



Speak Up, Epping! Newsletter

Volume 6, Issue 1

Epping, New Hampshire

January, February '13

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.org.

Check Out Our Newsletter Website

Be sure and check out our Speak Up, Epping! website: www.speakupepping.org. 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.

Check out our **Facebook** page! Join us for more late-breaking news and events that did not make our Newsletter deadline. You can connect with us and with other local friends, services, businesses and organizations.

Congratulations to Estelle Marie

Proulx on her 100th Birthday!

Congratulations and best wishes to Estelle Marie Proulx on her 100th birthday. She was born in Epping on January 16, 1913 and has lived in New Hampshire most of her life. She was educated at St. Anne's Academy in Marlboro, MA and spent a career in health care, tending to the needs of the elderly. She also dealt in antiques and collectibles. She now resides at Exeter on Hampton Nursing Home in Exeter, NH. Messages of congratulations may be sent to her:

c/o Marguerite Vallone
Box 323
Church Street
Epping, NH 03042

Help Support Our Troops All Year

Troop flights returning from or going to the Middle East are met at Pease Air Terminal in Portsmouth, NH by the Pease Greeters, a group of volunteers. The group has over 100 members and they have not missed greeting a flight since 2005. In addition to greeting flights, they also coordinate sending care packages to troops overseas. Packages are sent monthly and items are collected throughout the year.

You can drop anything from the following list to Joyce at the Town Hall or contact JoAnne Schottler at 772-8620 or jscatlady@aol.com

Pease Greeters Care Package Wish List

Toiletry items-8 oz. or travel size, no aerosol cans

Chapsticks	Eye Drops	Flip Flops
Hand lotion	Shampoo	White socks mid-calf
Deodorant	Inner soles	Shave gel in tubes
Tylenol	Foot powder	Sanitary items
Aspirin	Conditioner	Mouthwash
Dental Floss	Handi-Wipes	Handwarmers, etc.

Food items-individually packed to share

Cookies	Coffee -1 lb.	Dried Fruit
Nuts	Gum	Tootsie Pops, Rolls
Trail mix	Beef Jerky	Granola Bars
Pop-tarts	Hard Candy	Freeze Pops
Microwave popcorn		Slim Jims
Crystal Light, etc. – on-the-go drink mixes		

Fun stuff for the Troops

Frisbees	Yo-Yos
Dice	Playing cards
Baseballs	Small Nerf Balls
Rubik Cubes	Small card games

Items that cannot be sent

Any food containing pork
Adult books or magazines

Other ways to support 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 and provide 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.

If you have any questions or want more information about how you can help the troops, contact Joyce in the Town Clerk's Office at the Epping Town Hall or call 679-5441, ext. 101.

Our cellphone collecting makes Dear Abby in a column entitled "Old cellphones take on new life for soldiers calling home." There was a letter from "A Thankful Mom" whose son is an Army Ranger. She said the program was started by two high school students in Massachusetts in 2004, and has meant so much to so many service members and their families. It helped her son to keep in touch with her from places all over the world. Abby said how very worthwhile the project is and told readers how to support the program. We are one of more than 15,000 collection sites all over the U.S. Nearly 12,000 calling cards are mailed each week and since 2004, more than 150 million minutes of talk time have been provided to our service members.

Coupons for Military Service Families

Manufacturer's coupons are much appreciated by service members and their families, as well as by civilian employees and their families at American military bases around the world. One way to get coupons to the troops is through Troopons, a project operated by SupportOurTroops.org (SOT). SOT does not ship coupons to individual families. Rather, bulk shipments of coupons are sent to base stores (commissary and PX) where families can choose which coupons work out for them.

Coupons can be from newspapers, supermarket dispensers, tear-off pads or mailings like Valu-Pak. However, coupons printed from Internet sites are unsuitable for this project, as are coupons from stores like Target or Shaws, from restaurants, food stamps or assistance vouchers.

Coupons can be current or outdated but not by more than 60 days. They can be for food items (anything suitable for human consumption, including chewing gum and mints), non-food items (pet food, vitamins, housewares, paper towels, toilet tissue, cleaning products), or baby products (diapers, wipes). Food coupons are requested most often, followed closely by baby products, then non-food items.

To prepare coupons for the SOT Troopons program, clip each coupon individually. Do not send entire inserts. Separate coupons by category into sandwich-size or quart-size zip-top bags; don't use rubber bands or paper clips for sorting because they can break or fall off. Seal each bag, marking it with the type of coupons enclosed and an

approximate total of the face values included. For "buy-one, get one free" coupons, use the highest store price (or your best guess) for its value.

Sort and bag current coupons and expired coupons separately.

Send current coupons to CouponCabin.com, ATTN: Active Troopons, P.O. Box 231, Whiting, IN 46394-0231.

Send expired coupons to CouponCabin.com, ATTN: Expired Troopons, P.O.Box 430, Whiting, IN 46394-0430.

Knitters Still Needed!

The following pattern can be made for Armed Service Personnel to wear under their helmets and stuff into their pockets or for Cancer patients at hospitals when they lose their hair. The hats for the Troops should be made with a dark colored yarn. The Hats for Cancer patients can be made with any color yarn as long as it's SOFT yarn. I'm very proud to report that as of this printing my sister has knitted 220 hats for the Troops and 194 hats for Cancer patients - and she is still knitting.

Directions for Basic Cap – Adult Size – Size 10 knitting needles

Cast on 72 stitches

Row 1: Knit 2, Purl 2 across line ending with Purl 2

Row 2-6: Repeat Row 1

Row 7: Knit across

Row 8: Purl across

Repeat these rows until hat is 7½ inches from start, ending on a knit row.

On the Knit row – Knit 2 stitches together across the row.

Next row: Purl

Next row: Knit 2 together across

Last row: Purl across. Cut a 14" tail of yarn and thread a yarn needle with it. Carefully pull the last row of knitting from the needle and thread the yarn needle through every stitch. Pull tightly and whip stitch the seam shut.

You can bring these to the Town Hall and I will make sure the Pease Greeters and Wentworth Douglas Hospital Cancer Center receive these Caps.

