



# Speak Up, Epping! Newsletter

Volume 13, Issue 5

Epping, New Hampshire

July-August 2020

## 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.

## To our readers:

Because we're all staying-at-home in the midst of the COVID-19 pandemic, there are no regular meetings or events scheduled in July and August and no calendar in this issue. We hope that the stay-at-home order will be lifted soon and that there will again be meetings and events to post in a calendar. We do have some information to pass on in this smaller than usual issue.

In the meantime, we can post other events or announcements on our website, our Facebook page and can send information out to our mailing list.

Our thoughts are with all of you. Please take good care and stay safe.

## News from the Town

The Epping Town Hall will be closed until further notice.

## Census Information

The 2020 Census will be taken this year. The census is done every 10 years, and is safe, easy and important!! The information given determines the number of seats each state has in the US House of Representatives. The census defines congressional and state legislative and school districts, along with voting precincts. The population numbers decide the allocation of federal funds to programs like Medicaid, school lunch programs, foster care and others.

The 2020 Census uses cybersecurity to keep all information secure. Information is never shared, as doing so is a serious federal crime. There are four ways to respond in 2020: online, phone, paper or a personal visit. Residents will never be asked for Social Security numbers, money or donations, political party or bank information. Everyone will be contacted shortly and your Board of Selectmen is encouraging everyone's participation. They have agreed to spread the word and help with the 2020 Census.

There are also plenty of job opportunities with the Census Bureau paying \$20-\$25 dollars an hour with reimbursement for mileage. These jobs offer flexible hours and training: You can apply online at [2020CENSUS.GOV/JOBS](https://2020CENSUS.GOV/JOBS) or 1-855-JOB-2020.

More information will be posted on the Town website.

*Submitted by Joyce Blanchard*

## 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.

They also send Christmas stockings to our Troops overseas. The Pease Greeters care package team recently completed the momentous task of stuffing 2,480 Christmas stockings with goodie bags and holiday cards to send to active military overseas.

Throughout the year, the Greeters seek donations of toiletries, individually packed food items and "fun stuff" like small toys. There are donation sites throughout Portsmouth, Dover, Hampton, Greenland and Concord. Please contact [peasegreetercarepackages@gmail.com](mailto:peasegreetercarepackages@gmail.com) for further information about the care package program.

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).

## In and Around Epping

The Planning Board is still meeting via Zoom. They just approved a sign waiver for Old Navy, located in Brickyard Square. They also approved a 10-lot subdivision off Jenness Road. SIG is applying to turn an outdoor range into an indoor range. The 55 and older project on Fogg Road is coming back before the Board at the June 25<sup>th</sup> meeting with a redesign. And there are some smaller subdivisions/projects coming before the Board.

*Submitted by Brittany Howard*

## Senior Moments

All of us are in the same situation as the rest of you. Good luck with that and we promise to have lots to tell you again when we can.

We wish for everyone to stay safe and we hope to see you sometime this summer.

*Irene R. Cote, Secretary*

## Epping Community Theater

There will be no classes and no productions at the Epping Community Theater until further notice.



## Epping Lions Club

**"We Serve"**

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

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

We continue to solicit and accept applications for assistance from the Epping community for hearing and/or vision issues (exams, frames, lenses, etc.). We have continued to help those in need, now continuing our 11<sup>th</sup> year of service in Epping.

There will be no meetings until further notice.

**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

Because of the coronavirus, we are unable to be open for the general public. As soon as the Town Hall opens, our flag will be flying!

I am there every Monday and I still make appointments, so there is a little traffic in our building. I will be glad when things return to the "new normal." I miss our volunteers, but they need to stay safe. I hope things improve before August.

Stay healthy!

To call for an appointment, call 679-2944; phone number is available 7 days a week.

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

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

## The Civil War Roundtable of NH

For information on the Roundtable 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).

Our meetings are canceled until further notice.

## The Epping Grange

There will be no Epping Grange meetings until further notice.

## Nature Talks

As you may know, your Conservation Commission is committed to helping folks enjoy the outdoors in Epping. Thanks to Todd Hathaway, the fifth and final trail at John B. Folsom Conservation Area has been completed. Like the four other trails at Folsom, it is great for mountain biking, trail running, and dog walking.

The trail runs on the land closest and parallel to the Rockingham Rail Trail and is a bit more advanced than the already-existing trails at Folsom. It is approximately 1 mile long and can be ridden in either direction. With the completion of this last trail, there are now approximately 4 miles of trails at Folsom.

As always, please be courteous and respectful when on the trails and follow proper trail etiquette (<https://www.nhstateparks.org/about-us/trails-bureau/trail-etiquette>) so everyone on the trail can have an equally pleasurable experience. Most importantly - have fun!

