



Speak Up, Epping! Newsletter

Volume 13, Issue 6

Epping, New Hampshire

November-December 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

Check Out Our Newsletter Website

Be sure and check out our Speak Up, Epping! website: 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 close to home in the midst of the COVID-19 pandemic, we have not been told of any regular meetings or events scheduled in November and December and so there is no calendar in this issue. We hope that there will soon 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.

Voting during Covid-19 Pandemic

Remember to vote in the general election on November 3rd. If you plan to vote in person, the polls are open 8:00 am to 7:00 pm in the Middle School Gym. Any resident of Epping who is 18 years of age and older can vote in the election as long as that resident is registered to vote. **An Epping resident who has not yet registered can register at the polls on Election Day. All voters should bring an I.D. when they go to vote. Voters without an I.D. can still vote but it takes longer as they will have to fill out extra paperwork.**

If you plan to vote by absentee ballot, **plan to vote early**, as soon as possible, to make sure your ballot is received in plenty of time to be counted. The town clerk and secretary of state are urging those who choose to vote absentee, to return their completed ballots as soon as possible to avoid any possible delay. **The envelopes containing your absentee ballot must be received by the clerk no later than 5:00 pm on election day.**

There are four simple steps to vote by absentee ballot in the September 8th New Hampshire primary and/or the November 3rd general election:

1. Make sure you are registered to vote.
2. Determine your eligibility to vote absentee.
3. Complete and return an application for your absentee ballot.
4. Complete and return the absentee ballot.

Valid reasons to obtain an absentee ballot

Due to the pandemic, there are five valid reasons registered voters can vote absentee this year. They include:

1. Absent from the city on the day of the election.
2. Observance of a religious commitment on Election Day.
3. Due to disability.
4. Concerns about COVID-19. This year, the NH Secretary of State has added Covid-19 as a reason

to obtain an absentee ballot. Any NH voter is eligible to obtain an absentee ballot due to the Covid-19 pandemic.

5. Employment obligation (including the care of children and infirm adults, with or without compensation).

Applying for absentee ballot

The town clerk's office now has applications for absentee ballots and the actual absentee ballots for the November 3rd election.

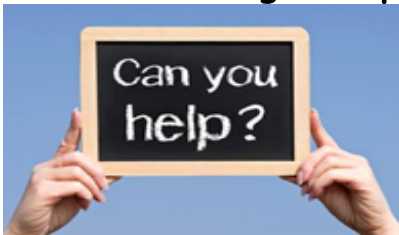
To receive an application for an absentee ballot, voters can come to the town clerk's office or download the application from the town clerk's website. It cannot be completed online; it must be downloaded and printed, then signed. Completed absentee ballots should be returned to the town clerk's office in person.

Those who applied by any means other than in person can check the status of their applications at <https://app.sos.nh.gov/Public/AbsenteeBallot.aspx> at any time during the process.

The town clerk and secretary of state are urging those who choose to vote absentee to return their completed ballots as soon as possible to avoid any possible delay. **The envelopes containing your absentee ballot must be received by the clerk no later than 5:00 pm on election day.**

In the state of New Hampshire, ballot counting cannot begin until Election Day. This year, the secretary of state is permitting the partial processing of absentee ballots prior to Election Day to validate ballots received against the rolls of registered voters. This partial processing is allowed during one session, publicized in advance, and performed by the town clerk with at least three other election officials. Members of the public may observe the partial processing.

End 68 Hours of Hunger - Epping



Our program is going to be providing Thanksgiving Baskets to those in our program in need. We are providing a turkey and all of the

ingredients to make traditional sides. We are looking for donations to help in our efforts. Donations can be mailed to End 68 Hours of Hunger-Epping at 62 Meadowbrook Drive, Epping, NH 03042 or non-perishable items can be dropped off at Erica's Garden. We are in need of boxed mashed potatoes, canned gravy, vegetables, stuffing mix and pie fillings.

News from the Town

The Town Hall is now open with a screening procedure in place.

Town Hall Closed

November 11th – Veteran's Day

November 26^h, 27th – Thanksgiving

December 25th – Christmas

January 1st – New Year's Day

Town dates

November 1 – Daylight Savings Time Ends

November 3 – General Election

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.

