



# Speak Up, Epping! Newsletter

Volume 11, Issue 5

Epping, New Hampshire

September-October, 2018

## 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.

## Turning the Page in Epping's Theatrical History -

### The All New Epping Community Theater

I am excited to announce the dawning of a new artistic era in Epping's history. On Saturday August 18<sup>th</sup> at Watson Academy in Epping, we officially launched the Epping Community Theater! As a program under the fabulously run Epping Rec Department (top 10 Rec. programs in the state!) we are proud to offer the greater Seacoast Area, top notch productions and classes. Check out our Facebook page under Epping Community Theater for our Fall 2018 class schedule and registration, audition calls and production schedule.

Most performances and classes will be held at the all new Epping Playhouse at 38 Ladd's Lane in Epping off Route 27. The Playhouse is fittingly set on a gorgeous 100 acre historic farm owned and operated by Stephen Kaneb and features a 180 seat professional performance space.

We have brought together amazingly talented instructors from throughout Southern NH to offer over 20 classes to students Pre K-12<sup>th</sup> grade this fall season. Discounts for multiple classes will be offered on a per household basis, so the whole family can get involved. From the beginnings of telling a story and singing in character through puppetry, Shakespeare and drama, we offer it all. Have you ever wanted to learn to run a lighting or sound board or work backstage? Then Stagecraft is for you! Are you a high school student looking for audition training or to build a rep book? Then come check us out! You will then be able to use your brand new skills by taking part in upcoming productions.

Why do only the kids get to have fun? Adult classes will start in the spring and we hope to launch workshops throughout the 2018-19 fall/spring season. Don't be silent, let us know what you want to learn and we will find the best teachers at the best rates!

Being a community theater first, our mission is to provide Epping with a host of entertaining productions. We are currently aligning with both local business and production companies throughout the area to bring Shakespeare, dance, comedy and music to the Epping Playhouse.

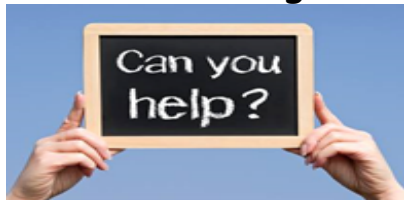
For our own productions we will kick off our season this December with an all new "A Christmas Carol!" The ever talented, and Epping loved, Steve Koch has rewritten the script to include more parts while staying true to the classic Charles Dickens story. We hope you make or continue to make this play your Holiday tradition!

Why just watch when you could participate in the fun? Come try out **Sept 15<sup>th</sup>** at the open auditions or take part behind the scenes in building sets, costumes, or props. Check out our Facebook page under Epping Community Theater for more details. Then, coming this spring, we are excited to hold auditions for Alice in Wonderland, the operetta. There will be opportunities for parts in all age categories and tons of opportunities to take part in behind the scenes production work.

Regardless of the town you come from, Epping welcomes all to come join us and make this YOUR Community Theater!

*Brian Miskinis, Chair, Board of Directors*

## End 68 Hours of Hunger - Epping



We are getting ready for the start of the 2018-2019 school year and the Epping End 68 Hours of Hunger program will soon be feeding several Epping students every weekend. It takes a village to run this program and we have a great group of packing, delivery, inventory, and shopping volunteers.

We are in need of help from the community, especially with fundraising. This aspect of our program gets overlooked at times with the tasks of running the program on a weekly basis. With a yearly budget this year of \$12,000-\$14,000 we need more fundraising. Please reach out to us if you can help our program in this or any other area!!

Much gratitude towards our group of amazing volunteers!

Please reach out to us for more information at [Eppingnh@end68hoursofhunger.org](mailto:Eppingnh@end68hoursofhunger.org).

## Senior Moments

We were delighted to share the Ice Cream Social with the Recreation kids again this year. They really enjoy their captured audience of us oldies. The fun part was interacting after that last scoop of chocolate ice cream (yes, chocolate). There were some promising magicians in the pack and believe it or not, their tricks were puzzling. However, big tip to them - don't give away your secrets - even if we beg. We had a few

tricks and jokes of our own but we did not give away Our secrets.

August is not usually a meeting month but we had many more things to decide than the telephone could handle. First, we voted to make donations to the Pease Greeters who need everyone's support. Another donation was to "Speak Up Epping." Barbara finances and publishes the news and we (the readers) often forget to say "thank you." SO - THANK YOU, BARBARA!

We're also collecting Christmas Cards to be sent to our soldiers. This is our happy participation in the program throughout the country. Should be impressive and warmly received. Would like to see the postal carriers with this one. We'll let you know how this plays out.

Back on our routine shopping lists will be special food items for the 68 Hours of Hunger Program. It's fun buying the food for the kids that we can no longer enjoy because of that enemy #1 - sodium.

Here's the good stuff:

Lobster lunch at the Tuckaway Tavern on August 28<sup>th</sup>.

Winnepesaukee Belle Boat ride out of Wolfeboro on September 11<sup>th</sup>.

Back to the Castle In The Clouds on October 10<sup>th</sup> - foliage season.

Another "back to" in October is the Demeritt Farm in Durham for our annual wagon ride and apple pie with ice cream.

We were disappointed when we had to cancel our day at the Sunapee Craft Fair. When the temperature hits the 90's and some of us hit the 80's, it's time for us seniors to be wise and not foolish. Missed the ride to the top of the mountain though – but it will be there next year and hopefully, so will we.

The members of the LLC dropped some new restaurant names into the hat and we'll start swiping our credit cards in September. Perhaps we should be hired as critics because we have been many places and have expressed strong opinions about the food and service. Ask us.

The Epping Historical Society is having a fundraiser, compliments of Mr. and Mrs. Joe Denoncour at the Black Stove Farm on September 16<sup>th</sup>. Several members will be there and anticipate an amazing feast while supporting our Historical Society. For more information, call Joy at 679-8855.

The September program will be Kevin Martin of Epping to show and tell us about the BIG TREES throughout New Hampshire. Did you know we have one in Epping?

Day Of Caring in October is when we will join other groups to assist the Meals On Wheels Fundraiser Program. The work consists of tasks like stuffing envelopes, sticking labels on envelopes (more than 20,000) and stopping for lunch break. It's a lot of work, but someone has to do it.

As senior citizens, we are always hunting for generic meds. Here are just a few coming our way in 2019. (1) Restasis-early 2019, (2) Lyrica-July, 2019, (3) Eliquis-2019. Check with your pharmacy for yours and more.

You know, we retirees don't mind being called Seniors when the term comes with a 10% discount at Walgreens, Marshalls, Subway, Burger King, Wendy's and others.

Kids are back at school but this little classmate passed on this clever tip. She was at camp and got a splinter in her finger. The adult poured Elmer's Glue all over the splinter, let it dry, peeled the dried glue off her skin and the splinter came with the dried glue. Smart kid until out of nowhere she asked me who was "Howdy Doody? I left the room.

Remember – trying to stop aging is like squeezing toothpaste back into the tube.

*Submitted by Irene R. Cote, Secretary*

**Editor's Note:** *Many thanks to the Watson Academy Seniors for their generous donation. It is much appreciated. Barbara*

## News From the Town

There is now a NEW Website for reviewing Epping meetings online: [etv22.viebit.com](http://etv22.viebit.com).

### Town dates

**September 3<sup>rd</sup> – Town Hall closed for Labor Day**

**September 11<sup>th</sup> – NH State Primary**

**September 29<sup>th</sup> – Scarecrow Festival**

**October 8<sup>th</sup> – Town Hall closed for Columbus Day**

**October 31<sup>st</sup> – Trick or Treat from 5-7 pm**

### Looking ahead:

**November 6<sup>th</sup> – General Election**

**NH State Primary September 11<sup>th</sup> – Vote!**

On Tuesday **September 11, 2018**, the NH State Primary Election will be held at the Epping Middle School Gymnasium from 8:00 am to 7:00 pm. If you are unable to vote on this day, you can either contact the Epping Town Clerk or stop by the Town Clerk's Office and complete an Absentee Ballot Request. After completing the request form, you will either be handed your ballot or one will be mailed to you.