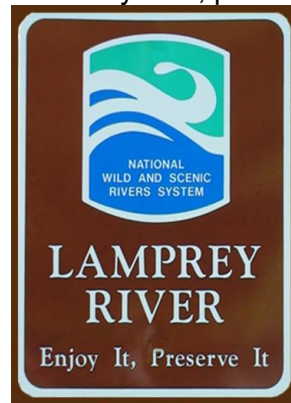


**2020 ECC Photo Contest** Taking photos is another great way to enjoy the outdoors this summer. What better way to socially distance than getting out solo and taking some nature photos around Epping! More information on contest rules and how to submit photos to the Epping Conservation Commission can be found in the News & Events Section <http://www.eppingoutdoors.com>.

*Submitted by Sandy Goodspeed*

## Lamprey River Advisory Committee

Time flies and the river keeps flowing. For twenty years, visitors and local residents have grown accustomed to seeing signs like this in Epping, Lee, Durham and Newmarket. This might seem normal to many, but, in fact, it is something extraordinary. The Lamprey is one of only two Wild and Scenic Rivers in New Hampshire and one of only 208 rivers in the US and Puerto Rico. Fewer than 1/4 of 1% of our rivers are protected under the National Wild and Scenic Rivers System. In today's political climate and given the fact that designation literally requires an Act of Congress, people who live near the Lamprey really have something to celebrate. To learn more about the National Wild and Scenic Rivers System, please visit <https://www.rivers.gov>



With a length of 49 miles, the Lamprey River is longer than the State of Rhode Island. It is the longest river on the New Hampshire seacoast and provides the most water to Great Bay. The U.S. Congress has designated the river as a National Wild and Scenic River, meaning it is outstanding not only to the people of New Hampshire, but also to the entire United States. Learn more about the Lamprey River and about its many special features at [www.LampreyRiver.org](http://www.LampreyRiver.org)

## Lamprey River Paddling Scavenger Hunt

June 26<sup>th</sup> was a picture-perfect day on the Lamprey. The Town of Lee, the Lamprey River Advisory Committee and the Lamprey River Watershed Association teamed up to sponsor a family paddle as part of Lee's 250<sup>th</sup> anniversary. Folks age 4 to 80 and one dog put in at the Lee Public Canoe Access for a short paddle upstream and then had an easy trip back. Participants saw first-hand the low water due to the lack of rain, but had fun looking for wild items on a scavenger hunt.



## Fun Facts for Paddling Scavenger Hunt (Look, but please do not remove)

1. **Cardinal Flower:** This bright red flower grows wild along wet areas and can also be planted in home gardens. Its color and nectar are attractive to hummingbirds and butterflies.
2. **Poison Ivy:** This plant has clusters of three glossy leaves. It can grow as a vine, but also as a simple, small bush. If you are exposed, wash your skin with soap and cool water as soon as possible.
3. **Hemlock:** This evergreen tree has delicate, small needles and small brown cones that dangle like ornaments.
4. **Silver Maple:** The name of this tree comes from the underside of the leaf, which looks silvery.
5. **Great Blue Heron:** Measuring up to almost 4½ feet in length and with a wingspan up 6½ feet, this is the largest heron in North America. It hunts fish, frogs, and snakes with a lightning-fast thrust of its pointed bill.
6. **Painted Turtle:** This common turtle is frequently seen basking on logs and rocks, often pig-piled atop one another. It appears black from a distance.
7. **Water Strider:** These insects can slide on the surface of water to hunt their prey. They look as though they have only four legs, but the legs closest to the head are used for capturing prey, not walking.
8. **Damselfly:** Damselflies start life in water and then become flying adults. At rest, they keep their wings tucked in over their backs. Damselflies are much more delicate and easily caught than dragonflies.
9. **Dragonfly:** Like damselflies, dragonflies start life in the water and then crawl onto land. After they shed their larval outer skeleton, they take on their adult form and become strong and agile fliers, feeding on pesky mosquitoes. At rest, their wings are perpendicular to their main body.

**10. Water Boatman:** This small insect uses its fringed hind legs to jerk across the surface of water. It feeds on algae and does not bite people. Unlike the similar looking back-swimmer, this insect swims with its back to the surface.

## David Carroll: Naturalist, Artist, Author, You Tube Star

The LRAC is pleased to announce the release of two new videos featuring New Hampshire's David Carroll as he shares his insights and hopes for the Lamprey River.



Photo courtesy of <https://carrollartgallery.com>

In the first video, David Carroll: A Life with Turtles, he reflects on his career in art and writing. Turtles are central to his story and inspire his advocacy for the protection of wild places that should be kept wild.

View the video at <https://youtu.be/DAWgQnAnJXg>.

In Beyond Conservation to Preservation, he uses wood turtles as a way to show that the land that is the most valuable and in need of protection can also be the most complex. Much of the Lamprey River is especially suited to wood turtles and other species that rely on floodplains. He stresses that conserved land should not always become "open space" for human recreation.

View the video at <https://youtu.be/HIIB7CObDWw>.

These videos join the LRAC's line-up of Lamprey River topics. Other titles can be found at [www.LampreyRiver.org](http://www.LampreyRiver.org) under the videos tab.

## Underground Concerns in the Age of COVID-19

Since mid-March, most of us have become accustomed to the new routines of life with COVID-19. We know the importance of social distancing, wearing masks in public places, washing our hands frequently, and that cleanliness is more important than ever.