Submitted by Joyce Blanchard

Thank You!!

Thank you to all those who filled and donated Christmas stockings. Because of everyone's generosity we were able to fill nineteen Christmas stockings for veterans at the NH Veterans Home.

Submitted by Joyce Blanchard



Epping Lions Club

"We Serve"

Lions International is an international organization, primarily focused on serving the visually impaired through fundraising. Winners of our 3rd Annual Gas Card raffle were drawn at our holiday meeting on December 27th. The grand prizewinner won a \$300 gas card, and there were three additional prizes of \$50 gas cards.

We are also pleased to announce that we have received a grant from the Walmart Foundation through the Local Community Contribution Program in the amount of \$1,000! Thank you to Walmart for the recognition of the community service we provide. We will put the additional funds to good use in support of our local community.

The Lions continue to support the eyeglass boxes, located at several locations around town, including the Epping Walmart, Checkers Barber Shop and J&C Optical. Drop off your old eyeglasses to help others who need them. We are also looking forward to another round of vision screening in the schools.

Meeting times are posted on our web site, which are generally the 4th Tuesday of the month at 6:30 pm. Meetings are now held at the Epping Edward Jones office on Route 125. Check our web site – <http://epping.nhlions.org> – for the schedule of upcoming events. We are always looking for new members interested in fellowship and serving your community.

Pam Tibbetts, President

lampreygirl@hotmail.com.....679-5572

Deb Brooks, Vice President

lexusreina@comcast.net.....679-5407

Colleen Palmer, Secretary

colleenmariepalmers@hotmail.com.....679-3554

Jen Adams, Treasurer

jenadams24@comcast.net.....679-8927

Senior Moments

We Seniors are very sad about the condition of our Watson Academy. It served the Recreation Department and us so well – the kitchen, the grounds, the individual rooms, everything. It is our hope that the community will save it and bring it back to life.

Another year, another Christmas party at Camelot - an afternoon of good friends, good music, good gifts and really good food. This year, there were no al dente veggies for us. Thank goodness.

The Christmas gifts to the inmates at the

Rockingham County Jail were a great success. They really enjoyed the books, games, puzzles and especially being remembered at Christmas time when they are away from their families.

It finally happened – our tour of the New Hampshire State House. We were greeted on the front steps by two Marines in full dress uniform. That made us feel pretty important (for a while). As we enjoyed our tour of the State House, we met several more handsome uniformed soldiers and realized they were not there for us. They were there for a special reason and we were invited to join them. This was the first in the State -The New Hampshire National Guard Medal of Honor Ceremony. The families of the four fallen soldiers were presented commemorative keepsakes and appreciation from everyone. It really made our day very special.

Here's another "darn it" moment. We enjoyed a tour of the Kimball Jam factory in Amesbury, MA. It was surprising to see such a small operation putting out so many varieties of jam. Here comes the best part. We each received a free jar of jam and were able to purchase more for \$2.00 each. Of course we did - lots of them. The good part is still coming..... Someone recently purchased some special jams from the Vermont Country Store for Christmas gifts and paid \$6.79 each plus shipping. Now here is the "darn it" part. Guess what,.... The Vermont Country Store buys their jams exclusively from Kimballs in Amesbury just like WE DID. They say..... if you live long enough.

Our plans for the new year include a train ride on the Downeaster to Freeport, ME to do some "After Christmas Shopping." On the total opposite of that ride, we're looking forward to another ride in the spring on the Allen Train right here in Epping. We're also taking a nighttime tour to enjoy the Christmas lights in the surrounding area. More museums and factories are on our "to do" list. We'll be busy.

Another Pound Party in January. Definition: bring something in a brown paper bag which is then auctioned off and sold to the highest bidder. It's our way of recycling those fruitcakes and other gifts from the kids that we really can't use and can't even understand. It's a great moneymaker for the Club and fun at the same time.

Our programs for 2013 include Fish & Game, State Parks department, Expert speakers on avoiding Scams, etc. and much more. In February, Epping Well & Pump, Co. will explain the important

Article that will appear on the Town Warrant in March to help the existing water problem in Epping.

A reminder - we now meet at the Fire Station meeting room on the second Thursday of each month at 1:00 pm and Seniors over the age of 55 are always welcome.

Life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.....Happy and Healthy New Year!

Submitted by Irene R. Cote



TALES FROM EPPING'S PAST

An Old Brick House in Epping

Ads found in old city newspapers invite the reader to take a break and come enjoy the good clean air and country living to be found in Epping. Taking in boarders was a way many of our struggling families met expenses, including the family that lived in the house which stands on the corner of High and Nottingham Square Roads.

The house, originally two storied, was made of bricks baked on the property and was later reduced by a fire to the one story building seen today. It was built by a Revolutionary Soldier, Levi Towle, who was described as a very large man. He rented rooms while keeping a tavern on the place in the 1700's with his wife Parna Judkins. They raised six children there. A blacksmith shop and a cider mill were also on the property.

The house remained in the family for generations. Will Woods, a small man with a black beard, whose mother was a Towle, farmed there and with his wife Florence also took in boarders, most of whom just became part of the family. One of them was Polly Morton, then about sixteen years old, who wrote of life on this farm and about some of the other boarders who lived there. They included a Dr. Green, who would walk with his cane up to a tree, give it a lecture and who she described as "nutty as a fruitcake." Another boarder was Christopher McDonald, whose family established the McDonald's restaurants so familiar today. Polly also tells us about a homeless hired man who showed up each spring, one of many men who followed the planting season north, starting from as far away as South Carolina, to hire themselves out

for room, board and a few dollars.

Days at the Woods farm began at 5:00 am with the roosters waking everybody up and ended with everybody at the long family table enjoying Florence's great cooking and "lighter than air biscuits." Nobody talked much at meals or worried about germs and store-bought bread was considered a luxury. At night, oil lamps lit the way to the upstairs rooms because there was no electricity on the second floor.