## Town Hall Staff Supports Liberty House

The Epping Town Hall Staff supports the Liberty House in Manchester. Liberty House helps Veterans transition into jobs and homes. They are in need of mostly men's shoes at the moment. If you have any shoes you don't wear and would like to donate them, please drop them off in the Town Hall.

Also, the 2<sup>nd</sup> annual Christmas Tree filled with scarves, mittens and gloves will be in the lobby of the Town Hall. Everyone can help decorate the tree and after the holiday everything will be brought to the Liberty House.

## In and Around Epping

Blue Bird Storage is next to Telly's and they are cruising. The Car Wash just came in and pulled their building permit as well. No news on the site at the corner of 27 and 125. The property through the woods behind Pine and Pond went before the Zoning Board for an elderly housing project and was approved. I am not sure when they will apply to the Planning Board.

*Submitted by Brittany Howard*

## Epping Scarecrow Festival



The second annual Town wide Epping Scarecrow Festival will take place on **Saturday, September 29<sup>th</sup>** from 5-7 pm.

The Friends of the Library and the Epping Garden Club are already hard at work creating scarecrow kits for Epping's second annual Scarecrow Festival! This year we'll have a festival rather than a contest so we can all focus on the fun of making our own creations and seeing what our friends and neighbors come up with. Placing orders as soon as possible is very helpful as volunteers make these kits by hand and we want to have enough ready for everyone! Contact the library to order a full kit for \$25, including a wooden frame, head, and felt pieces. If you'd just like to purchase a burlap/felt head by itself, the cost is \$12. All proceeds benefit the Library.

Last year there were over 100 scarecrows added to homes and businesses around town, to make our event truly "the Talk of the Town." Use your kits from last year or buy just a new head as this will be an annual event in Epping, as it is in many other communities.

## 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 more than eleven 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. And for that we give the Greeters our warmest and most sincere thanks. The Pease Greeters began welcoming flights in 2005 and a few months ago reached the milestone of having welcomed 1000 flights. 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.

To learn more about the Pease Greeters, sign

up for flight alerts or to make a contribution, visit [www.peasegreeters.org](http://www.peasegreeters.org).

## Route 27 Intersection to get Four-Way Stop

The state of New Hampshire is going to convert the intersection of Main and Pleasant streets in Epping to a four-way stop. Currently, there's no stop for Route 27 at the intersection and traffic passes through without stopping, but there are stop signs on both sides of Main Street. The proposed change will add stop signs on both sides of Route 27.

With the increased commercial activity and congestion on 125, traffic on Main Street and at the intersection has increased and accidents have increased, too. It is hoped that the changes will provide better traffic control at the intersection.

No date has been set for the installation.



## Epping Lions Club

"We Serve"

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

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

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

The Epping Lions Club was established in April 2009. We support sight programs and services including vision screenings and eyeglass recycling, and we provide assistance to local families in need of eyeglasses. We support community programs as well as participate in and sponsor some exciting events, such as the Lamprey River Canoe Race and our next event, the Highnote Festival, on **Saturday, September 8<sup>th</sup>**. We'll hold our gas card raffle starting in November/December. All monies raised from the raffle are used to purchase gift cards that are donated to needy families in the Epping school system. Our new "Lion year" began in July and Deb Brooks is the newly elected Club President for the 2018/2019 year.

We are looking for innovative people who desire to become involved in improving our community and having fun doing it. If you're interested in learning more, please visit our website at: [www.epping.nhlions.org](http://www.epping.nhlions.org). Meeting times are posted and are generally the 4<sup>th</sup> Tuesday of the month at 6:30 pm. We currently meet at the Harvey-Mitchell Memorial Library in Epping. 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. We'd love to see you!

**Deb Brooks, President**

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

**Cheryl Denoncour, Treasurer**

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

**Colleen Palmer, Secretary**

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

## Epping Historical Society

It looks like we survived the hot and wet summer! We are really looking forward to a normal New Hampshire fall. But the warm weather did not keep our many visitors away. I am always amazed that so many people have their roots right here in Epping! We recently had a visitor from Exeter, who met at the society with an apparent relative of hers, that neither one knew about. Ancestry.com provided the match, another mystery solved!

We have received a small collection of antique dolls, and several pieces of clothing for the dolls. This was a very generous donation, and we have displayed them in one of our glass cabinets, for everyone to enjoy. We wish to thank our donors for the collection.

Also a lady from Newton, N.H. has been coming to the society with "gifts." She has been cleaning out a house for an elderly lady, who has deep roots in Epping. This lady's grandfather was a "Rollins," and lived on the old Rollins Farm in Epping. She is bringing articles to us from the farm. At this time we have some very old "crops," some tin ware, cups, bowls, etc. On her next trip, she has pictures and paperwork from the Rollins family. I can hardly wait!! I love this stuff!

Another gift! Several letters, perhaps 50 or 60, have been donated to the society. Bruce Gatchell found them in an old bureau stored in the attic of a renovated barn that he owns. The three boxes, were covered in brown paper, and tied with a string. All the boxes were labeled "Miss Betty's letters." They were all addressed to Miss Betty Schmiedtgen, but none of the letters had an Epping address. "Betty" grew up in Hudson, and worked in Boston. The letters are dated from 1935 to 1952. Several of the letters were written during the War, and several food ration stamps are included. I have found information on Betty and her family, but cannot find any connection to Epping. Does anyone remember who she was and if she had any connection to Epping?

We are having a **Farm to Table Luncheon** in September. Cheryl and Joe Denoncour, of Black Stove Farm on Blake Road, will be our hosts. This event will be on **September 16<sup>th</sup>**, a Sunday afternoon, at 2:00 pm. Except for the appetizers, all the food will be from their farm. The menu will include soup, salad, sandwiches and dessert. The cost will be \$15.00 for the meal. The event will be held rain or shine. Reservations are required. Please call Joy at 679-2944 – or 679-8855, to make reservations or e-mail: [joysgarden@hotmail.com](mailto:joysgarden@hotmail.com)

This is a fundraiser for the society. We have at the society, the Bi-Centennial quilt that was made in 1976, by townspeople all across America to celebrate our rich history. But, these quilts are fast disappearing; several have been sold to private collectors, never to be seen again. The Epping Quilt shows the history of the town of Epping. Each square was made by an individual, so many different styles of design were involved. It has been hanging on our wall for 40 years, and needs to be cleaned and encased in a large case, to keep it dust free. This quilt cannot be dry cleaned or washed. We need to have a conservator of quilts take proper care to preserve it for us. This is a costly project, but we need to address it now, before it is too late.

In honor of Dan's 98<sup>th</sup> birthday, I am including this story first published in 2016. Enjoy!

### **Dan Webster Harvey, The Flying Farmer**

Dan is a lifelong resident of Epping and proud holder of the Boston post cane. Dan has a lifelong love of flying, after seeing a plane land on a foggy morning at the Edgerly farm in 1938. This was an open cockpit bi-plane, and when the fog lifted, the pilot realized he had too much fuel on board to take off on the short field. So Dan helped draw off the gas in pails and milk jugs, so the pilot could take off. Dan decided that day he was going to fly! He took flying lessons at the Haverhill Airport, whenever he could scrape two dollars together. This paid for a fifteen-minute lesson, providing the weather was good, and he had his farm chores done. "When I headed for the airport, my father expected me to return in a box."