Senior Moments

Thanks to Lorraine Bateman – update

Lorraine Bateman of Epping belongs to the Epping Seniors. She has been crocheting hats for service men and women for over four years. When last we checked in with her, for our May-June issue in 2019, she had made 840 hats and was still crocheting. She definitely kept on crocheting!! She reports the total number of hats is now **1002!!** Each serviceman or woman leaving through Pease for the Middle East gets a hat from the Pease Greeters and a lot of them leave wearing one of Lorraine's hats!

A big thanks to Lorraine!!

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 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.



Epping Lions Club

"We Serve"

We Want YOU to Join the Epping Lions Club

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

The Epping Lions Club still has not met as a group (our last meeting was January!) due to group members' feelings on gathering together.

We have continued to assist applicants in need, via email assistance. Otherwise, it's been a very quiet year - nothing to report.

Deb Brooks, President

lexusreina@comcast.net

Cheryl Denoncour, Treasurer

cdenoncour@gmail.com

Colleen Palmer, Secretary

colleenmariepalmer@hotmail.com

Epping Historical Society

We have been "closed" to the general public since March. However, as of this week, I put out the

flag on Monday, visitors must wear masks. I welcome visitors by appointment, all they have to do is call. I had one dedicated volunteer this summer, but she had to return to her job as a teacher. She was a big help with our soon to be website. The website is a learning experience for me, quite a challenge!

I hope by the next issue, we will have news for all of you.

Stay healthy!

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

Submitted by Joy True, curator, Epping Historical Society
joysgarden@hotmail.com

The Civil War Roundtable of NH

Due to the Covid-19 crisis, the Civil War Roundtable of NH is holding off meetings until January 2021.

For information on the Roundtable and a complete schedule of meetings and news, please visit the web site: www.cwrt-nh.org or email cwrtnh@gmail.com.

Nature Talks

People are Our Strongest Assets

Just as with the rest of the world, COVID-19 has affected the Epping Conservation Commission. All of our school outreach is on hold, and three commission members with young children and jobs are stretched pretty thin. Speaking of Commission members, we wish John Gabour much good luck and happiness in his new home in Massachusetts. That also means there is an opening on the Commission for some conservation-minded individual who is willing to help us accomplish our mission.

That begs the question, just what is our mission? We defined it this way in 2018. *The Epping Conservation Commission is a group of volunteers appointed by the Board of Selectmen and established by New Hampshire law. The Commission is dedicated to promoting land conservation and connecting citizens to the outdoors through managing and monitoring conserved Town properties and forests, reviewing and approving wetland and other permit applications, and developing and enforcing sustainable land use policies.*

We are also looking for folks interested in helping us build and/or maintain trails. Building trails

involves using a weed whacker, leaf blower, pruning shears and getting sticks off the trail. We are grateful to have Joel Harris ready to use his chain saw and build bridges over shallow streams and wet spots. Keep in mind you would never have to be on your own when building a trail; we have lots of experience on the Commission and we are ready to help get trails up and running. Look for a general Work Day next year at Robert Friend Low Park!

We encourage everyone to take some pictures of your favorite spots this fall and winter and let us see your pictures in the 2021 photo contest.

Lastly, we held a public hearing on October 22nd to see if Epping folks had any comments regarding our plan to donate \$15,000 to join Newmarket and SELT in conserving the Clarke Farm, 211 acres in Epping and Newmarket. Epping will hold an Executory interest in 32 acres and Newmarket will hold an Executory interest in 179 acres. The road frontage and entrance are in Epping and there are many trails, as well as threatened and endangered species and agricultural land. With the exception of 32 acres of wetland, the property will be open to non-motorized recreation. We believe conserving the Clarke Farm is well worth this investment, relative to the size of the property, and will recommend the Select Board approve the expenditure.

Please let us know if you have any other project suggestions or new/better ways to connect people to the outdoors. We're here for you!

Submitted by Sandy Goodspeed

Lamprey River Advisory Committee

Mill Stones

During the early days of the COVID 19 shut-down, many people tried baking their own bread at home and stores quickly ran out of flour. Today's flour is mainly grown and processed in the Midwest, but once upon a time, many towns in New England grew their own supply of wheat and corn.

Chances are good that you have seen grist mill stones and thought they were merely decorative landscaping features. While their function today is mostly decorative, in the early days of this country, these stones served an important function in most communities: grinding corn and other grains for flour used in people's kitchens and feed for livestock.