The Woods family, except for their son Henry who always seemed to be working on an old car, toiled endlessly but barely got by. Polly notes that Will had a vocabulary so profane that she wondered where he had ever learned it. She felt he was just frustrated, because the family never seemed to get ahead. He hauled trees out of the woods for lumber, cut hay and sent the milk from his cows to Manchester by train. Will Woods also drove his horse, pulling children to school in the "school wagon." Polly wrote "It was a hard life but no better or worse than all the struggling farmers in Epping at the time."

But on Saturday nights they would forget their cares, dress their best and attend the lively dances at the Town Hall. After the dance was over, they climbed back into the old Model T and headed back to the farm over the dirt roads and under the thousands of stars shining bright with no competition from streetlights or stores.

This is dedicated to the Woods family of Epping and to Polly Morton (1908-2008)

This is the fifteenth in a series of articles.

Text/Research: Madelyn Williamson

Epping Historical Society

With a fresh coat of paint and a refurbished sign on the front facade, the Epping Historical Society building stands ready for the new year. 2013 will likely bring more changes, plus new opportunities for the Society to make cultural contributions to Epping's citizens.

The Society kicks off its new year by giving you a chance to become part of the Town's history. By purchasing a brick paver, you can leave a legacy for future generations. Your paver can display three lines of text that you choose. You can give the paver as a gift to someone, or display it proudly in your home or place of business. Or, you can place the paver in the brick walkway that leads to the new entrance to the Society building. Visit the Society to learn more about this exciting opportunity.

The design work for the new entrance to the

building has begun. Civil engineering students from UNH will present their design to the Society Board in late January. Once the design is approved, preparations will commence to get ready for construction in April. The Board hopes that the new ramp and entryway will be ready in time for the program meeting in late April.

Program planning continues and an active spring lineup will likely feature programs about the Grange movement in New Hampshire, civil war history, and stories about the "middle ground" between Native American and English settlers. Details will be announced in the Society newsletter and on ETV.

The Society wishes to thank the Adam McPhee Memorial Foundation, Pat McAnnif Painting Co., and Analesa Harvey for building paint and sign restoration. Visit the Society on Mondays between 9:00-12:00, or call 679-2944 for an appointment. Thank you for your continued support of the Epping Historical Society.

New Library Benefits Epping's Economy

Submitted by Michael Vose, Library Trustee

With the Brickyard Plaza, the Epping Regional Medical Center, O'Neil's Cinema and dozens of new small business, Epping's economic base continues to grow at a brisk pace. To continue to attract high quality business and industry, Epping needs to support the development of a diverse workforce. This support requires an infrastructure that provides rapid access to information as well as civic spaces that promote the interchange of ideas.

The proposed new Harvey-Mitchell Memorial Library will provide this support in an attractive and comfortable environment that will be pleasing to its patrons and will encourage access to library services. An attractive, accessible library building with a multipurpose community meeting room will attract foot traffic to the downtown area, which can encourage commercial development in the heart of Epping. A thriving library attracts members of the creative class, which enhances the local workforce with knowledge workers. A new library also becomes a source of pride in Epping and contributes to its sense of identity.

Over the past fifteen years research has shown that libraries contribute significantly to local economic development. Many studies have shown that libraries provide direct economic benefits that significantly exceed their cost of operation. For example, one study documented \$2.38 in direct economic activity for each dollar invested. The state of Vermont documented that every dollar

spent on libraries generated a direct return of \$5.36 on that investment. That number climbed to \$7.26 when the indirect benefits, such as wages, construction and supplies were included.

The Urban Institute recently published a study that pointed to a shift in the role of public libraries from passive, recreational reading and research institutions to active agents of economic development by addressing issues like literacy, workforce training, small business vitality and community quality of life. For example, libraries have become the first point of entry for new technology users. The study concludes that libraries will play ever-larger roles in building technology skills, encouraging entrepreneurial activity and promoting vibrant, livable spaces.

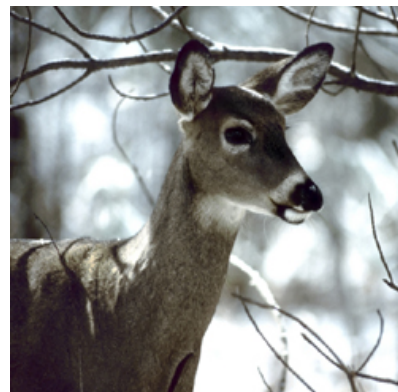
As Epping continues to build a strong commercial base, the next step in its economic development will be to attract information and idea industries. The new Harvey-Mitchell Memorial Library will help make this next step possible by providing Epping's workforce with the resources it needs to prepare for this transformation.

For more information about the proposed new Harvey-Mitchell Memorial Library, visit the current library at 151 Main Street in Epping or make an online visit to www.eppiglibrary.com.

Lamprey River Advisory Committee Notes

Submitted by Suzanne Petersen

To Feed or Not To Feed? Oh, Deer!



<http://extension.unh.edu>

Humans know that winter is a hard time. We do our best to take extra care of our families, our homes, our animals and our neighbors. So what about our deer friends? They are outside. They look cold and hungry. They surely must need our help. Or do they?

Deer have evolved behavioral and physiological strategies to help them survive winter. They build up their fat reserves during the summer and fall. They lay low when snow is abundant, so they do not waste valuable calories. They create pathways through the woods so they can evade predators. They gather in small groups for warmth. Many people feed deer in winter with hay, corn, white cedar brush, vegetable scraps, or livestock pellets. Such feeding is done with good intentions, but even the best of intentions can have serious, negative impacts. These good intentions can go terribly wrong: more deer starve than would occur naturally, the land near the feeding station is degraded or destroyed, diseases are more likely to spread through the deer population, the youngest deer incur the greatest harm, predation increases, deer lose their wildness and become dependent on people, and more deer are killed in collisions with cars.

Feeding is a non-productive, short-term activity. What can landowners do to help the deer in the long term?

- Provide deer opportunities to build their fat reserves before winter.
- Protect the deer's natural habitat.
- Leave a variety of trees on the property for browse: beeches, white cedars, hemlocks, oaks, fruiting trees and shrubs.
- Let white cedars grow naturally: do not prune them. Over its long lifetime, a white cedar's natural litterfall can feed many deer for many years and its boughs and branches provide shelter. A cut cedar feeds a herd for one day.
- Perform light timber management activities in winter when the deer need the browse most.
- Distribute browse areas and winter cover areas throughout the property and discourage concentrating resources. Small herds are desirable, but large gatherings of deer cause problems both to the deer themselves and to the landscape.