Dan bought his plane in 1949, a 1939 Piper Cub, and he paid only \$175.00. He took the plane to Hampton Airport to "make it legal," but the mechanic told Dan the plane was not fit to be fixed, or to fly. Dan flew the plane home, found an A&E

man, who did the updates for only \$170.00 and two barrels of cider.

Later, Dan purchased the Aeronca that he was flying when he ran out of gas, heading home from Hyannis, Mass. "The "durn" motor just upped and quit, I turned around and made a dead stick landing." He landed on Outer Brewster Island, off the coast. This was in February 1956, and it was cold with snow on the ground. He secured the plane and scouted around for wood to start a fire for rescue, but also to keep warm. It was 10 hours before the fire was spotted, and the Coast Guard came to take him to the mainland. All Dan wanted was some gas for the plane, so he could get home to milk the cows. Dan had to get permission to take off from the Island, but the officials said no. The Coast Guard would not take Dan back to the Island, but, a man nearby said he would. Dan gassed up, did a flight check, and with the help from the boater and the newspaper reporters, the plane was jockeyed into position for takeoff. The reporters hoped to see him crash, but Dan was a good pilot, and made a great takeoff.

To see more of this story come visit us at the society. We are open Monday morning, 8:00 to 12:00, or when the flag is flying! If this is not convenient for you, please call me at 679-2944 for an appointment or you can email me at: [joysgarden@hotmail.com](mailto:joysgarden@hotmail.com).

*Submitted by Joy True, curator, Epping Historical Society*

## Nature Talks

### Family Bike Event at John B. Folsom Conservation Area on August 12<sup>th</sup>



*Todd Hathaway and Neal Folsom opening the trails*

There's only one way to say it: SUCCESSFUL! It didn't rain; about 30 riders (mostly adults and some kids - toddlers to teens) showed up to ride the new mountain biking and trail running trails. Their tires certainly helped pack them down! There

are approximately 5 miles of trails, which also connect to the Rockingham Rail Trail on this 28-acre property dedicated to John B. Folsom. His son, Neal Folsom, recommended trail names (Quaker, Mary and Hobo) relating to the family's and property's history, and cut the ribbon at the opening ceremony. His wife, Verna Folsom, refreshed and repainted the sign. It is beautiful! We are also grateful to DG Cycles for providing bicycle support. Thank you Beniah Lane Farm for funding for the trail signs and Gravitas (the stone stacking game) for fabricating the signs, including one on the Rockingham Recreational Rail Trail pointing to Folsom Trails. Within the next year, we plan to add approximately 2 more miles of trails.

Thank you, Todd Hathaway, for this wonderful gift to the community! He took the lead and mapped and cleared these 4 miles of trails enough so they were easy to see in the woods. He planned and managed several volunteer work days, including posting it on social media, checking out appropriate tools from the Nature Groupie Trail Day Tool Loan program, and leading that effort on July 29<sup>th</sup>. These trails are specifically designed for families.

To all you volunteers who helped make this a reality, Thank You! You gave your time and energy to make more trails available in Epping. We are grateful!



*First bikers ever on the trail – ready to roll*

*Submitted by Sandy Goodspeed*



## Highnote Festival

The 18<sup>th</sup> annual Highnote Festival, a nonprofit benefit for the Adam McPhee Memorial Foundation, will be held on **Saturday, September 8<sup>th</sup>** from 2:00 pm until dark at the Governor Prescott House, 173 Prescott Road in Epping. Events will be held rain or shine. They include 10-minute helicopter rides at \$25 per person. There will be Northstar Fireworks in the evening, weather permitting. There will be arts and crafts for kids of all ages, hayrides, bungee jump, local artisan exhibit booths and a horseshoe pitching tournament, all things honoring our military



families. Entertainment will be Acoustic Radio, Rob and Dan West End Beat, Wayne from MAINE, the Shoestring Giant Theater giant puppets, Wildlife Demo - On The Wing, Chainsaw Demonstrations – Knotty Carvings and Snowmobile water cross. There will be food from Lexie's Burgers, Potatoe Caboose and Memories Ice Cream.

The cost is \$15.00 for adults. High school students and children are admitted free. Tickets will be available at the gate. The Festival grounds are handicap-accessible. Due to insurance reasons, we ask that you leave your pets at home.

Additional donations may be made to The Adam McPhee Memorial Foundation, 173 Prescott Road, Epping, NH 03042

Find more information on Facebook.

### **Jack Sharkey 5K**

Come join us for the official Highnote Jack Sharkey 5K! The course is an official USATF-certified course, starting at the Governor Prescott House and winding through some of Epping's new neighborhoods.

Jack Sharkey was a Heavyweight Boxing Champion in 1932 and retired in Epping in 1950. He passed away in 1994.

\$20 registration online,

\$25 registration at the event.

First 50 to register get a T-shirt.

Registration opens at 9 am.

Race starts at 10 am.

## **The Civil War Roundtable of NH**



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

The Civil War Roundtable of New Hampshire welcomes anyone with an interest in the American Civil War who would like to be with others who share the same desire to learn more of this time in American history. We are an informal club with the only requirement being a Civil War enthusiast. If you or a friend has an interest in the American Civil

War, we invite you to come check us out.

Founded in May 1991, the Civil War Roundtable of New Hampshire is a group of men and women, young and old, who share our interests, both blue and gray, in the pivotal era of American history known as the Civil War. We are open to the public and welcome all! As our slogan goes, "There's no time like the present to join us in the past."

For more information on the group and a complete schedule of meetings and news, please visit the web site: [www.cwrt-nh.org](http://www.cwrt-nh.org) or email [cwrtnh@gmail.com](mailto:cwrtnh@gmail.com).

### **This is the upcoming CWRT-NH schedule:**

We are currently booking 2019 meetings. If you know someone, or would like to offer a talk to our group, please email: [cwrtnh@gmail.com](mailto:cwrtnh@gmail.com).

**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.

**September 14, 2018** (*note: this is 2nd Friday*) – Paul Kahan, PhD, (author/historian) – "The Presidency of Ulysses S. Grant: Preserving the Civil War's Legacy" (new book)

**October 19, 2018** – Jack Kelly (Old Colony CWRT) – "16th Maine at Gettysburg, July 1-3, 1863."

**November 9, 2018** (*note: 2nd Friday*) – Clay Feeter – "Mowed Down at Manassas: The Life and Tragic Death of Col. Fletcher Webster & the 12<sup>th</sup> Massachusetts Infantry" (Fletcher Webster is a cousin of Clay Feeter's)

**December 2018** ~ no meeting

## **Lamprey Rivers Advisory Committee Tidal Eco-paddle 2018**



*Eco-paddle participants check out baby oysters.  
Photo by Peter Sawtell*

The Lamprey Rivers Advisory Committee's first tidal eco-paddle in 2017 was a great success. The weather was perfect, participants heard presentations from several local experts and asked good questions, and wildlife was all around, from bald eagles overhead to horseshoe crab molts and a harbor seal at the water's surface. Although we cannot take credit for the weather or wild visitors last year and cannot guarantee either this year, we have done our best to arrange another enriching paddling experience for 2018. Experts on the tour will share their knowledge of Lamprey River restoration of river herring, Great Bay oyster restoration, Great Bay eelgrass issues, and overall progress and threats in Great Bay. Paddling novices and non-athletes are welcome and encouraged to attend. Total distance will be less than 2 miles.

**Date: Saturday, September 1<sup>st</sup>**

**Time:** Depart at noon and return by 3:00 pm

**Where:** Schanda Park, Water Street, downtown Newmarket

**Price:** Free if you have your own boat. Kayaks can be rented for \$30 through

[www.SevenRiversPaddling.com](http://www.SevenRiversPaddling.com) or 603-969-5120.

Boat reservations **must be made prior to September 1<sup>st</sup>**.