But have our septic systems heard the news or read the memos? Most of us who live on the Lamprey River have septic systems at home to treat our domestic sewage. Septic systems need to have

bacteria to function properly. Septic system bacteria can be killed by bleach and other sanitizing chemicals. The whole system can be clogged by “disposable” or “flushable” wipes and materials that do not break down easily. With or without COVID-19, septic systems are only capable of treating water, bodily waste, and toilet paper.

Nobody wants to replace a failing septic system. So what can we do to prevent that?

- Go old school. Most surfaces can be cleaned well with plain soap and water.
- Use bleach sparingly. Where sanitizing is essential, clean the surface first with soap and water and then use a disposable wipe or cloth. Dispose of the wipe in the trash.
- Use less toxic chemicals such as 70% rubbing alcohol or hydrogen peroxide. These break down into harmless chemicals. The EPA and CDC websites have lists of acceptable bleach substitutes.
- If we face another toilet paper shortage, use what’s available, but do not flush it; instead, bag it and dispose of it in the trash.
- Follow the usual guidelines to keep your septic system working well:
  - Inspect and pump every 2-3 years.
  - Don’t overwhelm the system with too much water at one time. Spread laundry out over the week, don’t empty hot tubs all at once.
  - Keep cars and other vehicles off the leach field.
  - Make sure only water, body waste, and toilet paper go into the septic system. Dispose of food waste and grease in the garbage. Dispose of medicine at your local drug collection site (pharmacy, police, etc.).
- Even if you don’t have a septic system, the same rules apply for those on municipal sewers.

For more suggestions about septic system care, <https://getpumpednh.com/> has lots of useful information.



*Helping communities protect the  
Lamprey River.*

*Submitted by Suzanne Petersen*

## Epping Garden Club



We would like to thank all of the residents who purchased their Pansy Bowls through us. Without all of you, there would be no way for us to make the town a little prettier to pass through.

With everyone now taking walks, please think about grabbing a trash bag and gathering the trash from the route you take. It seems to be everywhere and you could do your part in keeping our town beautiful, please. Yes, it should not be our job to pick up after others but if we don't, then who?

*Submitted by Eunice Miller*



## ETV Schedule

Please consult the ETV Bulletin Board, Channel 22 or the Town website for changes, updates or announcements.

When meetings resume, please note the new website for ETV: [etv22.viebit.com](http://etv22.viebit.com). This is where you will find past meetings. You will also find live video streaming.

The ETV email remains the same: [eppingtv22@gmail.com](mailto:eppingtv22@gmail.com).



## Scouting Around Epping

All regular activities in Cub Scout Pack 136 and Boy Scout Troop 136 are canceled until further notice.

## Newest Eagle Scout in Troop 136

Timothy Gibb is a senior at Sanborn Regional High School and a member of Epping's Boy Scout Troop 136. He recently became the first Boy Scout in New Hampshire to undergo his Eagle Scout Board of Review via Zoom, the online meeting platform.

While a resident of Fremont, Gibb belongs to Troop 136 and has spent his scouting career with the Epping troop. He joined as a Tiger Cub in first grade, and from that moment knew he wanted to be an Eagle Scout someday.

For his Eagle Scout project, Gibb, along with family and friends, built a handicapped ramp at his church, the Epping Community Church. He began his final project in June 2018 and finished it this past January. He submitted the required paperwork and was ready for review. Boy Scouts working to achieve Eagle rank must undergo an interview on their work and goals in front of the Eagle Scout Board of Review.

His Board of Review was scheduled for March 18<sup>th</sup>, but the COVID-19 pandemic intervened and he was no longer able to have his review in the church or any other public place. The Board discussed a virtual alternative with him and proposed conducting the review on Zoom. He passed the review and is now Epping's newest Eagle Scout. His Court of Honor, the celebration with family and friends, will happen sometime after New Hampshire's stay-at-home order is lifted.

He is the son of Peter Gibb and Beth True-Gibb.



## Epping Fire Department

Hello Epping!

I hope you are all well and being safe. Many of you are doing projects around the house which is great. Projects can help pass the time during this pandemic. I would recommend that before starting any project, you check with the building department since there are some codes and regulations as well as permits required, depending on what you're building or renovating. Always call Dig Safe before digging into the ground to make sure there aren't any underground water, sewer, gas or electrical lines. It's the safest way to ensure you dig safely!

During the last few months, the town has continued to build more houses, and apartments. I have been busy inspecting outdoor seating for

restaurants as they try to reopen and recover from this pandemic. At this time the governor has allowed restaurants and gyms to reopen their dining areas at 50% capacity. Face masks are still required in many places and I recommend them to help slow the spread of the coronavirus. Practice social distancing. Frequent hand washing and sanitizing is also recommended. The old saying is "If you're sick, stay home!"