Do not feed the deer. If you have already started, do not stop until spring greens are available. Spread only high quality food (such as livestock pellets) in small amounts far from roads and houses. Discourage large herds and do not allow a few individual deer to monopolize the food. Next year, please do not feed the deer.

For more information about feeding deer: http://www.wildlife.state.nh.us/Newsroom/News_2004/News_2004_Q1/Dont_feed_deer_010504.htm, http://www.maine.gov/ifw/wildlife/species/deer/feeding_deer.htm

Ice Harvesting

In the days before electric refrigerators, people kept their food cold in iceboxes. These insulated wooden or metal closets held a small block of ice toward the top that cooled the air inside the closet. As the ice melted, a drip pan collected the water. When the ice melted significantly, the iceman would deliver a fresh block to the home. The icemen worked for ice houses, warehouses that held large blocks of ice stored in hay or sawdust. Ice houses were common from the mid-1800s through the mid-1930s. Iceboxes and the ice houses that supplied them disappeared when electric refrigerators were developed that made use of chemical coolants.

Many ice houses were filled with ice cut from clean rivers or lakes. With the mild winters of the last few years, harvesting ice from the river might seem to be unimaginable. Not too long ago, however, ice harvesting was a common activity on the Lamprey. River Story: The Lamprey River Through History has a segment dedicated to telling the story of ice harvesting. For a glimpse of the not-so-distant past, visit www.lampreyriver.org and click on the videos tab.

The Real Snowbirds



www.massaudubon.org

Winter is coming and many human "snowbirds" are fleeing the cold by heading south. Unlike their human counterparts, dark-eyed juncos, also known as snowbirds, accompany the arrival of winter. Their scientific species name, *hyemalis*, *literally means* "of the winter". They tend to travel in small flocks, often returning to the same wintering area each year. These birds are commonly seen looking for seeds at the base of bird feeders or under shrubs at the edge of forests. In summer, juncos head north to breed and switch their diet to insects. In some high elevation areas, such as the Appalachians, dark-eyed juncos do not migrate, but stay in the same area year-round.

Juncos are sparrows, 5-6½ inches in length with a wingspan of 9¼ inches. The eastern variety, the slate-colored junco, is gray to dark gray above and white below. The bill is light pink. The females tend to be a bit smaller and are slightly browner than males. According to the Cornell Lab of Ornithology, "The Dark-eyed Junco is one of the most common birds in North America and can be found across the continent, from Alaska to Mexico, from California to New York. A recent estimate set the juncos' total population at approximately 630 million individuals."

Like other sparrows, they are vocal while defending territories, foraging, and roosting. When you are outside in the snow, listen and watch for these little winter wonders. You'll be glad you stayed put for the winter.

The Civil War Roundtable of NH

Winter schedule 2013

On **January 18th (3rd Friday)**, Michael Schroeder (CWRTNH) will present "Union Combined Operations, Charleston, 1863."

On **February 15th (3rd Friday)**, Bob Sullivan, (pres CWRTM) will present "Battle of Olustee."

On **March 15th (3rd Friday)** Catherine Wright (Museum of the Confederacy) will present "Lee's Last Casualty: The Life and Letters of Sgt. Robert W. Parker, 2nd Virginia Cavalry"

To all those interested, we of the CWRTNH would enjoy your presence and also your membership in our group. Bring your self, family and friends. We welcome all new enlistees (er members).

As a new recruit (er member) you would be part of a 20+ year-old Roundtable. We have hosted many well-known names who have written and spoken of the Civil War, not to mention some of our own illustrious members who have shared their knowledge.

So if you're free on a Friday night, come down to the Town Hall at 7:15 pm and take your oath (er I mean join as a member). Learn about the Civil War and in particular the role of Epping and other towns in New Hampshire who took part in this conflict.

Check our website: <http://www.cwrt-nh.org> to check our schedule and find out more about the CWRT-NH.

Thank you for your interest in advance.

Submitted by Dan Bennis



Epping Garden Club

Please come join us. We are always looking for new members to help beautify the town in any way we can. We've had help from Lowe's and we would welcome help from any and all town businesses, to help us get this town looking better, one corner at a time. If you'd like to help or you'd like to join us, please call Eunice at 300-0064 or contact us at eppinggardenclub@gmail.com.

Submitted by Eunice Miller

Garden Design Workshop

Calling all gardeners. Have you always wanted to learn the basics of garden design? Do you have an area of your yard that is begging for plants but you're not sure what to put there? Do you need a garden plan for a new yard? Do you need to renovate an overgrown landscape? Would you like to help a family member or friend spruce up their yard? If so, you should join us for a nine-session workshop designed to take you from idea to install.

WHEN: Every other week on Sundays from January through April from 3-5:30 pm. Dates: Jan 6 & 20, Feb 3 & 17, Mar 3, 17 & 31, Apr 7 & 21.

WHERE: Epping, NH (specific location is enrollment dependent)

FEE: \$100.00 per person. A 10% discount is offered for participants with a receipt from another LEAP business. Please inquire about discounts for additional family members or if you'd like to volunteer to defray your cost. Registration is limited to 12 participants.

DESCRIPTION: The workshop sessions will walk participants through site selection, survey and assessment (plot plan, compass bearings, soil tests, etc.), needs assessment and client interview, design principles, plant culture and selection, materials estimating, proper planting and installation techniques. Content will focus on techniques to promote healthy landscape ecology and designs that leverage perennials, natives and edible plants. There will be some homework to do between sessions.

ABOUT THE INSTRUCTOR: Patty is the owner and head gardener of Lorax Landscaping. She has been practicing ecological landscaping since 1994. She is a New Hampshire Certified Landscape Professional (NHCLP), Accredited Organic Land Care Professional (AOLCP) and has a Permaculture Design Certificate. She holds a degree in Horticulture, with a concentration in Landscape Operations, from the University of New

Hampshire Thompson School of Applied Science where she is now occasionally an Adjunct Professor. This second career follows stints in corporate America, teaching and a BA in physics from Dartmouth College. Patty has hands on experience and training in landscape design, installation, renovations and maintenance in residential, commercial and non-profit environments. She has also completed internships with two local organic farmers.