**All participants must wear a properly fitting life jacket or PFD.**

See you there!

## Molting: The Changing of the Guard

For the most part, a new outer layer is no big deal for vertebrates. Mammals shed and grow new hair. Birds lose and grow new feathers. Reptiles regularly shed the outer layer of skin. Fish scales grow as the fish grows. Some invertebrates, such as clams and snails, have a shell that grows as they grow, so a new outer layer is no big deal for them, either.

Other animals don't have it so easy. Some animals must literally squeeze out of their outer layer before they can grow. For animals with an exoskeleton, the process of getting a new outer layer is a difficult, bizarre process and takes many forms. Exoskeletons are hard, inflexible, and jointed. In order for creatures with an exoskeleton to grow, the exoskeleton must break open and the creature inside must get out. The animals are able to break shells from the inside using hydraulic pressure. The exoskeleton of insects breaks longitudinally down the back side of the thorax. The

insects exit the shell by pushing up and out; thorax first, then the head, and the abdomen last. Crabs break their shells side to side behind the carapace and the animal must back out. Spiders and their marine cousins, horseshoe crabs, break their exoskeletons at the front edge of the cephalothorax and exit from the front.



*Green crab starting to molt  
photo by Dr. Gabriela Bradt*



*Dragonfly nymph molt  
Photo by S. Petersen*

When an animal first leaves its exoskeleton, it is soft and very vulnerable. Even the pinchers of crabs, when soft, are of no use. People take advantage of this when they eat "soft-shell" crabs; just boiling and then eating them whole, shell included. After molting, most creatures find a protected hiding place and wait until their new exoskeleton hardens.

People often mistake molted exoskeletons for dead animals. The easiest way to tell the difference is to hold the specimen. If it smells, it is dead. If it weighs what might be expected of an animal that size, it is dead. If it is lightweight and odorless, it is a molt. Once it is determined to be a molt, the exit point is usually easy to observe.

Molts are easy to find. Aquatic insect molts are often found on vertical surfaces next to rivers and ponds. Molts of saltwater animals can often be found on shore near the high tide mark or floating on top of the water. The next time you are near the river or Great Bay, see if you can find some of these old invertebrate suits.

## Schoppmeyer Memorial Park Opens



*Dedication Ceremony Photo by Dave LeGault*



Chris Schoppmeyer was an important man in Newmarket, serving on the conservation commission and organizing the annual fishing derby. "Nature Boy" or "Schoppsie" was a trusted colleague and leader in federal law enforcement, serving 35 years as a conservation officer. He accomplished much and touched many through his dedication to what was legally right, socially good, and often, just plain fun. He was a great man with enormous character who left the best of himself with others. Although his life ended too soon, his memory lives on in the stories of family, friends, and colleagues. And now his memory will live on in perpetuity nestled in a beautiful little park between the Newmarket Community Church and the Lamprey River. In addition to the memorial section, kayakers can make use of the new dock to explore this section of the river.



*The Schoppmeyer family Photo by Dave LeGault*

The Lamprey Rivers Advisory Committee was pleased to offer financial and artistic assistance to create this special place. Elizabeth Dudley, landscape architect and LRAC representative, generously designed the contemplative space near the entrance to the park. LRAC representative Dick Lord designed the panel that will be placed near the Lamprey River and assisted with layout for the memorial panel.

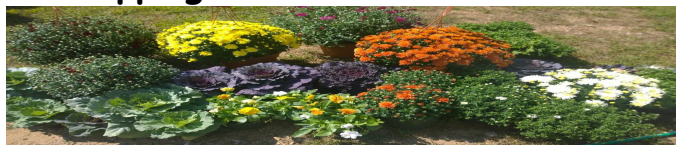


*Helping communities protect the  
Lamprey River.*

*Submitted by Suzanne Petersen*



## Epping Garden Club



Yes it is mid August, but it is time for us to begin taking paid orders for mums, cabbage and asters

for your Fall decorating. We hope to get a delivery for **September 9<sup>th</sup>** so please have your orders in by **September 4<sup>th</sup>**. Please make your checks out to the Epping Garden Club. You can get forms from any Garden Club member and also at the Town Hall.

We are helping to get the word out once again for the Library's Scarecrow Event. The second annual Town-wide Epping Scarecrow Event will be held **September 29<sup>th</sup>**. Whole kits and just heads will be available. Felt has been donated once again by John Clark to get really creative! Cutting and sewing has begun. Will you be one to join in on the fun? Last year the Town saw over 100 amazing scarecrows! Let's see if we can top that number so we can move the line on the thermometer out in front of the Library.

Orders for the Scarecrow kits and heads will be taken at the Library though a few of us in the Garden Club can take your orders and get them to Eva. If you see Eunice, Teresa, Barbara or John, just reach out. Make checks out to Friends of the Library.

We will be sad to see our beautiful petunias go, by September 9<sup>th</sup> they may be cooked with all this heat, but those self-watering containers worked amazingly well. We purchased them through Home Depot and they were delivered right to my door. Make life easier on yourself and check them out!

We can't wait to see how beautiful our town is in Fall.

Thank You,  
Epping Garden Club

The Garden Club meets on the second Sunday of each month. Follow us on Facebook to see the meeting location we've decided upon.

*Submitted by Eunice Miller*



## ETV Schedule

### Channel 22 – ETV – Schedule of live programs

Selectmen's Meeting – Monday Sept. 10, 24;

Tuesday Oct. 9; Monday Oct. 22 - 7 pm

Water & Sewer – Tuesday, Sept. 4; Oct. 2 - 7 pm

Library – Tuesday, Sept. 18; Oct. 16. - 7 pm

Conservation Commission – Tuesday, Sept. 11;

Oct. 9 - 7 pm

Parks & Recreation – Wednesday, Sept. 5; Oct. 3

- 7 pm

Budget Committee – Wednesday, Sept. 19; Oct. 17

- 7 pm

School Committee—Thurs., Sept. 6, 20; Oct. 4, 18  
- 7 pm

Planning Board –Thurs, Sept. 13; Oct. 11 - 6 pm

Civil War Round Table – Friday, Sept. 21; Oct. 19  
- 7:15 pm

Monday meetings are rebroadcast:

Tuesday - 7 am

Wednesday - 11 am

Thursday - 3 pm

Monday - 2 am

Tuesday meetings are rebroadcast:

Wednesday - 7 am

Thursday - 11 am

Monday - 3 pm

Tuesday - 2 am

Wednesday meetings are rebroadcast:

Thursday - 7 am

Monday - 11 am

Tuesday - 3 pm

Wednesday - 2 am

Thursday meetings are rebroadcast:

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 for any changes or updates.

Please note the new website for ETV. This is where you will find past meetings. You will also find live video streaming here.

ETV email remains the same:



[eppingtv22@gmail.com](mailto:eppingtv22@gmail.com)

## Scouting

### Around Epping

#### Cub Scout Pack 136

Pack 136 is looking for boys and families who are looking for adventures. Cub Scouting is for boys entering grades 1 to 5. Cub Scouting has ideals of spiritual and character growth, citizenship training and personal fitness. The Scout Oath is a pledge of duty to God and family. The Scout Law is a simple formula for good Cub Scouting and good citizenship. The Cub Scout motto, "Do Your Best," is a code of excellence. We believe in involving families and Cub Scouting provides opportunities for families to work and play together and have fun together.

If you would like information about joining Cub Scouts, please contact our **Cubmaster** 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 summer comes to the end for Epping Scout Troop 136. They ended their summer at Hidden Valley campground to enjoy Scout activities and Merit badges. At camp during the 1<sup>st</sup> week of August, several boys took part in a one-mile swim. Chris, a Star Scout, raised \$400 for his one-mile swim for Epping's End 68 Hours of Hunger, so that other children will have much needed food.



