drop-in.

Please visit Cassandra's Facebook page at <http://www.facebook.com/zumbawithcassandra> for more class information and to give music choice suggestions. She will also post changes or cancellations there. Please follow for the latest information on her classes.

### **The Porch**

We are a not-for-profit organization.\* Our goal is to demonstrate the unconditional love of God to our community by building relationships, meeting physical and financial needs, and sharing the Gospel of Jesus that transforms lives.

Epping Lighthouse will benefit the community in numerous ways, including:

- Running a youth center for teenagers
- Running a children's after-school program
- Giving financially to families who are in need
- Providing free family counseling

Organizing various programs for teenagers to service others

\*We are currently waiting on the IRS to give us our final paperwork.

### **Kids Club**

Our kids club is for kids in grades 1-5.

We will provide free pick up from EES, and provide snacks and drinks at no charge.

We have a structured time of singing, Bible Time and Game Time.

The club starts at 3:15 and goes until 5:00 pm.

### **Teen Central**

Our Teen Central is geared for grades 6-12.

We offer pool, ping-pong, air hockey, and foosball.

We also have computers, a TV, board games and provide snacks and drinks at no charge.

Teen Central opens at 2:30 and goes till 4:30.

We provide classes and other events throughout the year as well.

We require all of our workers to complete a background check.

If you are interested, please check us out at [www.eppinglighthouse.org](http://www.eppinglighthouse.org) or you can e-mail us at [eppinglighthouse@hotmail.com](mailto:eppinglighthouse@hotmail.com) to request a form.

## **Families First**

*support for families...health care for all*

**Families First will not be running the Epping Family Morning Out** playgroup until the fall. However, the playgroup in Exeter is running on Thursdays.

**Exeter Family Morning Out** *Thursdays, 9:30-11 a.m.* For children ages birth to six, with parents or other caregivers. Children will explore age-appropriate crafts and other activities, have positive play with peers and adults, and enjoy songs, stories and snack. Facilitator: Patricia Keck. Held at Exeter Parks and Recreation (32 Court Street, Exeter). Cost: Free Pre-registration not needed.

For information call 422-8208, press 2, or visit <http://www.familiesfirstseacoast.org/programs.cfm>.

All parents and children are welcome at our Parenting Classes, Parent-Child Groups and Parent Groups. **Advance registration is needed for most programs and is always needed for childcare**; please go to [FamiliesFirstSeacoast.org](http://FamiliesFirstSeacoast.org) and click on the Register for Family Programs button, or call 422-8208 x2.

### **Epping Students in the News**

**Lqwan Desir** was awarded a Bachelor of Arts degree in Communication from Marist College in Poughkeepsie, N.Y. on the weekend of May 23<sup>rd</sup>.

The following students graduated from the University of New Hampshire during the Commencement Ceremony held Saturday, May 16<sup>th</sup> in Durham, N.H. Students who received the honor of Magna Cum Laude graduated with a GPA of 3.50-3.69; and students who received the honor of Cum Laude graduated with a GPA of 3.2-3.49.

**Allison Scimone** earned a BS in Family Studies Cum Laude

**Alyson Mantini** earned a MED in Elementary Education

**Brian Fanning** earned a MA in Music:Music Education

**Catherine Dirk** earned a BS in BiomedSci:MedLabSci

**Jacob Vasapolli** earned a BA in Psychology

**Jessica Anderson** earned a MED in Secondary Education

**Kathryn Rajchel** earned a BA in English

**Lauren DeSotto** earned a BA in Psychology Cum Laude

**Michael Seaman** earned a BSCHE in Chemical Engineering Magna Cum Laude

Epping students named to the Dean's List for the Spring 2015 semester.

**Sawyer James Begin**

Clarkson University

**Abigale McPhee**

Saint Joseph's College of Maine

**Sean Colford** was among student-athletes from 16 varsity sports and the dance team honored for accomplishments on and off the field during Emmanuel College's annual Athletics Banquet on Saturday, April 25<sup>th</sup>. He earned the Most Valuable Performer Award for Men's Cross Country. This award is given annually to the student-athlete who continually excelled on the playing field throughout his season, while providing the highest value to his team.