## Summer safety

Summer is finally here and it's a great time to enjoy the outdoors. Many of you work outside and Vitamin D can be a big perk but also a danger in the sweltering sun. Always hydrate with water. If you drink any type of sports drinks, it is best to cut the drink in half with water since they have a lot of sodium and sugar in them. Take breaks as necessary. Heat exhaustion can lead to heat stroke if severe enough. If you employ people, please make sure to have a water jug or cooler for your employees and monitor them as well as the weather. Heat exhaustion can go from muscle cramping to nausea and feeling ill to vomiting and unconsciousness. Always move to a shaded area or airconditioned vehicle and drink lots of fluids. If symptoms are worse, call 911. Sunscreen is also recommended so you don't get sunburn or sun poisoning.

Cookouts are a great way to celebrate the summer with family and friends. Make sure you grill away from your house, or garage. Never grill or use a hibachi on a deck. It is against the law to have a grill on a deck in an apartment or multi-family complex. (NFPA Uniform Fire Code 1, 2009 adopted by the State of NH). Use approved propane gas tanks and shut them off after the grill cools down.

## Fireworks

Be careful when using fireworks and make sure that you and your family enjoy them from a distance. Never play with fireworks inside a building or structure and be aware of any local, state and federal laws. Please be courteous with your neighbors and their animals. Dogs, horses and some cattle don't react to them well. Yes, Town of Epping allows people to buy and use fireworks. With many places canceling their Fourth of July celebrations, many people are buying them for their own event.



## **Pool and water Safety**

Summertime is a great time to enjoy the outdoors with family and friends. A favorite of mine is going to a local beach or to my family camp in Ossipee by the lake. Always watch young children and other people as the water is nice but things can change at a moment's notice. Teach your kids to swim - get them swim lessons. I unfortunately had to learn on my own and wish my parents had sent me and my brother for lessons. Use approved types of personal floatation devices (PFD's) for you and your kids. I also recommend them while boating. Most drownings could have been prevented if the person wore a PFD. Keep an eye out and if you suspect someone is in distress call 911 or notify a lifeguard if there's one on site.

## **Safety in places of assemblies**

Whether you're at church, a concert venue, the movies, a hotel or at the local grocery store, always be aware of all the exits in the building in the event of an emergency. It's human nature to go out the same way you came in. Most places have a minimum of two exits for building and fire codes. These days it's good to know where they are, not only for fires, but for other events like an active shooter and other incidents. Unfortunately, we now live in a time where we have to think of the unthinkable to survive. We always train and prepare hoping it never happens here. But it could! If you're with your family, communicate a plan and have a meeting point. Same as if you were home if a fire occurs. Always stay calm and move safely to the nearest exit.

Burn permits are required and must be obtained in order to burn brush or have a camp and/or cooking fire. You may get the permits online at [www.nhfirepermit.com](http://www.nhfirepermit.com) or stop by the fire station during the day, 7 days a week, from 6 am to 6 pm.

Always know that we are here for you, just a phone call away! Call 911 for all emergencies!

Hydrate. Wear sunscreen! Be Safe and enjoy the Summer!

*Respectfully,*

*Lieutenant Paul St Cyr*

*Fire Prevention Officer and 9-11 Liaison.*

## **American Legion News**

### **Monthly Breakfast Buffets**

Monthly Second Sunday Buffets are canceled until further notice.

## **Epping Community Church**

Our church service has changed a little bit from what we're used to. It is still at 9:30 am every Sunday morning, but you will find it on Facebook Live. You can also find it afterward at [Eppingcommunitychurch.org](http://Eppingcommunitychurch.org). We do miss being able to gather in person but can still worship together and pray together and commune together online. Please feel free to join us as we listen to what the Lord has to say to us. You can also bring a chair and sit in our parking lot.

We have not scheduled any dinners yet for July or August. The Soup of the Day Café is also currently closed. If these change, we will announce on Facebook as well as on our sign.

Our food pantry is open on Saturday from 8-10 am at the side door off the driveway. We are placing bags and other items outside on our porch. We are asking that people come to the porch one at a time and take what you need.

Also, at the pantry we have two Pop Up Library bins with books that are bagged from the elementary school. Mrs. Rossel and Mrs. True brought these to the food pantry to make sure that all children are able to have books to bring home and keep. These are free to anyone that would like to share with their children or grandchildren.

As always, if you are in need, please come to the food pantry for help. We do not ask questions...we just want to help. If you find that you need help, you can call the church at 679-5542 and leave a message and someone will get back to you.

Meals on Wheels continues to deliver out of the church. If you know a senior who is in need of a delivered meal call 679-1609 and leave a message.

Stay safe...stay healthy and God bless you all!

## **St. Joseph Catholic Church**

208 Pleasant St. (Rte 27)

Epping, NH 03042

Office telephone: 679-8805

Our new mass schedule is:

Monday through Thursday 7:30 am

Saturday 4 pm, Sunday 8 am and 10 am

All masses with limited seating of 75 and masks are required.