Millstone in a garden path. Photos by R.C. Grimsley

Mill stones, or more precisely, grist mill stones, had been in use for a long time throughout Europe and the technology was brought to America by colonists. These stones were used until steel grinding became more available in the late 1800s. The 4-5 feet-wide granite stones were part of an elaborate contraption that captured the flow of water from rivers to create mechanical energy. Millers (professional grinders) used gear ratios to modify how fast the wheels turned based on the flow of water. They would suspend the top milling stone just a hair above the stationary, flat milling stone below.

Grist mills and sawmills were frequently located together to take advantage of water power and serve community needs. Most of these buildings have been lost to fires and floods, but a few survive as historic working museums. Along the Lamprey River, the mills have been lost, but stone foundations can be found at Mary Blair Park in Epping, Wiswall Dam in Durham and Wadleigh Falls in Lee.

Macallen Dam Improvements in Process

Following two extreme floods in 2006 and 2009, the Macallen Dam in Newmarket was inspected and several safety deficiencies were noted. Among these, analysis showed that the dam would be at high risk of failure in the event of another big flood. The main flaw was in the south wall where water had severely eroded the lower foundation.

The dam is owned by the Town of Newmarket and it is responsible for expenses related to maintenance and liability. After reviewing the costs and benefits for the options, including the possibility of removing the dam entirely, voters chose to repair the dam. The new south wall will be reinforced and made six feet higher. Townspeople also voted to make improvements to the flood gates on the north side that were in poor but technically working

condition. Engineers drew up plans and permits were granted. The drawdown of the dam impoundment began on September 1, 2020 and site work commenced shortly thereafter.

Members of the LRAC have been documenting progress of the repairs. Below are some photos of work so far. You can see this work for yourself where Route 108 crosses the Lamprey River in downtown Newmarket.



South wall Sept. 2, 2020 Top of dam exposed



Flood gate area, gates removed Sept. 24, 2020



South Wall Sept. 29, 2020

Nutrient Budgets along the Lamprey River

Nutrients are an important issue for the Lamprey River and Great Bay. Most people are aware that too many nutrients in water result in many problems such as murkiness, low dissolved oxygen and the loss of certain aquatic plants and animals. Where most of these nutrients come from is known: waste water treatment plants, industrial waste, septic system effluent, atmospheric fall-out from burned fossil fuels, lawn fertilizer, agricultural run-off, decay of formerly living things, etc. Quantifying the exact amount for each source can be tricky, especially if the source is not a factory or wastewater treatment facility. In the Lamprey River, most nutrients are “non-point source,” meaning they come from the land, air and wetlands.

As water flows down a river, nutrients are added and they are taken up by vegetation and bacteria. Even in really pristine areas, nutrients can accumulate to a small degree going from the headwaters to the mouth. In rivers where accumulation exceeds uptake, the net balance, or budget, can be problematic.

UNH student Anna Lowien recently completed work to determine where nutrients in the Lamprey River come from, how they transform from place to place, and the role that tributaries play in the overall health of the main river. Her work looked at data over two decades from twenty-one sampling stations in the watershed. Her basic question was if the river accumulates nutrients as it flows or whether nutrients pass unchanged along the length.

By looking at the different chemical forms of nitrogen and total nitrogen, Anna was able to determine that “most river segments had positive incremental loads, indicating that downstream nitrogen outputs were greater than nitrogen inputs upstream.” “It is important to note that the positive incremental loads found between most stations indicate a net accumulation of [nitrogen] in the river. This does not mean that no [nitrogen] is removed from the water column, but instead means that any removal processes are more than offset by unmeasured inputs.”

She also showed that the amount of total dissolved nitrogen in the river has increased over the last twenty-four years. The amount of phosphorus, another nutrient, is at a very low level and has not changed much over time.

What does this mean for the average person living near the river or one of its streams?

More people are adding more nitrogen that puts the river and Great Bay at risk. Our activities and homes are the source of a lot of nitrogen; we can be part of the solution to reduce it. Stopping "development" is difficult, but the cumulative effect of many small actions to reduce nitrogen does add up: Encourage stormwater to soak in, rather than run-off, the land. Keep a wide area of native vegetation around streams and wetlands to absorb nutrients that wash off the land. Skip the lawn fertilizer. Keep wetlands wet and wild. If we let nature do the work, that's a win for us and the river.

For the full report, please visit [https://www.lampreyriver.org/UploadedFiles/Files/Nutrient Budgets final report.pdf](https://www.lampreyriver.org/UploadedFiles/Files/Nutrient%20Budgets%20final%20report.pdf).