**Brianna Parent** was one of twenty-nine Worcester Polytechnic Institute's student-athletes to earn a major award at WPI's Athletics' annual banquet. She received a 2014-2015 Ray Cherenzia Award for Volleyball. It is presented to a member of each varsity team who exemplifies the spirit of an "Unsung Hero" – who works hard every day, puts the team first over their personal goals, who does the little things without much recognition, yet is vital to their team's success in competition, in the classroom and in the community. They represent their program and the university in a respected and dignified manner.



## Epping School District News

### School Board Meeting Schedule

The Epping School Board holds regular

meetings at 7:00 pm in the Epping Town Hall. The public is invited to attend. Meetings are also televised by ETV. Agendas and minutes are posted on the district website at [www.sau14.org](http://www.sau14.org) under School Board/Agenda & Minutes. ETV is also streaming meetings that you can watch live on your computer at: <http://etv.22.pegcentral.com>.

**July 16<sup>th</sup>**

**August 6<sup>th</sup> and 20<sup>th</sup>**

## Epping Middle School (EMS)

### Epping Middle School Honors Eighth Graders

Epping Middle School held its annual Recognition and Awards Night on Monday, June 22, 2015. Parents and friends filled the school's gymnasium to help send the students off to high school.

The program began when Addison Bickford welcomed those in attendance. Rachel Martin and Morgan Shanley led the crowd in the "Pledge of Allegiance." The Middle School Chorus, under the direction of Brian Freed, performed "Lean On Me." Principal Brian Ernest praised the eighth graders in his welcoming remarks. Students Casey Needham and Hunter Bullock highlighted the class's three years at Epping Middle School with humorous anecdotes and offered thanks to parents, administrators, teachers, and friends. The presentation of awards followed.

Social Studies teacher Gabriel Mosca presented The Governor William Plumer History Award to **Emily LeBlanc**. The Governor David Morrill Science Award, presented by Lindsay LaPointe, went to **Abby Simard**. Pat Weisberg named **Gracia Jordan** as the recipient of The John Greenleaf Whittier English Award. **Anna Re** received The Governor Benjamin Prescott Math Award from teacher Deborah Dyer.

The presentation of the Unified Arts and Academic Department awards followed. Art: **Mya Martin**, and Iron Chef: **Michaela Sable** from Deborah Booth; Band: **Mikayla Ball** from Jonathan Ludwig; Chorus: **Lily O'Connell**, and Music: **Kiana Pond** from Mr. Freed; Computer: **Matthew Strout** from Fred Bowden; Technology Education: **Owen Joyal** from Mr. Ernest for teacher Scott Lister; Wellness: **Nathaniel Marshall**, and Health Education: **Rachel Martin** from Courtney MacFarland; French: **Casey Needham** from Raymond Carrier; and Spanish: **Allison Nee** from Deborah Brooks.

Retired teacher Bruce Christie presented the New Hampshire Association for Middle Level Education and the New England League of Middle Schools Scholar/Leader Awards to **Hunter Bullock** and **Casey Needham**. He also presented the Citizenship "Service Above Self" Awards, sponsored by the Raymond Area Rotary Club, to **MacKenzie Newman** and **Adam LePage**.

Assistant Principal Christine Hebert presented the Presidential Academic Achievement Awards to: **Sarah Braese, Colin Farris, Brandon Hutchins, Ryan Johnson, Megan MacFadden, Haley Munguia, Mercedes Nash, Sarah Parenteau, Christopher Peck, Kylee Pinkham, Shelby Prestridge, Abigail Soldani, Ashley Spechuilli, and Josephine Wentworth.**

Presidential Academic Excellence Awards, presented by Principal Ernest, were given to the following: **Mikayla Ball, Addison Bickford, Benjamin Colban, Madison Downing, Meghan Galante, Gracia Jordan, Adam LePage, Ashley Martin, Maya Martin, Cerys McCabe, Destiny McKay, Allison Nee, Casey Needham, Jennifer Nikolova, Lily O'Connell, Kiana Pond, Julianna Re, Morgan Shanley, and Abby Simard.**

Each class member was then presented with a Certificate of Completion of the Eighth Grade.