CONTACT: For additional information, suggestions, questions or to register please contact Patty Laughlin at patty@loraxlandscaping.com or 603-303-0179.



Ledd Center

The Leddy Center's 2013 season has been announced. The first production will be "The Man Who Came to Dinner" by Moss Hart and George S. Kaufman from March 15 - 24, followed by "Damn Yankees" from July 12 - 28, Mary Gatchell in Concert on October 4, "Anne of Green Gables" from October 25 to November 10 and "A Christmas Carol" from December 6 - 15.

Individual tickets are \$18 and \$16, depending on seating, and subscription series are available. The Leddy Center box office is open Monday through Friday from 3:00 to 5:00 pm. Visit or call the Leddy Center at 603 679-2781 for ticket information or order tickets online at www.leddycenter.org.



ETV Schedule

Channel 22 – ETV – Schedule – live programs

Monday – Jan. 7 & 21; Feb. 4 – Selectmen – 7 pm

Tuesday – Jan. 8, Feb. 12 - Water and Sewer – 7 pm

Tuesday – Jan. 15, Feb. 19 – Library Trustees – 7 pm

Tuesday – Jan. 29, Feb. 26 – Fire Wards – 7 pm

Wednesday – Jan. 2, Feb. 6 – Recreation

Commission – 7 pm

Wednesday – Jan. 9, Feb. 20 – Budget

Committee – 7 pm

Thursday – Jan. 3 & 17, Feb. 7 & 21 – School Board – 7 pm

Thursday – Jan. 10, Feb. 14 – Planning Board – 6 pm

Friday – Jan. 18, Feb. 15 – Civil War Round Table – 7:15 pm

Saturday – Jan. 12 – Public Hearing for Budget

Committee – 9 am

Tuesday – Feb. 5 – Town Deliberative Session – 7 pm

Tuesday – Feb. 7 – School Deliberative Session – 7 pm

Monday meetings are rebroadcast:

1/2 hour after meeting

Tuesday - 7 am

Wednesday - 11 am

Thursday - 3 pm

Monday - 2 am

Tuesday meetings are rebroadcast:

1/2 hour after meeting

Wednesday - 7 am

Thursday - 11 am

Monday - 3 pm

Tuesday - 2 am

Wednesday meetings are rebroadcast:

1/2 hour after meeting

Thursday - 7 am

Monday - 11 am

Tuesday - 3 pm

Wednesday - 2 am

Thursday meetings are rebroadcast:

1/2 hour after meeting

Monday - 7 am

Tuesday - 11 am

Wednesday - 3 pm

Thursday - 2 am

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

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

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

News From the Town

The Town Hall will be **closed** on **January 1st** for a Happy New Year

Upcoming dates:

January 8th – last day for petition warrant articles

January 12th – budget hearing

February 5th – Town deliberative session

February 7th – School deliberative session

March 6th – Candidates night

March 12th – Town Election

Latest News from Brickyard Square

It was recently announced that an Orange Leaf Frozen Yogurt store, a self-serve frozen dessert franchise, will be opening in early 2013 in the Square. Other businesses that have announced plans to open stores in the Square are Michaels, the Japanese restaurant Kume, Subway and the Mexican restaurant Red Iguana. The stores already in Brickyard Square are the Market Basket and CVS, the O'Neil movie theaters, the Paper Store, Sleepy's, Rue 21, PetSmart, Dress Barn, Famous Footwear, Marshalls, GNC, Great Clips, Sally Beauty Supply and Brentwood Dental Design.



Scouting Around Epping

Cub Scout Pack 136

Happy New Year Everyone! Welcome to a new year of Scouting and our new Cubmaster, Michael Page.

A big thank you to all the parents that have stepped up and taken on committee roles this year. The Pack couldn't run without you volunteering your valuable time!

Past Events:

Scouting For Food: A big thank you to the boys for collecting food and a huge thank you to the Epping Community for supporting such a wonderful cause and helping needy families all over the Seacoast!

January Events

Pack meeting at the Epping Middle School café on **Wednesday, January 16th** at 6:30 pm.

February Events

****Scouting Anniversary: Friday February 8th, 2013**

The boys will wear their uniforms proudly to school to show their support of Scouting.

****Scouting Winter fun day: Saturday February 9th, 2013**

The boys will embrace winter and participate in fun winter activities with their fellow Scouts

****Blue and Gold Banquet; Our theme this year is celebrating Continents and Scouting around the world**

Our 2nd year Webelos will be presented with the Arrow of Light, the most coveted Cub Scout award before transitioning to Boy Scouts. Our celebration will be held on **Friday February 22nd** at the Epping Elementary School

Other ways to help the Scouts: Empties4cash fundraising program:

We are collecting unwanted or used inkjet cartridges. We will have collection sites at the Library, the Town Hall and possibly the Community Church. If you have unwanted inkjet cartridges at home that you can donate to the Scouts, please contact Andrea Meyer at her e-mail address at ameyer71@gmail.com.

Interested in Scouting? About Scouting:

Scouting is organized into Dens by age groups: 1st grade, Tiger Cubs; 2nd grade, Wolf; 3rd grade, Bears; 4th grade, 1st year Webelos; and 5th grade, 2nd year Webelos.

The Pack consists of Dens and their families. Pack 136 meets monthly, usually on the third Wednesday of every month at 6:30 pm at the Epping Middle School. Pack meetings are filled with fun and they're a way to celebrate Scouting, promote family sense of community and reward the boys for their hard work.

SCOUTING = FUN, Don't miss out!

We are looking forward to lots more fun events. Some examples of things we plan to do this school year are: Family Fun day at a corn maze, Family Bowling night out with the Pack, Attend a Monarchs game, Winter Fun Day at Camp Dion (the Webelos get to do a sleep over!), Blue & Gold Banquet, Pinewood Derby race, Rain Gutter Regatta Race, Sleepover on the SS Salem, see historic Battleships and camp overnight on a real battleship, Fisher Cats game and camping overnight on the field. It's going to be an incredible year of Scouting. The boys will all be working hard on their badges for the year.