*Helping communities protect the
Lamprey River.
Submitted by Suzanne Petersen*

Epping Garden Club



We have finally received rain which will help our gardens and wells. We've seen quite a few fuzzy caterpillars of late, you know the ones with the brown bit in the middle. If the sayings hold true, we may get an actual winter this year which will help as well. Hang in there, can we really expect anything normal in 2020?

The Epping Garden Club offers once again amazing Poinsettias during their final Civic Beautification Fundraiser for 2020.

Poinsettias are available in 6" for \$12.00 and 8" for \$20.00. Usually we can get a few huge 10" ones – we'll get the 2020 price, if you are interested in them.

We will also offer Kissing Balls - plain balls for \$25.00 and decorated balls for \$35.00.

Also, 14" Wreaths with or without a bow \$11.00 and \$15.00 respectively as well.

We can get you wreaths that are a larger size - we just need you to please order early. The price will depend on what size you order.

Thank you and please remember to be kind in this year when so many of us are hurting.

Eunice
Epping Garden Club
300-0064 for any questions

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. This is where you will find past meetings. You will also find live video streaming.

The ETV email remains the same: eppingtv22@gmail.com.



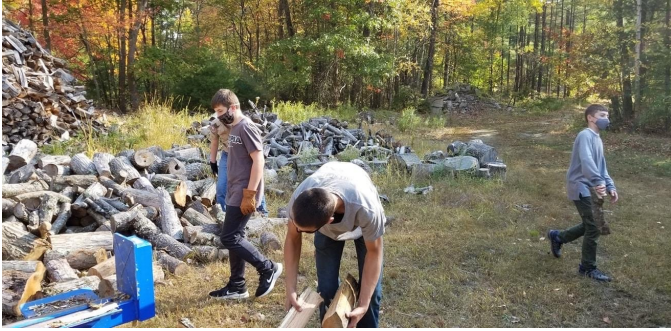
Scouting Around Epping

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

Boy Scout Troop 136

The Troop 136 Scouts don't have any special events coming up in November and December at this time.

However, the Scouts are slowly coming back after a long summer of COVID. The Troop tries to continue to have weekly or bi-weekly outdoor meetings in person with social distancing while we continue to have warm weather. Friday October 9th through Sunday October 11th, they had their first campout since spring at Camp Carpenter in Manchester, New Hampshire. Winter weather is fast approaching and the Scouts are looking for ideas to get them together during the winter season.



Troop 136 Campout at Camp Carpenter



Epping Fire Department

Hello to my Speak Up, Epping readers!

In this issue, we will be talking about Late Fall and Winter safety tips along with Holiday safety tips.

Late Fall and Winter safety tip

I know I've said it before, but always have your heating appliances serviced and cleaned. Have your Chimney cleaned by a professional. In November we set the clocks back on **Sunday November 1st**. This is a great time to check your smoke and carbon monoxide detectors. Replace batteries every 6 months unless you can get a 10-year detector that has a long-lasting battery. Change detectors every 10 years. There were a few fatal fires in New Hampshire this year. These fire deaths could have been prevented if they had had working smoke detectors. If you are a landlord and/or building owner, you are responsible for smoke

detectors in each apartment or condominium. October was Fire Prevention Month and we want to talk about fire safety. You should always have an escape plan for a fire in your house, condo or apartment. You should have two ways out and plan for a meeting place for everybody outside your house. Get out and Call 911!

We had a few calls where we could not get a fire truck down the driveway, or if we did it was very tight. If we can't get to you, we can't help you! Driveways should be cleared of trees, brush and overhanging limbs. It becomes more difficult in the winter when the snow starts to pile up. Yes, I said snow. We need at least 10 to 12 feet of clearance to make it down a driveway. We can worry about backing out later. This would also be great for your oil and package delivery services too. Make sure there are visible street numbers on your mailbox and house.

Make sure you have your vents for your heating appliances cleared out of leaves and snow. This goes for generators as well. Keep vents clear and NEVER run a generator in a garage or house. This fall and winter, please keep any hydrants on your property shoveled and cleared out, whether it's bushes, brush or snow. It's a big help for the firefighters and much appreciated.