Assistant Principal Hebert delivered the closing remarks and was given a standing ovation, as she will be leaving Epping Middle School to become the principal of an elementary school in Rochester.

*Submitted by Bruce Christie*

## **Fourth Quarter Honor Roll**

We are so proud of our students for setting and achieving such high academic goals.

### **Grade 6:**

#### **Highest Honors Work Habits/Effort:**

Isabelle Deary, Nicholas Greubel, Andrew LeBlanc, Ryan MacVicar, Taya Morgado, Jenna Needham, Abigail Walsh

#### **Highest Honors in Learning:**

Isabelle Deary, Andrew LeBlanc, Ryan MacVicar, Peter McTague, Taya Morgado, Jenna Needham, Abigail Walsh, Alexander Wyatt

#### **Honors in Learning:**

Alexa Bade, Quinton Burleigh, Delaney Clough, Joshua Coolidge, Tyson Dionne, Spencer Gaudreau, Nicholas Greubel, Alexa Guarente, Alyssa Higginbottom, Ryan Hoelzel, Tayler Holt, Trevor Hovey, Ashlan Idell, Katrina Jennings, Scott Johnson, Erika MacLeod, MacKenzie McAniff, Jack Meyer, Benjamin Milbury, William Morasco, Arianna Murphy, Meaghan Murphy, Ciara Patey, Luke

Rossel, Emma Roussel, Abigail Roy, Amara Stevens, Hayleigh Sullivan, Sean Thornton Jr., Cassidy Wall, Madelin Walsh

### **Grade 7:**

#### **Highest Honors Work Habits/Effort:**

Trey Loving, Oakley Lustenberger, Faith Williamson, Joey Zheng

#### **Highest Honors in Learning:**

Trey Loving, Oakley Lustenberger, Faith Williamson, Joey Zheng

#### **Honors in Learning:**

Hannah Armstrong, Luke Barker, Mikayla Berger, Jasmyne Bickford, Noah Bilodeau, Calle Bisailon, Avalon Brown, Christopher Chapman, Lyndsey Chevalier, Joseph Furey, Ryan Glass, Reese Idell, Samantha Johnson, Keyghan Lewis, Estabella Martin, Karissa Martin, Hayden Miller, Ava Montalbano, Ryan Moulton, Olivia Parents, Hayley Pelletier, Mackenzie Rancati, Peyton Rivers, Isabella Snyder, Sharon Swanson, Makayla Swidrak, Logan Szmít, Jacob Van Amburgh

### **Grade 8:**

#### **Highest Honors Work Habits/Effort:**

Addison Bickford, Madison Downing, Colin Farris, Meghan Galante, Gracia Jordan, Adam LePage, Destiny McKay, Lily O'Connell, Shelby Prestridge, Morgan Shanley, Abby Simard

#### **Highest Honors in Learning:**

Mikayla, Ball, Meghan Galante, Emilie Le Blanc, Adam LePage, Destiny McKay, Allison Nee, Lily O'Connell, Julianna Re, Abby Simard

#### **Honors in Learning:**

Addison Bickford, Hunter Bullock, Benjamin Colban, Madison Downing, Colin Farris, Benjamin Fowler, Amber George, Emily Jackson, Ryan Johnson, Gracia Jordan, Megan Marasca, Ashley Martin, Maya Martin, Rachel Martin, Cerys McCabe, Alexis McDuffee, Casey Needham, Kaitlyn Nichols, Jennifer Nikolova, Kiana Pond, Shelby Prestridge, Morgan Shanley, Evika Toth

## **Epping High School (EHS)**

### **EHS Class of 2015 Top Ten**

**Jeremy Barbosa**, son of Udo and Nina Barbosa, is the valedictorian of the Class of 2015. He plans to attend Boston College with a major in finance.