*Photo is of Chris finishing his one-mile swim, his third he has completed in 3 years at camp, raising \$400 for Epping's End 68 Hours of Hunger*

Troop meetings will begin again once school starts in September. Meetings are held at the American Legion on Mondays. The Troop's first campout will be held **September 14<sup>th</sup> through September 16<sup>th</sup>** at Camp Fatima, a religious Scout retreat that occurs at the same time every year with Boy Scouts and Girl Scouts. The day is filled with fun team work activities and at the end of the day Saturday they all enjoy a well cooked meal then are off to a dance. The hall is transformed into a night club with Father Ray as the DJ. It is a fun event that is held in Gilmanton, NH.

In October, the Troop will be working on their Pioneering skills for the month. They are to have a campout based on the Pioneering skills they learn - the date and location is still to be determined.



## Epping Fire Department Fall Safety Tips For Epping

Wow! What a summer it's been! Hot and humid, then a very rainy August. Before you blink, the kids are back to school. As we go into a more comfortable season, I want to discuss some safety tips for home and school safety for the fall.

It's never too early to start thinking about winter and heating appliances. They should and need be serviced annually to insure proper efficiency and operation. This includes having someone clean your chimneys as well. The Fire Department always recommends a licensed contractor for insurance and safety purposes. I also recommend getting a few quotes to help save money. The Fire Department usually gets called out at the first cold snap or cooler weather for smoke in the basement. Although we always approach it as a possible fire, we find that it is usually what we call a furnace "Burp," when homeowners turn on the heat for the first time. Always call 911 if you think or know you have a problem. We will also recommend following up with your heating company or local HVAC technician.

Make sure to have proper smoke and carbon monoxide detectors in your home on every level and bedroom. These devices are made for a reason and can save your life! They should always have a battery, including if they're wired into the home. The detectors should be replaced every ten years. It's good to check them every month and practice fire drills with your family. Have a plan with two ways out and a meeting place outside.

As the kids go back to school, I would like everyone to be more alert when driving, to be safe and look out for kids on bikes or sidewalks. Kids should have clothing that people can see during the day. Let's teach our kids to be respectful of traffic and to always wear a helmet. Halloween is a fun night for kids, but certain costumes can be dangerous as they can limit the ability to see and can be flammable or not visible at all. Visibility is what I'm striving for. Always look at the labeling as well. The Fire Department looks forward to seeing the ghosts, goblins and superheroes at our annual Trick or Treat event at the Fire station.

Speaking of events, the Epping Firemen's Association will be hosting a pancake breakfast on **Saturday September 15<sup>th</sup>** from 8:00-11:00 am at

the Fire Station (ADA accessible). It's a great time to meet your community Department members, see the fire trucks and have a bite to eat. Donations accepted at the door.

October is Fire Prevention month, although we should practice fire safety every month. This is the time we go to the local schools and daycares to teach the kids Fire Safety. Fire and building codes are in place just like fire prevention week, because a tragic event happened in the past and we celebrate so those who died, did not do so in vain. The Great Chicago Fire is the main reason we celebrate it. There were also many fires in the October week of 1871, many including the Great Peshtigo Fire that killed 1500 people in Wisconsin. An estimated 2000 people died that week from fires.

We are here for you! - 24 hours a day, 365 days a year! Call us when you need us, seconds count.

*Submitted by Lieutenant Paul St Cyr  
Fire Prevention Officer and 9-11 Liaison.*

### Burn Permits

Burn Permits are required for **all outside burning**. Permits will be issued at the fire station seven days a week, 6:00 am-6:00 pm. Permits **Will Not** be issued when fire danger is class 3 or above.

If you have any questions contact the Fire Department at 679-5446.

For Daily Fire Danger and an explanation of the different danger levels, follow the link <http://www.nhdf.org/fire-control-and-law-enforcement/daily-fire-danger.aspx>.

### Epping Explorer Posts Fire Department Explorer Post 716

Fire and Rescue Explorer Post 716 has been planning the year's activities. These include a trip to the Pease Fire Department and possible visits to the Manchester, NH and New York City Fire Departments. Some of the community service events will include the annual Red Cross blood drive and a food drive. We have an exciting year planned and look forward to building our membership. Youth 14 to 20 years of age may be a part of our Explorer Post. Call the fire station at 679-5446 or Captain Cray at 396-9436 for more information.



## Epping NH Police Explorers

This is a hands-on program for youth ages 14-20. It is for those interested in a career in law enforcement or related fields in the criminal justice system. The program promotes growth through character development, respect for the rule of law, physical fitness, good citizenship and patriotism. Please join us in helping to support this local youth program as well as the Child and Youth Program of the SAL.

Youth 14 - 20 may join the Police Explorers by calling 679-5122.

## American Legion News 8th Annual Car & Motorcycle Show

On **Saturday, September 15<sup>th</sup>**, the Sons of the American Legion (SAL) Squadron 51 is hosting the **8<sup>th</sup> Annual Car and Motorcycle Show** at the **American Legion Post 51** on Rte. 125 in Epping. Proceeds will benefit Epping Project Graduation Class of 2020. Gates open at 8 am and the show is from 9 am to 1 pm. There is No Entry Fee; however donations will be gladly accepted. The Line Up Band will be playing outside starting at 11 am, if weather permits. The band plays classic rock from the 50's to the 90's. Come show your car - 1978 or older! For these antique cars, there will be First Place and Second Place Award Categories. There will also be a People's Choice Award for **any year** car. Come show your motorcycle! For antique motorcycles, there will be a People's Choice award. Also, there will be a Custom People's Choice Award for any year motorcycle. There will be raffles and a 50/50. Food and refreshments will be for sale during the event. A cash bar will be open. This event will be held in the parking lot of the American Legion on Route 125 in Epping (across from Telly's Restaurant). The rain date is Sunday, September 16<sup>th</sup>. FOR MORE INFORMATION please call Rob Hoffman at (603) 944-5485.

## 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, September 9<sup>th</sup>** and **Sunday, October 14<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 \$8.00 for adults, \$5.00 for children 6 to 12 and children under six are free - worth every penny!

## Seacoast Extreme Country Fair

The Seacoast Extreme Country Fair will be held at the New England Dragway, **September 13<sup>th</sup> to 16<sup>th</sup>**. There will be live music, horseshoes, barrel racing, bull riding, woodsman competition, helicopter rides and more.

Hours are:

Thursday-Friday 3:00-10:00 pm

Saturday 10:00 am-10:00 pm

Sunday 10:00 am-9:00 pm

Go to [seacoastextremecountryfair.com](http://seacoastextremecountryfair.com) for more information.

## Epping Community Church

Our church service time will be changing to 9:30 am, beginning in September. A time of fellowship following will be downstairs. Sunday School for all ages is at 11:00 am. There is a Thursday morning Bible study and prayer group at 9:30 am every week.

On **September 15<sup>th</sup>** our 3<sup>rd</sup> Saturday dinner will be turkey with all the fixings! It is held from 5:00-6:30 pm and the cost is \$8.00 for adults and \$4.00 for children. You can eat in our Fellowship Hall or you can take a meal home to enjoy. In **October**, the McPhee/Weaver family will once again serve their very popular Fish Fry. Please look for details on our sign out in front of the church. This dinner is always very well attended and they do a great job!!!

**September 22<sup>nd</sup>** we will be sponsoring an American Red Cross blood drive at the church. This will be from 10:00 am to 3:00 pm. Please look for details on our ECC sign near the driveway. You can sign up ahead of time on the Red Cross website and then do your "Easy Pass" and be in and out in no time at all. Please come and donate to help save lives. It is very easy to do.