Thank you to the Epping Community for all of your support. The Pack would like to extend a very big thank you to the Epping Bible Baptist Church for their generous assistance in providing a wonderful, handicapped-accessible meeting place for the Bear Den. We would like to thank the Epping School System (SAU 14) for their generous donation of a handicapped-accessible meeting place for our monthly Pack meetings!

If you can't make one of our meetings but would like more information on joining Cub Scouts, please e-mail our new **Cubmaster, Michael Page**, at michael.page.nh@gmail.com or cubmaster@pack136epping.org. Keep track of the Pack on Facebook <http://m.facebook.com/group.php?gid=199059685109&fbf=r6c4d2187&refid=46> or for even further information on our Pack, please check out our website: <http://www.pack136epping.org/calendar>

Boy Scout Troop 136

Thanks to all in the community who supported the Troop 136 fundraising activity this fall. Community calendar sales were well received. An opportunity to purchase a \$5 calendar is still possible by contacting a local Scout or adult leader. Trail's End popcorn sales went very well and a big reason for that was the generosity of Walmart and Tractor Supply Company. Each location allowed the Scouts to do a Show and Sell back in September, dramatically boosting sales. Yankee Candle sales allowed Scouts to bank away some funds for upcoming adventures, activities and summer camp.

The Troop has been spending a great deal of time outdoors. The Scouts continue to earn merit badges and advance in their ranks. Rich Smith currently completed an Eagle project. You can view the work on the corner of Mill Street and Water Street at the newly restored Miriam Jackson Park. Rich and his fellow workers restored a small park there for community enjoyment and better river access to the Lamprey River.

The annual Scouting for Food campaign was a big success this year with you the community giving back to your own neighbors. Much of the food collected came right back to local food pantries here in Epping. Thanks to all who took part in this "neighbor helping neighbor" Scouting project.

Troop 136 looks forward to the winter outdoor challenges coming up in January and February. There are Klondike competitions to prepare for as well as Winter Fun weekend and the February Freeze Out where the Scouts sleep in snow shelters they prepare.

The Scouts have planned an exciting new season of activities that include camping, hiking, rafting and so much more. If you know a boy between the ages of 11 and 17 who would benefit from an organization like the Boy Scouts, please contact Les Houston at 679-9595.



Girl Scouts of the Green and White Mountains

Can a girl change the world? She can if she's a Girl Scout!

Our 59 million alumnae are more successful in school, earn higher incomes, have healthier relationships, and report greater satisfaction in life than their non-Girl Scout peers.

Join now!

There's More to Girl Scout Cookies Than What's in the Box.

When a Girl Scout sells you cookies, she's building a lifetime of skills and confidence. She learns goal setting, decision making, money management, people skills, and business ethics— aspects essential to leadership, to success and to life. By putting her mind and energies to something, a Girl Scout can overcome any challenge. There are no limits. She can be anything. She can do anything.

Cookie Professional

Is your daughter ready for fun, new friends, and her own cookie business? Sign her up to become a Cookie Professional and Girl Scout-[click here now](#).

Cookie Support Staff

Want to help girls develop and learn the skills they'll need to be successful in life? Become a member of the Cookie Support Staff [click here now](#).

If you would like more information, please visit www.girlscoutsgwm.org/explore.html or call 888 474-9686, ext. 165.

4-H Holiday Caroling



More than 40 4-H youth and volunteer leaders met at the Rockingham County Nursing Home to sing holiday carols, hand out cards, and visit with the residents. For some this was a first-time experience, and for others, the caroling is an annual holiday tradition.

4-H is the youth development program of the UNH Cooperative Extension; its role is to help communities create positive youth experiences through community clubs, afterschool programs and special programs. For more information on 4-H clubs and programs in Rockingham County, call (603) 679-5616 or visit www.bit.ly/RockCty4H.



Epping Fire Department

We have a certified instructor in infant seat installation. Please call 679-5546 and make an appointment to have your infant seat installation inspected.

Explorer Post 716

The Explorers are always looking for new members. Anyone from Epping and neighboring communities ages 14 to 20 is welcome to visit us on the 2nd and 4th Thursdays from 7:00 to 8:30 pm. Explorers learn how to use the Fire Department equipment and do search and rescue. Once the probationary (learning) period is over, they may assist on fire calls. Explorers are allowed to ride on the apparatus if seats are available and assist firefighters with the self-contained breathing apparatus (SCBA), supervise the rescue truck and perform many other duties at a fire scene.

For more information call Cliff Cray at 396-9436.

Police Explorer Post 714

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

Epping Community Church

You are invited to join us for worship every Sunday morning. You will find Epping Community Church to be a church where the Word of God is proclaimed, the fellowship of God's people is welcoming, and the opportunity to Worship is central to who we are. We seek to follow the Lord's command to love the Lord our God with all our heart, mind and strength, and to love our neighbor. We hope to see you soon!

Weekly Schedule for Epping Community Church

Sunday: Choir Practice – 8:00 am; Worship – 9:00 am; Sunday School – 11:00 am.

Thursday: Bible Study and Prayer Group – 9:00 am.

Friday: Friday Night Pizza Night – 5:00 – 6:30 pm.

Saturday: Food Pantry and Coats of Caring – 9:00 – 11:00 am.

Monthly Third Saturday Dinner occurs on the third Saturday of each month from 5:00 – 7:00 pm. We will be having Turkey Dinner with all the fixings on January 19th and February 16th. The cost is \$8 per person, \$4 under 12.

Ash Wednesday Service

Our annual Ash Wednesday Service will be held, Wednesday, February 13, 2013 at 7:00 pm.

The Ash Wednesday service marks the beginning of our journey through Lent.

Holy Week Services

Palm Sunday – March 24th – 9:00 am.

Holy Thursday Service – March 28th – 7:00 pm.

Easter Service – March 31st – 9:00 am.