**Spencer Holt**, son of Richard and Dawnalee Holt, is the salutatorian of the Class of 2015. He plans to attend Rensselaer Polytechnic Institute in Troy, N.Y. with a major in chemical engineering.

**Sarah Clements** is the daughter of Eric and Robin Clements. She plans to attend the University of Vermont with a major in neuroscience.



**Tina Re** is the daughter of John Le and Hai Duong Tran. She plans to attend Emmanuel College in Boston with a major in biology: pre-med track.

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## Epping Calendar of Events for July 2015

July 1	K&H Arts and Theater Group workshop on Hero theme at the Library – 1 pm
July 2	Children's Fourth of July Cookout/movie at the Library – 12 pm Registration a must!
<b>July 3</b>	<b>INDEPENDENCE DAY HOLIDAY – Town Hall and Library closed</b>
July 8	Knit Night at the Library – 7 pm
July 8	Eclectic Book Group at the Library – 7 pm
July 8	Honoring the Epping Police, Fire and Ambulance personnel at the Library – 1 pm
July 2, 9, 16, 23	Children's movies at the Library – 1:30 pm
July 10-26	"Bye, Bye Birdie" at the Leddy Center
July 11	Epping Community Church Food Pantry – 8-10 am
July 12	American Legion Post 51 Sunday Breakfast Buffet – 9:00-11:30 am
July 15	K&H Arts and Theater Group workshop on Super Hero costumes at the Library – 1 pm
July 15	Dusty Old Mystery Book Group at the Library – 7 pm
July 16	Epping School Board meeting in Epping Town Hall – 7 pm
July 16-19	Stratham Fair
July 18	Epping Community Church Food Pantry – 8-10 am
July 19	Motorcycle Blessing at St.. Joseph Church in church parking lot – 1 pm
July 21	Library Board of Trustees Meeting – 7:15 pm
July 22	Prehistorix at the Library – 11 pm Ice cream party to follow – must register
July 22	Knit Night at the Library – 7 pm
July 25	Epping Community Church Food Pantry – 8-10 am
July 25	Boy Scout Hike at Pawtuckaway
July 28	Epping Lions Club meeting at the Epping Edward Jones office on Route 125 – 6:30 pm

## Epping Calendar of Events for August 2015

<b>Date</b>	<b>Event</b>
August 1	Boy Scout Court of Honor and BBQ at Sylvain's
August 1	Epping Community Church Food Pantry – 8-10 am
August 2-8	Boy Scout Summer Camp at Hidden Valley
August 6	Epping School Board meeting in Epping Town Hall – 7 pm
<i>June 29-August 6</i>	Summer Reading Program at the Library
August 8	Epping Community Church Food Pantry – 8-10 am
August 9	American Legion Post 51 Sunday breakfast – 9:00-11:30 am
August 12	Eclectic Book Group at the Library – 7 pm
August 12	Knit Night at the Library – 7 pm
August 13	Epping Seniors meet at the Epping Fire Station at 1 pm
August 15	Epping Community Church Food Pantry – 8-10 am
August 18	Library Board of Trustees Meeting – 7:15 pm
August 19	Dusty Old Mystery Book Group at the Library – 7 pm
August 20	Epping School Board meeting in Epping Town Hall – 7 pm
August 22	Epping Community Church Food Pantry – 8-10 am
August 25	Epping Lions Club meeting at the Epping Edward Jones office on Rte 125 – 6:30 pm
<b>August 25</b>	<b>DEADLINE DATE for the September-October issue of the Newsletter</b>
August 28-30	Boy Scouts at Trolley Museum in Kennebunk, ME
August 29	Epping Community Church Food Pantry – 8-10 am
<b>September 1</b>	<b>FIRST DAY OF SCHOOL</b>