Our food pantry is open every Saturday from 8-10 am. Entry is through the side door off the driveway. We also continue to have our Soup of the Day Café every Thursday from 11:00 am-12:30 pm. After taking the month of August off we are ready to begin serving soup and salad to all that come. We will reopen on **Thursday, September 6<sup>th</sup>**. This is a free lunch open to all in the community. We offer two different kinds of soup, salad and dessert every week. Come and join us - you may see some old friends or meet some new ones.

Meals on Wheels has been located at our facility for over a year now. They pack and deliver meals to people in Rockingham County. They also serve



lunch in the church on Monday, Tuesday, Wednesday and Friday. If you know someone that could benefit from this wonderful program you can call 679-1609. They need a 48-hour notice for a reservation. The cost of the meal is \$2.00. They also have a thrift shop on site that anyone can browse through and buy items.

We had a very successful burger BBQ in the driveway at the church. Tacos were also served on a Saturday in the driveway. Look for other "Pop-Up" meals that will be on our sign. These are donation only and if you have nothing...you're still welcome to come eat and see what Pastor Paul has cooking!!!

## **St. Joseph Catholic Church**

208 Pleasant St. (Rte 27)

Epping, NH 03042

Office telephone: 679-8805

### **Mass schedule weekdays:**

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

**Wed.** 7:00 pm, Saturday 8:00 am

### **Mass schedule weekends:**

**Saturday** 4:00 pm

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

### **September**

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

**Tuesdays** – Men's Group – 6:00-7:00 am

**Fridays** – 8 am-7 pm

**Sept. 7<sup>th</sup>** – First Friday Adoration – Noon-midnight

**Sept. 8<sup>th</sup>** – First Saturday Adoration – midnight to 7:45 am

**Sept. 8<sup>th</sup>** – Squire Dinner – 5 pm

### **October**

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

**Tuesdays** – Men's Group – 6:00-7:00 am

**Fridays** – 8 am-7 pm

**Oct. 5<sup>th</sup>** – First Friday Adoration – Noon-midnight

**Oct. 6<sup>th</sup>** – First Saturday Adoration – midnight to 7:45 am

**Oct. 13<sup>th</sup>** – Squire Dinner – 5 pm

**Oct. 20<sup>th</sup>** – Mission Dinner – 5 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 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 from 8:00 to 9:15 am, followed by Bible Emphasis Groups (Sunday School) for all ages at 9:15 am. The Gathering, a time for announcements and to share, is at 10:05 am followed by morning service at 10:45 am. Evening services are the last Sunday of the month and begin at 5:00 pm.

Families are welcome. The Bible Emphasis Groups feature classes for all ages, from 2 year olds all the way to adults.

A free nursery for children – infants through four years – is provided during the morning services. Children ages four through third grade are invited to Junior Church during the morning service after praise and worship time.

The Awana program for children age 3 through sixth grade will begin again in September. The weekly Friday night meetings help children learn about God's Word. For details, please contact Dora Brown at 702-2650 or at [awana@eppingbible.org](mailto:awana@eppingbible.org).

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

## **Providence Baptist Church**

410 Pleasant Street, Epping, NH 03042

Phone: 679-8918

### **Weekly Schedule**

Sunday Morning Service at 10:30 am

Wednesday Food Pantry begins at 10:00 am (for first time visitors, please have your photo ID and proof of residency with you)

Wednesday Time of Devotion and Prayer begins at 6:30 pm

(Check schedule for dinner nights!)

For small groups and other events, please check out our website at [www.pbcnh.org](http://www.pbcnh.org) or contact us at [pbsecretary410@gmail.com](mailto:pbsecretary410@gmail.com).

## **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.



## 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)

Youth Dept. e-mail: [hmmlyouth@gmail.com](mailto:hmmlyouth@gmail.com)

Youth Dept. Facebook page:

<http://www.facebook.com/eppinglibrary>

**Hours: Monday, Friday – 10 - 5**

**Tuesday, Wednesday, Thursday – 10 - 8**

**Saturday – 10 - 2**

**Sunday – 12 noon – 4**

**September 2<sup>nd</sup>, 3<sup>rd</sup> – Library closed- Labor Day**

**October 8<sup>th</sup> – Library closed- Columbus Day**

## Upcoming Events at the Library

**Story time** continues on Friday mornings from 11:15 – 11:45 am, with a new story and craft each week!

### September 8: Paws to Read – 10:30 am-12:30 pm

Leon returns to the library for a Paws to Read program! Children of all ages are invited to spend 20-minute sessions reading out loud to Leon, in order to build confidence and have fun reading in the company of a black therapy dog that doesn't judge. Registration in advance is recommended.

### September 12: Knitting and Handwork Group – 6:30 pm

Bring your knitting projects, cross stitch, embroidery, crocheting, hand-quilting, etc. to socialize and share ideas with other local crafters. All levels of experience welcome!

### September 18: Children's Yoga – 4 pm

Our Children's Yoga series continues, taught by Kripalu Yoga Teacher, Leah Pacione! This program is a great way to introduce kids to yoga, or allow them to continue a healthy habit. Each session is a bit different than the last, tailored to the interests of participants and sometimes taking on playful themes. Just show up in comfortable clothes, ready to stretch and have fun!

### September 18: Dusty Olde Mystery Group – 7 pm

DOMG will be reading Agatha Christie's "*Murder in Mesopotamia*" in September. We thought it might be fun to compare a book written 100 years after the story takes place (last month's "*Crocodile on the Sandbank*") to a book that was written in the same time period that the story occurs ("*Murder in Mesopotamia*"). It is also interesting to note that both Elizabeth Peters, an Egyptologist, and Agatha Christie had a passion for the archaeology of the Middle East during the time period that is not always known for female scholars in this field.

### September 20: Great Gardens: Putting Your Garden to Bed (or NOT) – 7 pm

The Great Gardens lecture series with Patty Laughlin from Lorax Landscaping continues into the fall. Patty will discuss end-of-season options for gardens as the summer comes to an end. Join us for another informative and interesting talk.

### September 25: Children's Yoga – 4 pm

### September 25: Contemporary Book Group – 7 pm

The Contemporary Book Group meets to discuss "*The Lying Game*" by Ruth Ware

### September 27: NH Community Rights Network – How You Can Protect People and Planet over Profit – 6 pm

NHCRN is hosting an educational event to inform area residents about exercising their community rights in the face of Liberty Utilities' proposed Granite Bridge Pipeline project, a 27 mile, 16 inch diameter, high pressure natural gas pipeline to span state land along Route 101 between Manchester and Stratham. Its currently proposed route will run within 100s of feet of local water sources and could include crossing the Lamprey River twice in Raymond. Liberty Utilities

also chose Epping to host a 200 billion cubic foot (160 feet high, 200 feet wide) liquefied natural gas storage tank and a plant for reliquification and regasification to move from pipe to distribution. According to Liberty Utilities, the pipeline's distribution potential will meet the current and growing need of Granite Staters, though research from UNH's Carsey School of Public Policy shows that NH's current pipeline infrastructure is adequate to fulfill energy needs in the state. The cost of the pipeline sits at \$340 million a price tag for NH taxpayers to foot over the next 76 years. With projections showing fossil fuel consumption as unsustainable within 50 years, this is a price tag NH residents could be paying long after any benefit they may or may not get from the proposed energy infrastructure.

**September 27: Game afternoon – 1 pm**

**October 2: Children's Yoga – 4 pm**

**October 4: Art Opening: Karen Pawlak – 5 pm – 7 pm**

Come celebrate the opening of a new art exhibit at the Library! Epping Photographer Karen Pawlak will show her collection of nature photographs, many of which were taken locally, and we'll serve the usual fare of hors d'oeuvres and treats.