Life Line Screenings to be held at Epping Community Church

Most people can't identify a single risk factor or a warning sign of stroke, yet over 750,000 Americans will be affected by a stroke this year alone!

Life Line Screening will be at Epping Community Church performing a day of preventive health screenings on **Monday, February 25th**.

Screenings are fast, painless and offered at low cost. They involve the use of ultrasound technology and scan for potential health problems related to: blocked arteries which can lead to a stroke, aortic aneurysms which can lead to a rupture, and plaque buildup in the arteries in the legs which is a strong predictor of heart disease. Also offered for men and women is a bone density screening to assess their risk for osteoporosis.

These non-invasive, inexpensive and painless ultrasound tests help people identify their risk for stroke, vascular diseases or osteoporosis early enough for their physician to begin preventive procedures.

The screenings take about 90 minutes or less to complete. Our complete wellness package which includes the Stroke/Carotid Artery, Abdominal Aortic Aneurysm, Ankle Brachial Index (hardening of the arteries) and Osteoporosis screening ranges \$129-\$139. Sign up for the Complete Wellness plus Heart Rhythm Package (which includes the atrial fibrillation screening) and pay only \$139-\$149.

Appointment spaces are limited and pre-registration is required. Sign up now by calling toll free to 1-888-653-6441.

St. Joseph Catholic Church

208 Pleasant St. (Rte 27)

Epping, NH 03042

Office telephone: 679-8805

Fridays in Lent

8:00 am - 6:45 pm Adoration

5:30 pm Fish Supper

7:00 pm Stations of the Cross

The Seven Last Words of Christ

Thursday, February 21st 7:00 pm

Mission Dinners

January 19th and February 23rd

Squire Dinners

January 12th and February 9th

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

Epping Bible Baptist Church

Epping Bible Church is a community of Christian believers who seek to grow in maturity and in knowledge of Jesus. We average 125 people on Sunday mornings and visitors are always welcome to join us. We love to share that Jesus has come that we might have life and have it more abundantly, and are excited to teach how to find that abundant, joyful life!

Our Sunday mornings begin with a full, free breakfast starting at 8:00 am.

Sunday School is offered for all ages beginning at 9:30 am.

Our morning service starts at 10:45 am and is what we call a blended service that contains a mix of both contemporary and traditional elements. Childcare is provided at all of our services by background checked, CPR certified volunteers.

Sunday evenings at 6:00 pm, we have an informal time for fellowship, discussions, questions and sharing.

Small groups exist for men and women who share the desire to gather regularly for mutual Christian growth through loving, learning, serving and reaching others in order to become better disciples of Jesus. They are available at various times throughout the week, including a young adults group, a men's group and a women's group.

We offer Choir for all ages. Practices are held on Sunday evenings.

Prayer meeting meets on Wednesday evenings at the church at 7:00 pm.

AWANA takes place on **Friday** nights for kids age 4 through grade 6.

Faith Bible Institute is a college level Bible course that is held on **Monday** nights at 6:30 pm.

We offer a free food pantry that takes place the second and third **Friday** of each month at 1:00 pm.

Our goal is to serve others in our community and surrounding communities with the love of Christ and to share the Gospel of Jesus death, burial and resurrection with everyone!

Our services can be seen on Sunday mornings on ETV - channel 22, and can also be seen on our

website.

Pastor Ron does a devotional online each week, and is always available to serve the needs of our community.

There will be a candlelight service on Christmas Eve from 6:00 to 7:00 pm.

For more information, visit www.eppingbible.org

West Epping Quaker Meeting House

Friends (Quakers) have been meeting in Epping since 1772. The present Meeting House was built on Friends Street in 1851 on land given by John Folsom.

We have Meeting for Worship every first and third Sunday at 10:00 am. We meet in silent meditation for an hour. If someone feels moved to share a message they are encouraged to do so. Because our group is small the meeting remains rather silent. We welcome visitors to our meetings to join with us. For those who would enjoy just visiting the Meeting House they may call the Clerk, Fritz Bell, at 244-1119 for a tour.



Harvey-Mitchell Memorial Library

Epping's Public Library

151 Main Street, Epping – right next door to Town Hall

Main Desk: 734-4587

Children's Room: 679-5944

Fax: 679-5884

www.eppinglibrary.com

Happy New Year to all from the trustees and staff of HMML: Director, Bradley Green, Children's Librarian, "Miss Tracie" Wilkins, Assistant in charge of ILLs, Debbie Allen, Evening Assistant, Debbie Grimes, Children's Room Assistant, Morgan King and Substitute and Web Assistant, Mary-Jo Hinkle.

In a year when the summer reading program encouraged children to "dream big" the Library family has been dreaming of an exciting new building. Whether this dream comes true this year or some time in the future we would like to thank our patrons for their support and enthusiasm. As much as we love our cozy 50-year old home, we look forward to the day when we can move into an energy efficient, custom built library, big enough to serve Epping's growing population for another 50 years and then some.

Coming Up in January and February:

For Adults:

Eclectic Book Group: Meets first Wednesday of each month at 7:00 pm. Discussion focuses on a wide variety of books. New members are always welcome

Dusty Old Mystery Book Group: Meets on the third Wednesday of each month at 7:00 pm., focusing on reading (or re-reading) the classic mystery stories.

Epping Knit Night – Meets on the 2nd and 4th Wednesdays at 7:00 pm downstairs

Comfy workspace, free internet and the fellowship of other knitters – what more could you want? Bring your own yarn and needles. January meetings will be on the 9th and the 23rd. For more information please contact knitting group coordinator, Marjorie Pim at marjpim@yahoo.com

Programs for Children:

Preschool Story hour: Designed for toddlers and preschoolers, this drop-in program meets three times each week year 'round, providing free play time, songs, stories and related crafts for kids and their caregivers: Wednesday at 10:30, Thursday at 10:30 and 1:30. Monthly schedules are available on our website and in the children's room.

Pajama Night: 2nd Friday most months at 6:30 pm

Wear your PJs and bring a snack to share, to this fun community event for kids ages 2-8 and their families. Crafts, stories and library-wide scavenger hunts alternate with PJ Movie Nights approximately every other month.