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



## 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: [hmmllyouth@gmail.com](mailto:hmmllyouth@gmail.com)

Youth Dept. Facebook page:

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

**Hours: Monday, Friday – 10 - 5**

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

**Saturday – 10 - 2**

**Sundays – 12 – 4**

**The Library will be closed until further notice. However, the library is now offering contactless pick-up for books and DVD's!**

If you want to make a request, simply email [eppinglibraryrequest@gmail.com](mailto:eppinglibraryrequest@gmail.com) or call 734-4587 and include your name, phone number and title(s) you would like. We'll get back to you within the next day or two to tell you when you can pick up your materials. Please first visit our catalogue online to confirm that the book or DVD you're looking for is available, which you can find on our website, [eppinglibrary.com](http://www.eppinglibrary.com).

To pick up: We will be using the Community Room as a pick-up room, which will be open the following hours:

Monday: 12-2 pm

Tuesday: 10-12 pm

Wednesday: 4-7 pm

Friday: 12-2 pm

Saturday: 10-12 pm

To return: Simply place your items in the drop box outside the library, as usual. When we collect the materials, we will quarantine and clean them before redistributing. Expect that the turn-around time on new arrivals and other popular materials may be longer than usual because of the new process.

Inter-library loans are not currently available; it is a state-run operation and won't be back until a majority of NH libraries resume patron services. Once the state decides to bring it back, we'll let you know!

## Library Virtual (Zoom) Events

The library will host a few live virtual events as part of the Summer Reading program for kids. These will be held on Zoom, so registration is required; just email us at [hmmllyouth@gmail.com](mailto:hmmllyouth@gmail.com).

### July 15: Stories on the Wild Side with Squam Lakes Natural Science Center – 11 am

Reading and science come together in this fun program, blending storytelling with up close encounters with live, native, New Hampshire wild animals. Animal characters in stories are often very different from real animals, but we can still learn important truths about animals through stories. A naturalist will read aloud short stories featuring animals and the natural world, and then introduce one or two of the story's wild characters. Visits with live animals featured in the tales will challenge kids to separate fact from fiction. Presented by Squam Lakes Natural Science Center via Zoom.

### July 20: Comics Workshop with Marek Bennett \*register in advance (ages 7-12) – 2 pm

Join New Hampshire graphic novelist Marek Bennett on a quest to help you create original comics that ONLY YOU can draw...

Using blank paper, pencils, ink, and four basic "storytelling elements," we'll find out what happens when lines, dots, and blobs turn into mysterious characters and magical worlds with surprising powers and secrets. Marek's popular interactive Comics Workshops build literacy skills, hone powers of imagination, model complex project organization and self-publishing techniques, and help artists of all ages collaborate, appreciate, and support the work of their peers. No experience is required – everyone can draw comics! Aimed towards kids 7-12 years old. Registration required as space is limited! Email to sign up: [hmmllyouth@gmail.com](mailto:hmmllyouth@gmail.com).

### July 31: Magic Show and Workshop with David Anderson – 11 am

Our favorite magician David Anderson returns to give us a magic show and teach kids how they can do magic tricks themselves at home!



## Your Name Engraved in the Library

The library staff and the Friends of the Library are offering name-engraved bricks that will be used to complete the exterior of the building. As you walk or drive behind the library, you can see the former entrance that has not yet been covered with bricks; this will become a space to display names from the community. Each donor can specify the engraving, consisting of up to three lines and 15 characters per line. You could request your own name, and/or consider adding the name of a friend or family member who loves the library. This makes a thoughtful gift. Bricks placed in the library wall will be engraved for a \$100 donation. Additional brick space will be allocated in a new outside seating area in front of the library; these bricks will be engraved for a \$75 donation. All proceeds will benefit the library. If you haven't signed up already, please contact Charlie Goodspeed, [chgi@unh.edu](mailto:chgi@unh.edu) or 498-6797. If your name is already on the signup sheet, Charlie will contact you to set engraving instructions.

## Epping Parks & Recreation

*Home of the "River Otters"*

Director: Nicole Bizzaro

Recreation Dept. Main Phone Number: 679-3006

or email at [eppingrecreation@gmail.com](mailto:eppingrecreation@gmail.com).

Address:

17 Academy Street

Epping, NH 03042

Mailing address:

157 Main Street

Epping, NH 03042

The Recreation Department is currently closed to the public until further notice. You may email [eppingrecreation@gmail.com](mailto:eppingrecreation@gmail.com) if you have any questions regarding food assistance during the Covid-19 Pandemic. Nicole Bizzaro, the Director can also be reached by phone at 608-9487.

If you have any summer camp registration questions you can email Tiffany at [eppingrecoffice@gmail.com](mailto:eppingrecoffice@gmail.com). Any programming questions you can reach Marlee, the Assistant Director at [eppingrecprograms@gmail.com](mailto:eppingrecprograms@gmail.com).

There will be no activities at the Recreation Department until further notice.

# Families First

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

Here is the link <https://www.familiesfirstseacoast.org/family-programs/parenting-classes-family-groups/> to our Family Center page. It outlines the different kinds of Virtual support we are offering at Families First, and the text is below. We have online parent and grandparent support groups open to all.