**October 9: Children's Yoga – 4 pm**

**October 9: Classic Book Group – 7 pm**

The Classic Book Group will meet to discuss Jane Austen's *"Mansfield Park."*

**October 10: Knitting and Handwork Group – 6:30 pm**

**October 13: Paws to Read – 10:30 am-12:30 pm**

**October 16: Children's Yoga – 4 pm**

**October 16: Dusty Olde Mystery Group – 7 pm**

**October 18: Great Gardens Lecture Series – 7 pm**

**October 23: Contemporary Book Group – 7 pm**

**October 23: Children's Yoga – 4 pm**

**October 25: Game afternoon – 1 pm**

**October 29: Haunted Library Harry Potter Halloween Party! – 6 pm**

We're planning something extra spooky for this Halloween – what haunts the Library after dark (only one day a year, don't worry)! And, to celebrate the 20-year anniversary of *Harry Potter and the Sorcerer's Stone's* publication, we'll have a Hogwarts-themed party downstairs with lots of magic snacks. Come dressed in your best costume!

**October 30: Children's Yoga – 4 pm**

## **Epping Parks & Recreation Department News**

*Home of the "River Otters"*

Director: Nicole Bizzaro

Cell Phone: 608-9487

Recreation Dept. Main Phone Number: 679-3006

or email at [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 email at [eppingrecreation@gmail.com](mailto:eppingrecreation@gmail.com) or call Watson Academy: 679-3006 or Program Cell Phone: 608-9016 or 608-9076.

For more information and to register, please contact the Recreation Department via e-mail at [eppingrecreation@gmail.com](mailto:eppingrecreation@gmail.com) or visit our website at [www.EppingRecreation.org](http://www.EppingRecreation.org).

Please check out our website and our Facebook page for announcements and program updates.

## **Preschool Programs**

### **Sports Programs**

If you are looking for beginning and advanced team sports-related programs for children ages 5+, please visit the Epping Youth Athletic Association (EYAA) website at [www.eyaa.org](http://www.eyaa.org) for sports programs offered in Epping.

## **Youth Programs**

### **Before & After School Program**

The Fall 2018 Before & After School Program Registration was available starting June 1, 2018.

To register, please download Registration Form and Participation Forms from left side of the Parks and Recreation website and mail. Space is limited and If we need to start a wait list,

parents will be notified! Please email our Recreation Director, Nicole for further information. at [eppingrecreation@gmail.com](mailto:eppingrecreation@gmail.com).

We provide a safe, nurturing place for children to attend quality programming beyond the schools' hours of operation. We strive to help youth reach their full potential by allowing them to explore their physical, social and intellectual interests in a safe and fun setting. The culture of our programs emphasizes quality relationships and a healthy respect for individuality. We provide enough structure to keep everyone safe, but we also offer an open atmosphere that allows children to explore their interests in groups or on their own.

The Before School Program operates on normal school days at the Epping Elementary School gym in the mornings for youth in grades K-7. The program opens at 6:45 am and runs until students leave for their classrooms at 8:20 am! Kindergarteners are escorted by staff. At the program the youth are able to finish homework, work on arts and crafts projects and play games in the gym. The youth are able to eat breakfast with the school breakfast program.

The After School Program starts at the EES Library to gather, then they head outside to the EES playgrounds during good weather days or walk down to Watson Academy for snack 3:15-4:15 pm, during cold or bad weather days. The program then runs organized games and activities from 4:15 to 5:45 pm at Watson Academy and on scheduled days, uses the gym for PE related programming. The program operates from school dismissal until 5:45 pm. Children are grouped by grades.

If your child would like to participate in the school offered programs after school or extra work with a teacher, we do have staff available to pick up the kids at the designated school dismissal areas at the close of these programs. We ask that parents notify us, if their child will be attending one of the school programs and if they will be picking them up from these programs so we can coordinate the pick up schedule daily.

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

#### **Karate Classes**

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

For more information or to sign up your child, please contact Mrs. DeNapoli at 661-6635 or email

her at [diannadenapoli@gmail.com](mailto:diannadenapoli@gmail.com).

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

### **Youth Ceramics Class**

1<sup>st</sup> Session starts: November 9<sup>th</sup>

Day: Thursdays at Watson Academy

Time: 4:30-5:30 pm

Cost: \$20 per 3-week session (1 piece/day)

### **8<sup>th</sup> – 9<sup>th</sup> Grade CIT program**

The 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. Dept.

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**

**Please check our Facebook page for updates, including cancellations on all 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: EMS Gym (Use EHS entrance)

Cost: \$3 per night – 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. 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.

### **Adult Ceramics Class**

Day: Thursdays

Time: 9-11 am

Cost: \$2 for ceramic piece

Location: Watson Academy (Upstairs Blue classroom)

### **The Porch**

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

### **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*

**Epping Family Morning Out:** *Fridays - 9:30-11 am.* 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 the SAU 14 Building, 213 Main Street, Epping. Cost: It's free! See you there! Advance sign-up not needed.

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

**Exeter Family Morning Out** *Thursdays - 9:30-11 am.* 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**

Endicott College announces Dean's List for Spring 2018 semester

**Ryan Bentz**

MCPHS University announces Dean's List for Spring 2018 semester

**Sarah Valtin**

Norwich University announces Dean's List for Spring 2018 semester

**Bryce Owen Pietrini**

Rochester Institute of Technology announces Dean's List for Spring 2018 semester

**Colin Carlson**

UNH announces Dean's List for Spring 2018 semester

Highest Honors

**Danielle Janos**  
**Brandi McKay**  
**Kelly Seaman**  
**Casey Sturzo**  
**Penny Watson**  
**Margaret Weaver**

High Honors

**Taylor Barnes**  
**Danielle Bennett**  
**Lauren Goulet**  
**Sabrina Patterson**  
**Kyle Pimentel**

Honors:

**Zyan Prestridge**  
**Garrett Snyder**  
**Adranna Lamparelli**

The Derryfield School in Manchester announces academic honors for the Spring 2018 semester

Highest Honors:

**Andrew LeBlanc**

Honors:

**Emmet Pim**  
**Haskel Pim**



## 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: [etv22.viebit.com](http://etv22.viebit.com).

**September 6<sup>th</sup> and 20<sup>th</sup>**  
**October 4<sup>th</sup> and 18<sup>th</sup>**

## Epping Elementary School (EES)

### EES School Calendar

#### SEPTEMBER

**Sept. 3– NO SCHOOL – Labor Day**

**Sept. 4 – 1<sup>st</sup> Day of School Celebration for Grades 1-5 from 8:20-9:30 am**  
Preschool Orientation

**Sept. 5 – First Day of School for Preschool**  
Kindergarten Orientation

**Sept. 6 – First Day of School for Kindergarten**

**Sept. 10 – PTO meeting 7:00 pm in the EES Art Room. Free babysitting in the Library.**

**Sept. 12 – School Picture Day for EES students and Preschool**  
Instrumental Rental Night – 6:30-7:30 pm in EES gym

**Sept. 14 – Volunteer Orientation – 9:00-11:00 am.**  
Please contact Mrs. MacLeay at 679-8018, ext.3224 with any questions

#### OCTOBER

**Oct. 1 – PTO meeting 7:00 pm in the EES Art Room. Free babysitting in the Library.**

**Oct. 8 – NO SCHOOL – Columbus Day**

**Oct. 10 – Open House for Kindergarten- Grade 2 from 6:00 pm-7:30 pm**

**Oct. 11 – Open House for Grades 3-5 from 6:00-7:30 pm**

**Oct. 24 – School Picture Retakes for EES students and Preschool**

**Oct. 26 – PTO Monster Mash in the EES gym from 6:00-8:00 pm**

## Epping Middle School (EMS)

### Welcome letter From Principal Coby Troidl

Dear Epping Middle School students and families,

Welcome back to school! Your teachers, the staff, Mrs. Gualtieri and I are so excited to have you back with us at Epping Middle School! We simply can't wait to meet our new sixth graders and to see all of you who are returning!