Holiday tips

Holidays are a great time for families to gather and make memories. It can also be a dangerous time as well. Every year, the Epping Fire Department responds somewhere in town for an oven fire from a cooking incident. Keeping your oven clean before the big feast helps. Never put food or boxes, etc., on top of the stove as they can catch fire. Make sure to follow instructions on how to cook your turkey and never deep fry in the house or garage. That's best for outside. If you prefer a real Christmas tree, make sure it is watered and never gets dry. Check your holiday lights and extension cords to make sure they're not frayed or cracked. I recommend a sturdy three-prong extension cord for your decorations, whether they are inside or outside. A timer is a great thing to apply for lights

as well. Candles for any holiday festivities should be closely watched and put out before taking a nap or going to bed. Always keep the candles away from pets and children to avoid them being tipped over.

Santa Parade

Stay tuned to the Epping Fire Department website and Facebook post for details on the Santa Parade.

The Toy Drive is still scheduled for the weekend after Thanksgiving at Walmart which will be **November 28th-29th**. We pair up with the Town of Brentwood for families with young children in need of presents for the holidays.

Burn Permits

Burn permits are required until the ground is covered with a good area of snow. The only other time you can burn brush is when it's actively raining. Always check with the fire department if you have any questions or concerns and keep all fires 25 to 50 feet from any shed, garage, barn or house. The large brush piles required 50 feet and a house or fire extinguisher nearby. Fires must be tended to, and the homeowner must be on the property. Permission slips are required for renters to have any fire permits, either handwritten or by phone.

So, keep your driveways opened up, your heating appliances in good shape, and your detectors working and enjoy the holidays without any unintended events. Happy Holidays from all of us at Epping Fire Department.

Know that we are here for you 24 hours a day, 7 days a week, 365 days a year!

Respectfully,

Lieutenant Paul St Cyr

Fire Prevention Officer and 9-11 Liaison.

Epping Explorer Posts

Epping Fire Department Explorer Post 136

The Epping Fire Department Explorer Post will host a Red Cross blood drive on November 14th, 10:00 am to 3:00 pm at the Safety Complex. Please make reservations by calling 1-800 733-2767 or 603 625-1951. We will except a limited number of walk ins. We will be going by COVID-19 guidelines with temperature checks and masks.

The Explorer Post will be meeting at the Station on the 1st and 3rd Tuesdays from 6:30 to 8:00 pm. Youth 14 to 19 years old are invited to consider joining the Fire Department Explorer program. Call Captain Cray at 396-9436 or Lt. Labonte at 679-5446.

Friends of the Epping Fire and Brick Museum

Right now the Fire Museum is still on hold.

American Legion News

Monthly Breakfast Buffets

Monthly Second Sunday Buffets are canceled until further notice.

Epping Community Church

Due to the continuing cases of covid-19, we have decided to offer only online church services for the near future. You can find the Sunday services either on Facebook or on YouTube - Epping Community Church. We will update our schedule for Advent and Christmas on our church sign as well as on ETV channel 22.

We will offer a free Thanksgiving dinner on **November 26th** from 11 am-12 pm. This will be a drive thru pick up meal. Please call the church at 679-5542 and leave your name, phone number and number of meals for pickup. If you need your meal delivered please leave your address as well.

No dinners are planned until after the first of the year. The Soup of the Day Café is also currently closed. If these things change, we will announce on Facebook as well as on our sign.

Our food pantry is open every 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. If you need help...come and we'll help you. We will be putting warm coats and outerwear out very soon.

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 capacity 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

The Library is open for appointments and curbside pick-up!!!

To set up an appointment to visit the library, please call us at 734-4587. Patrons are able to browse, check out materials and use our services (copy, fax, etc.) for 30 minutes. We also have appointments for computer use and study rooms that will last an hour. A mask or appropriate face covering is REQUIRED to enter the building. Patrons will also be required to pass a health screening consisting of a temperature reading and short questionnaire (similar to Town Hall) before entering the library. Appointments are for patrons thirteen years of age and older for the time being. We will continue to provide curbside pickup service as well (details below). Our hours for appointments and curbside pickup are as follows:

Monday 12-5 pm

Tuesday 12-7 pm

Wednesday 12-5 pm

Thursday 3-7 pm

Friday 12-5 pm

Saturday 10-2 pm

Curbside pick-up:

To make a request for library books and DVD's simply call us at 734-4587 or email us at eppinglibraryrequest@gmail.com and include your name and which 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 the materials you're looking for are available:

https://harveymitchell.follettdestiny.com/common/welcome.jsp?context=saas06_2800519

To return them: 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 this process.**

Inter-library loans are available once again. If there is a book or movie you'd like that's not in our library, just let us know and we'll request it from another NH library.