Here is the link to the online calendar [https://www.familiesfirstseacoast.org/calander/?tribe\\_eventcategory=49,37,48,38](https://www.familiesfirstseacoast.org/calander/?tribe_eventcategory=49,37,48,38) with Zoom meeting links for those groups.

The groups have been small so far but are really fun and a great way to connect with other parents. Hopefully more people will find them.

## Epping Students in the News

Congratulations to Hayden Miskinis, a student in Lindsay Kaplan's seventh grade English class in the Epping Middle School. Her essay (see below) was entered in the New York Times Seventh Annual Student Editorial Contest. Hayden's essay was one of the top three winners in the middle school category, out of 1,242 entries.

### "Switching Letters, Skipping Lines: Troubled and Dyslexic Minds"

*By Hayden Miskinis, age 12, Epping Middle School,  
Epping, N.H.*

I look down at my book. I slowly read the first line of jumpy letters that won't stay still. It takes me a minute to find the next line, as my eyes jump around. This is a repeating process until I'm at the end of the page. This doesn't just happen to me; it happens to 70-80 percent of dyslexic students in schools, and yet schools aren't providing resources, teachers aren't getting trained and people don't even really understand dyslexia.

What is dyslexia? I didn't know until 2015 when I was faced with the truth as to why I wasn't progressing in school. I had been given interventions through a program called Title I which helps kids who don't have access to books or reading in their homes, but it wasn't working for me. I had plenty of books; I just couldn't read them. What I needed were interventions that would work for me.

Many people think that dyslexia is just switching letters. In my case, and that of many other dyslexic people, switching letters is only a small part of the bigger issue. A recent study suggests that “The brains of dyslexics do form accurate neurological representations of language sounds” (Paul). This would explain why a dyslexic learner’s comprehension is so much higher than their reading ability. In other words, a dyslexic student could understand Harry Potter but not be able to read a simple word like “the.” In order for a dyslexic student to succeed, correct interventions should be applied early in school.

While it might be true that some schools acknowledge dyslexia, most schools don’t. In my case, it wasn’t until third grade that I started to get the right interventions. The delay made becoming a strong reader especially challenging. I don’t blame my teachers for this. Teachers don’t recognize dyslexia or use interventions because they aren’t prepared to. “One-on-one, individualized intervention is almost never an option in the public school system, but it is necessary for a dyslexic student” (Lunney). Students need to “attain functional reading and spelling as fast as possible. The longer that is delayed the farther behind they fall academically” (Lunney). I was fortunate that my school hired an Orton-Gillingham specialist who was trained in dyslexia. But, I’m one of the lucky ones. Most schools don’t have the funding to provide these necessary resources.

After years of intensive interventions including tutors and outside programs, I can finally pick up a book and read it like it’s nothing. This could be the future for many kids but not until teachers are trained properly and appropriate interventions are provided. In the meantime, we all need to remember, “Great minds don’t think alike.”

## Epping Elementary School (EES)

The Epping Elementary School welcomes a new principal, Heather Cantagallo, on July 1<sup>st</sup>.

## Epping High School (EHS)

### Graduation on July 24<sup>th</sup>

The 2020 Epping High School Graduation Ceremony will be held on **Friday, July 24<sup>th</sup>** at 6:30 pm at the Epping High School. The rain date is **Sunday, July 26<sup>th</sup>**.

The final arrangements of this ceremony will depend upon the social distancing protocols in effect at the time. The families will be told when the final details are decided.

## EHS Class of 2020 Top Ten

### Joey Zheng

Joey Zheng is the **valedictorian** of the Epping High School Class of 2020. He is the son of DaSheng Zheng and Wendy Lin. Over his four years, Joey has earned numerous awards for his outstanding academic and extracurricular accomplishments. Some of those awards include: the 2019 Harvard University Book Award, the 2019 Rensselaer Polytechnic Institute Medalist Award, the 2018 and 2020 EHS Advanced French Award, the NH Scholars STEAM recognition, the 2020 John Philip Sousa Band Award, and the 2020 Senior Math and Senior Science Awards. Joey was the team captain for the Science Olympiad, earning a Gold Medal in Optics at the NH State Science Olympiad and a Bronze Medal at the Dartmouth College meet. Joey has been a member of the EHS Concert Band, Jazz Band, and also the UNH Youth Band. Additionally, he spent the summer of 2019 studying artificial intelligence at the St. Paul’s School Advanced Studies Program. Accepted to Yale, Brown, Swarthmore, and numerous other colleges, Joey will be attending the Massachusetts Institute of Technology studying mathematics and engineering.

### Laura Duguie

Laura Duguie is the **salutatorian** of the Epping High School Class of 2020. She is the daughter of Ed and Melissa Duguie. The starting catcher for the EHS softball team, Laura helped lead the team to a state championship title in 2018 and state championship runner-up in 2019. She was selected as the team’s offensive MVP and she was also named to the Granite State All-Conference Team. Additionally, Laura has been an integral member of the EHS Unified Sports program, participating in both soccer and basketball as well as being the leader of the school’s Unified Club. Laura’s efforts and dedication to Unified Sports helped the school to be recognized by ESPN and Special Olympics as a Unified Championship School in September 2019. Other activities which Laura dedicates her time to include the National Honor Society and her very own cake business. Laura has garnered many academic and extracurricular awards in her four years

including the 2020 Senior Social Studies Award, the 2020 EHS Spirit and Involvement Award, the 2019 St. Michael's College Book Award, and the 2019 Advanced Spanish Award. In the fall, Laura will attend Johnson and Wales University in Rhode Island to study baking and pastry arts.