There have been a few changes at the middle school over the summer. We are excited to welcome two new teachers to our staff who will be working on our sixth and seventh grade teams.

Mrs. Lindsay Kaplan will be teaching seventh grade English Language Arts. A native of NH and a graduate of UNH, she comes to us from The American School in Milan, Italy where she has been teaching for the last three years!

Mrs. Juliana Flintosh was nominated and has accepted our Reading Specialist position that was open as a result of Mrs. Karen Page's retirement. We are very happy to take full advantage of Mrs. Flintosh's expertise and skill in supporting our middle school students!

Mr. Paul Lewis, our sixth grade Science teacher, moved up to the high school to teach a number of upper level Science classes. We are fortunate to



## Epping Calendar of Events for September 2018

Aug. 30-Sept. 3	Lancaster Fair
Aug. 31-Sept. 3	Hopkinton State Fair
September 1	Tidal Eco-Paddle 2018 in Newmarket – Noon-3 pm
September 1	Epping Community Church Food Pantry – 8-10 am
<b>September 2</b>	<b>Library closed for Labor Day</b>
<b>September 3</b>	<b>Town Hall and Library closed for Labor Day</b>
<b>September 4</b>	<b>First Day of the 2018-2019 School Year</b>
September 4	EES First Day of School Celebration – 8:20-9:30 am – Parents are invited
September 5	EES First Day of School for Preschool
September 5	Providence Baptist Church Food Pantry – 10 am
September 6	EES First Day of School for Kindergarten
September 6	Epping School Board meeting in Epping Town Hall – 7 pm
September 6	Friends of the Library at the Library – 7 pm
September 6	Soup of the Day Café resumes at Epping Community Church –11:00 am -12:30 pm
September 6-16	Rochester Fair
September 8	Paws to Read at the Library – 10:30 am-12:30 pm
September 8	Epping Community Church Food Pantry – 8-10 am
September 8	Highnote at Governor Prescott House – 2 pm to dark
September 8	Jack Sharkey 5K Race – Registration at 9 am; Race starts at 10 am
September 8-9	Hillsborough County Agricultural Fair
September 9	Epping Garden Club Meeting
September 9	Delivery of Garden Club mums, cabbage and asters in library parking lot
September 9	American Legion Post 51 Sunday Breakfast Buffet – 8-11 am
September 10	EES PTO meeting – 7 pm
September 11	Epping Middle School Open House – 6:30-8:00 pm
September 11	Seniors' Winnepesaukee Belle Boat Ride in Wolfeboro
<b>September 11</b>	<b>NH State Primary – in EMS gym – 8 am-7 pm</b>
September 12	Providence Baptist Church Food Pantry – 10 am
September 12	Knitting and Handiwork Group at Library – 6:30 pm
September 12	EES Picture Day <i>Retakes: October 24<sup>th</sup></i>
September 12	EES Instrumental Rental Night – 6:30-7:30 pm
September 13	Epping Watson Academy Seniors – Kevin Martin “NH’s Big Trees” – 1 pm
September 13	Epping High School Open House – 6:30-8:00 pm
September 13-16	Seacoast Extreme Country Fair
September 14-16	Boy Scout campout at Camp Fatima
September 14	Civil War Roundtable of NH meeting in Town Hall – 7:15 pm
September 14	EES Volunteer Orientation – 9-11 am
September 15	Epping Community Church Food Pantry – 8-10 am
September 15	Epping Community Church Dinner – “Roast Turkey Dinner” – 5:00-6:30 pm
September 15	Car & Motorcycle Show at American Legion – 9 am-1 pm <i>Rain date: September 16<sup>th</sup></i>
September 15	ECT Open auditions for “A Christmas Carol”
September 15	Firemen’s Association Pancake Breakfast at Fire Station – 8-11 am
September 16	Farm-to-Table Luncheon at Black Stove Farm - \$15 – 2 pm Reservations needed



September 18	Dusty Olde Mystery Book Group at the Library – 7 pm
September 18, 25	Children’s Yoga at the Library – 4 pm
September 18	Library Board of Trustees – 7 pm
September 19	Providence Baptist Church Food Pantry – 10 am
September 20	Great Gardens Lecture Series at the Library – 7 pm
September 20	Epping School Board meeting in Epping Town Hall – 7 pm
September 22	Epping Community Church Food Pantry – 8-10 am
September 22	Red Cross Blood Drive at Epping Community Church – 10:00 am – 3:00 pm
September 25	Contemporary Book Group at the Library – 7 pm
September 25	Epping Lions Club meeting at the Library – 6:30 pm
September 26	Providence Baptist Church Food Pantry – 10 am
September 27	Community Rights Network – Granite Bridge Pipeline – 6 pm
September 27-30	Deerfield Fair
September 28, 29	Epping High School Homecoming
September 29	Epping Community Church Food Pantry – 8-10 am
September 29	Town-wide Scarecrow Event – 5-7 pm

## Epping Calendar of Events for October 2018

Date	Event
October 1	EES PTO meeting – 7 pm
October 2,9,16,23,30	Children's Yoga at the Library – 4 pm
October 3	Providence Baptist Church Food Pantry – 10 am
October 4	Epping School Board meeting in Epping Town Hall – 7 pm
October 4	Art Opening at the Library – Karen Pawlak's Nature Photographs – 5-7 pm
October 4	Friends of the Library at the Library – 7 pm
October 6	Epping Community Church Food Pantry – 8-10 am
October 6-8	Sandwich Fair
<b>October 8</b>	<b>NO SCHOOL Town Hall and Library closed for Columbus Day</b>
October 9	Classic Book Group – 7 pm
October 10	Providence Baptist Church Food Pantry – 10 am
October 10	Knitting and Handiwork Group at Library – 6:30 pm
October 10	Seniors to Castle in the Clouds
October 10	EES Open House for Kindergarten, Grades 1 and 2 – 6:00-7:30 pm
October 11	EES Open House for Grades 3 through 5 – 6:00-7:30 pm
October 11	Epping Watson Academy Seniors – 1 pm
October 13	Epping Community Church Food Pantry– 8-10 am
October 13	Paws to Read at the Library – 10:30 am-12:30 pm
October 14	Epping Garden Club meeting
October 14	American Legion Post 51 Sunday breakfast – 8-11 am
October 16	Library Board of Trustees Meeting – 7 pm
October 16	Dusty Olde Mystery Book Group at the Library – 7 pm
October 17	Providence Baptist Church Food Pantry – 10 am
October 18	Epping School Board meeting in Epping Town Hall – 7 pm
October 18	Great Gardens Lecture Series at the Library – 7 pm
October 19	Civil War Roundtable of NH meeting in Town Hall – 7:15 pm
October 20	Epping Community Church Food Pantry– 8-10 am
October 23	Contemporary Book Group at the Library – 7 pm
October 23	Epping Lions Club meeting at the Library – 6:30 pm
October 24	Providence Baptist Church Food Pantry – 10 am
<b>October 25</b>	<b>DEADLINE DATE for the November-December issue of the Newsletter</b>
October 26	EES PTO Monster Mash in the EES gym – 6-8 pm
October 27	Epping Community Church Food Pantry – 8-10 am
October 31	Epping Trick or Treat – 5-7 pm
October 29	Haunted Library Harry Potter Halloween Party – 6 pm
October 31	Providence Baptist Church Food Pantry – 10 am
October 31	Annual Trick or Treat Goblin's Gala at the Fire Department
October 31	Epping Halloween Trick or Treat – 5-7 pm

If you would like your next event to appear on the Calendar of Events, please send an email to [bhelmstetter@comcast.net](mailto:bhelmstetter@comcast.net) by **October 25, 2018**. Please include the date, event name, location and time.