Virtual Programs:

The library is offering the following virtual programs. We also continue to offer e-books and audiobooks through Overdrive, plus free access to a video streaming service (similar to Netflix) for films, documentaries, educational videos, kids' videos and more. You can find links and information at our website: www.eppinglibrary.com. Feel free to call or email us with any questions.

Family Yoga

Join us for family yoga with Leah Pacione! All ages are welcome to attend and parents/guardians are encouraged to join in with their children. Join us on Zoom Tuesday afternoons at 4 pm. Please visit our Facebook page for a link to the Zoom meeting: www.facebook.com/eppinglibrary.

Reducing the Costs of College

Available to watch any time, Kathy Stoughton has created a virtual program with an overview of several programs available today that can help families lower their costs for college along with some alternatives to traditional college that are becoming more popular. Kathy Stoughton, M. Ed, is an independent author and tutor who has over 10 years and 10,000 hours of experience teaching students. Simply click the link to view the free hour-long program, which can be viewed on our website: www.eppinglibrary.com.

Strategies for Parents: Making Math Easier to Learn

Watch a twelve-minute video any time for easy activities and information that let parents help their

kids become better at learning math! In her Helpful Hints videos, Kathy Stoughton shares what she has learned from spending over a decade helping teens and older students grow their math and science skills. She now designs materials and programs to help parents prevent the issues she sees her older students having. In this video Kathy focuses on helping parents build a strong foundation by explaining some important concepts and providing a free activity that reinforces those concepts. The program is available to view via a link on our website: www.eppinglibrary.com.

Brick Engraving to Support the Library

The Friends of the Library continue to accept donations to have the name(s) of your choice engraved in brick for our future patio area. Your contribution will go toward funding items such as new technology, services, and supplies for our adult and children's programs. Patty Laughlin, owner of Lorax Landscaping, has donated a full landscape design for the library grounds that includes beautiful, environmentally friendly, low maintenance, native species, and a patio seating area on the front of the library with plenty of space for engraved bricks. We're asking for a \$50 donation for each engraved brick in the patio. For more information please call us or visit our website at www.eppinglibrary.com. Thank you for your support and consideration from the Friends of the Library.

Friends of the Library

There are still some \$100 donation bricks available for the Friends of the Library Engraved Brick fundraiser. These will be used to fill the old doorway at the back of the building. You can have a brick engraved with your name or that of a family member or friend. You can also still get bricks for a \$50 donation, which will be used for paving the patio seating area in the front of the Library. Please go to the Library's website (eppinglibrary.com) for more details and order forms.

The south wall of the Library's Community Room now has bookshelves for the Friends' ongoing book sale. When you come in for curbside pickup, check out the selection of adult and children's books as well as some DVDs. There is no set price for the items--just leave your donation in the jar.

The Friends of the Library meet the first Wednesday of the month at 7 pm. For the foreseeable future, these meetings will continue to

be held via Zoom. Please contact the Library if you would like to receive an invitation to join us on Zoom.

Submitted by Pat VanWagoner

Epping Parks & Recreation

Home of the "River Otters"

Director: Nicole Bizzaro

Recreation Dept. Main Phone Number: 679-3006

or email at eppingrecreation@gmail.com.

Address:

17 Academy Street

Epping, NH 03042

Mailing address:

157 Main Street

Epping, NH 03042

The last we heard, the Recreation Department is closed to the public until further notice. You may email 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 programming questions you can contact Marlee, the Assistant Director at 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-bar-date=&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 Elementary School (EES)

EES School Calendar

NOVEMBER

Nov. 2 – Virtual PTO meeting 7:00 pm Go to www.eppingpto.com for more information.

Nov. 3 – **NO SCHOOL** Professional Development Day

Nov. 11 – **NO SCHOOL- VETERANS' DAY**

Nov. 10-23 – Food Drive

Nov. 25-27 – **NO SCHOOL – THANKSGIVING RECESS**

DECEMBER

Dec. 7 – Virtual PTO meeting 7:00 pm Go to www.eppingpto.com for more information.

Dec. 24-Jan. 1 – **NO SCHOOL- HOLIDAY RECESS**

Email Address Changed?

If your email address has changed, please notify Barbara Helmstetter at: 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 (**January-February 2021**) of this newsletter will be available in **early January 2021**. We will accept **submissions through December 21, 2020**, to be included in the next issue. Please send your content with contact information for consideration to 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 by **December 21, 2020**. Please include date, event name, location and time.

Thanks for reading!

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