### **Calle Bisaillon**

Calle Bisaillon, the daughter of Mike and Melorah Bisaillon, is graduating as a NH Scholar with a STEAM distinction. In 2020, Calle was selected to receive the Senior English Award. In 2019, she was the recipient of the Brown University Book Award which recognizes academic excellence in written and spoken expression. Additionally, Calle has twice received the Presidential Award for Outstanding Academic Excellence as well as the EHS Principal's List Award. Calle is a member of the National Honor Society, Improv Club, treasurer of the EHS Gay-Straight Alliance, and a member of the EHS Academy Street Players – the school's drama club. As one of the founding members, Calle has participated in every production with the Academy Street Players since its inception. In the fall, Calle will attend St. Michael's College in Vermont with a double major in biology and the performing arts.

### **Keyghan Lewis**

Keyghan Lewis, the daughter of Jessica Lewis, will be graduating as a NH Scholar with an Arts distinction. Keyghan is the president of both the French Club and the French Honor Society. As a leader she helped to organize various activities including the Mardi Gras parade and the 2020 virtual induction ceremony. In her time at Epping High School, Keyghan was also a three-year member of the EHS Concert Band and a contributor to many class spirit activities including the prom committee and class banner committee. Keyghan has been near the top of her class for all four years of high school and is a two-time recipient of the Presidential Award for Outstanding Academic Excellence as well as the EHS Principal's List Award. Keyghan will be attending the University of New Hampshire in the fall studying environmental engineering.

### **Trey Loving**

Trey Loving is the son of Tony and Andrea Loving. Trey has earned the NH Scholar recognition with a distinction in STEAM. In the top ten of his class for all four years of high school, Trey has twice

received both the EHS Principal's List Award and the Presidential Award for Outstanding Academic Excellence. In 2020 he received the US Army Reserve National Scholar-Athlete Award for his commitment to excellence on and off the field. Trey has been a four-year member of the EHS basketball team and was team captain in his senior year. He was named to the All-Academic Team by the NH Basketball Coaches Organization. Trey was also a member of the EHS baseball team as well as a participant in club and Babe Ruth baseball throughout high school. Additionally, Trey is a member of the National Honor Society and has dedicated many hours to volunteer work at numerous organizations. Trey is a graduate of the Seacoast School of Technology in Exeter, earning a certificate in biomedical science and technology. He plans to continue his study of bioengineering at Great Bay Community College in the fall.

### **Oakley Lustenberger**

Oakley Lustenberger is the daughter of Daniel and Maria Lustenberger. Oakley has been a standout athlete at EHS, participating in four years of varsity volleyball and varsity basketball and serving as co-captain of both teams in her senior year. Oakley was selected to the First Team All-State in 2019 for volleyball and was also named the Granite State Division-IV player of the year. Oakley has taken on many leadership roles including class secretary for four years, president of the Spanish Honor Society, treasurer of the National Honor Society, and she was a representative on the NHIAA Student Leadership Council. In 2019, Oakley received the St. Anselm College Book Award and the Society of Women Engineers Award for excellence in math and science. This year, Oakley was awarded the US Army Reserve National Scholar-Athlete Award as well as the NH Scholar recognition. In the fall, Oakley will be attending the University of Miami in Florida on an Army ROTC National Scholarship for nursing.

### **Hayley Pelletier**

Hayley Pelletier, the daughter of Dan and Lynn Pelletier, has been in the top ten of her class for all four years of high school. Graduating with the NH Scholars recognition, Hayley is a two-time recipient of the EHS Principal's List Award and a two-time recipient of the Presidential Award for Outstanding Academic Excellence. In 2019, she received the



Society of Women Engineers Award for excellence in math and science. Hayley is the vice president of the National Honor Society and also a contributing member of all school spirit activities. A standout athlete, Hayley was a four-year member of the varsity volleyball team as well as the varsity basketball team, serving as co-captain of both of these teams in her senior year. Hayley received Honorable Mention for All-State volleyball in 2019 and also received the team's Coach Award that same year. She was selected to play in the All-State Senior games for both basketball and volleyball in her senior year. In the fall, Hayley will attend the University of New Hampshire studying business administration at the Paul School of Business.

### **Jacob Vanamburgh**

Jacob Vanamburgh is the son of Don and Robin Vanamburgh. Jacob is a graduate of the Seacoast School of Technology in Exeter, completing the two-year digital media arts program. During his time in this program, Jacob earned his Adobe Certified Associate certification in Graphic Design and Illustration. In 2020, his work received an Honorable Mention at the statewide Scholastic Arts competition. In the summer of 2019, Jacob traveled to Ecuador and the Galapagos Islands on a student research and cultures tour. During his four years at EHS, Jacob has earned two Principal's List awards and two Presidential Awards for Outstanding Academic Excellence. In the fall, Jacob will continue his study of digital media communications at Great Bay Community College in Portsmouth.

### **Victor Waddell**

Victor Waddell is the son of Stan and Rose Waddell. Awarded with the NH Scholars recognition with STEAM distinction, Victor has been near the top of his class for all four years of high school. In the summer of 2019, Victor attended the American Legion Boys State program at St. Anselm College. He was the recipient of an esteemed congressional nomination to the US Naval Academy from Senator Jeanne Shaheen. Victor has been a member of the EHS basketball team for four years, playing on the state championship-winning team in 2019 and also receiving a NHBCO All-Academic Team nomination. Additionally, Victor received the EHS Principal's List Award in ninth and tenth grade and the Presidential Award for Outstanding Academic Excellence in eleventh and twelfth grade. Victor will be attending

Carnegie Mellon University in the fall with a major in information systems.

### **Faith Williamson**

Faith Williamson is the daughter of the late Harold Williamson and Jodi Williamson, and the stepdaughter of Gerald Hannon. Faith has held numerous leadership positions in her extracurricular activities including president of the National Honor Society, vice-president of the Class of 2020 for four years, vice-president of the French Honor Society and French Club, and Band President. Faith was a member of the EHS Granite Youth Alliance and Dover Youth to Youth and traveled locally and throughout the country advocating for youth substance abuse awareness and mental health awareness. Faith was a member of the EHS Unified Sports program, participating in soccer and basketball, and she was also a youth cheerleading coach. Faith served as a student representative to the Epping School Board for two years. She also participated in a fellowship on the Biden Presidential Campaign in 2019. She was awarded with the Mt. Holyoke College Book Award in 2019, the EHS Advanced French Award in 2019 and 2020, and the US Marine Corps Semper Fidelis Award for musical excellence in 2020. In the fall, Faith will attend St. Anselm College to study political science.

### **EHS Second Semester Honor Roll**

Epping High School announces its Honor Roll for the Second Semester of the 2020/2021 school year. Congratulations to the following students:

#### **9<sup>th</sup> Grade:**

##### **Principal's List:**

Kaelin Beattie, Kaitlyn Chapman, Samuel Gosselin, Leah Hackett, Emma LaChapelle, Mackenzie Milbury, Sophia Morang, Christopher Sullivan

##### **Honors:**

Brooke Bacon, Austin Clark, Aiden Dyer, Olivia Gosselin, Daniel Johnson, Calynn Marcheterre, Nathan McTague, Brooke Needham, Miriam Peck, Brady Powicki, Luke Snyder

#### **10<sup>th</sup> Grade:**

##### **Principal's List:**

Sarah Brassil, Melissa Daigle, Trey Finkelstein, Jade Gagnon, Alexander Greubel, Zachary Hodgman, Emily Kelly, Skylar Kline, Stamatis

Maschas, Patrick McTague, Michael Picard III, Abigail Purchas, Jacklyn Tracy, Haley Williamson, Morgan Witmer.

**Honors:**

Jacob Loving, David Meyer, Mikhail Ozols, Zachary Rogers

**11<sup>th</sup> Grade:**

**Principal's List:**

Joshua Coolidge, Nicholas Greubel, Katrina Jennings, Erika MacLeod, Peter McTague, Jack Meyer, Benjamin Milbury, Taya Morgado, Jenna Needham, Luke Rossel, Abigail Roy, Amara Stevens, Cassidy Wall, Abigail Walsh.

**Honors:**

Alexa Bade, Alexa Guarente, Scott Johnson, Simeon Mills, Haleigh Sullivan, Megan Webber.

**12<sup>th</sup> Grade:**

**Principal's List:**

Calle Bisaillon, Laura Duguie, Molly Gallagher, Samantha Johnson, Emily Kline, Trey Loving, Oakley Lustenberger, Hayley Pelletier, Isabella Snyder, Jacob Vanamburgh. Victor Waddell, Faith Williamson, Joey Zheng.

**Honors:**

Mikayla Berger, Noah Bilodeau, Joseph Furey, Ava Montalbano

**Email Address Changed?**

If your email address has changed, please notify Barbara Helmstetter at: [bhelmstetter@comcast.net](mailto:bhelmstetter@comcast.net).

**Newsletter Schedule**

Have we missed your group or event? Please let us know. Our purpose is to include as many Epping groups and events as possible.

The next issue (**September-October 2020**) of this newsletter will be available **on September 1, 2020**. We will accept **submissions through August 25, 2020**, to be included in the next issue. Please send your content with contact information for consideration to [bhelmstetter@comcast.net](mailto:bhelmstetter@comcast.net).

If you would like your next event to appear on the Calendar of Events, please send us an email at [bhelmstetter@comcast.net](mailto:bhelmstetter@comcast.net) by **August 25, 2020**. Please include date, event name, location and time.

Thanks for reading!

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