January 11th – PJ Movie – “**Frankenweenie**” (PG)

February 8th – Off to Neverland! (scavenger hunt, crafts and stories)

Story Explorers:

This after-school program for children in kindergarten, first and second grade meets on Tuesdays from 3:30 to 4:30 pm. The winter session will begin January 29th and run for 10 weeks during which we will select a favorite story and transform it into a “stage” production to be performed at Pajama Night on April 12th. The children help choose a story that suits the cast, they paint the sets and scenery and can choose to be an actor or part of the backstage crew with veteran volunteer, Carissa Johnson. As of print time there were several spots still available in the winter session. Parents of the Explorers help to provide snacks each week and are required to remain in the building during class time. Contact Miss Tracie at 679-5944 to register.

No School Day Movie – February 8th at 1:00pm - Walt Disney's “**Peter Pan**” (rated G)

School Vacation Week Movie Series:

At 1:00 pm each afternoon during February vacation week (February 25th – March 1st), we will show a children's movie on the big screen. Look for movie schedules in the children's room or on our website to be finalized in early February. If you have a recommendation or request, please let a staff person know.

Lego Club

The HMML has now become the home of Epping's newest Lego Club for children ages 4 to 8. Having met once in both November and December, this constructive crew plans to have a “Block Party” one Saturday each month throughout the school year. The meeting in January will be on **Saturday, January 12th** from 10:30 to 11:30 am. February's date will be chosen then. Blocks are provided for building, but kids may bring finished projects from home to display at the party. For additional information, contact Epping mom and club leader Kate Moulton at ekmoulton@gmail.com.

Teen Movie Night and Volunteer Lock-In

In response to repeated requests from our Summer Reading Volunteers, we will be hosting a Teen Movie Night followed by a Volunteer Lock-In sometime in February. Miss Tracie will be looking for assistance from the teens to find a date that works, select a movie (or movies) and plan food and other activities. We will also need two additional adults to help chaperone. If you are interested in helping make this fun program for teens a reality, please contact Tracie Wilkins at 679-5944 or traciehmml@gmail.com.

Friends of the Library

A big Thank you from the Friends for those who supported the Silent Auction in December by donating lovely items and by bidding. Money raised by the auction will go towards purchasing those little extras that a conservative budget may not allow. This devoted group meets on the second Tuesday of each month and will have their first meeting of the new year on Tuesday, January 8th at 7:00 pm. Curious library patrons are encouraged to stop by and find out how they too can help the library by joining the Friends.

Epping Recreation Department News

Home of the “River Otters”

Director: Nicole Bizzaro

Temp office at Epping Town Hall

Cell Phone: 608-9487

eppingrecreation@gmail.com

Join us on Facebook and follow us on Twitter.

Due to structural Issues at Watson Academy, the building will be closed to the public and the Recreation Center is closed and any programs or meetings there are cancelled until further notice. The Before and After School Programs will continue to happen at EES and EMS Cafe as scheduled. Adult Basketball will be run at the EMS Gym and Derry ATA Karate at the EES with no changes. Our Preschool Programs are on hold until we find a new space to run them due to our building issues!

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

Upcoming No School Day Full Day Programs for Winter Break will be held on Thursday, December 27th and Friday, December 28th only. We will be closed December 24th, 25th and 26th, December 31st and January 1st.

Spring 2013 Programs will start on January 2nd. Registration for the Before and After School Program is now open. Registration forms are available at Epping Rec Programs and the Town Hall. Please complete Registration and Participation forms and mail or return to the Recreation Staff. Space is limited and will be filled on a first come basis. Call Nicole FMI @ 608-9487. We still have a few openings for AM. After filling the available openings for the PM Program we are starting a Wait List again.

GRADES K-6 Before and After School Program

6:45 - 8:20 am and 3:00 - 5:45 pm

The Before School Program will be held at the Epping Elementary School Gym

The After School Program meets in the EES Gym, then goes to the EMS Cafe from 3:15 - 4:15 pm, then back to the EES Gym till close.

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. Please see the Recreation Department website for more information about the River Otter program for grades K-6.

We no longer offer an After School Program for the 8th grade or "Drop In" program. You will need to register for the days you may need in the spring semester. We do offer 8th graders a CIT (Counselor In Training) at our After School Program. Some 7th graders may be considered for CIT, if they have been in our programs prior and the staff feel they would be a good fit for the program. Please contact the Recreation Director for more information at 608-9487.

The 8th – 12th Grade CIT program

The 8th - 12th Grade CIT program is back again this year. 8th to 12th graders who like working with children and want to gain experience can apply to be a Counselor In Training. There are School Year and Summer positions available... and it's a FREE Program.

Adult Programs

Adult Basketball

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

Days / Times: Thursday - 7:30 - 9:00 pm

Sunday - 7:00 - 9:00 pm

Location: Epping Middle School Gym

Cost: \$30 for 10 nights - Please make check out to the "Town of Epping."

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

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

Guitar Lessons

For children, teens, and adults alike, taking guitar lessons at Epping Recreation is an enjoyable, affordable, and rewarding experience. Taught by a highly recommended music instructor Joseph K. Murphy, lessons are designed to

challenge and educate students while personalizing the curriculum to their musical tastes and needs. Lessons are for ages 8 to adult. Rates: \$20.00 for ½ hour or \$35.00 for 1 hour. Contact: Joseph K. Murphy 608-8672

josephkmurphy@gmail.com

<http://rockandrollwithme.wordpress.com/>

Zumba

All classes **on hold** due to absence of Instructor.

Martial Arts Programs at Epping Recreation and EES (offered by Derry ATA)

Karate Classes

Grades K - 8, Mondays and Thursdays at EES, 3:30 - 4:15 pm, \$65 per month

*SPECIAL: New students who sign up will receive TWO FREE WEEKS!

***All beginners receive a FREE uniform!**

For more information or to sign your child up, please contact Mrs. DeNapoli at 434-9444 or e-mail at derryata@aol.com.

New This Year We are working on offering a winter ski program. Anyone interested, please call or send an e-mail to be added to the interest list. You will be will contacted if we are able to offer this program. 679-3301

Friends of Epping Recreation Department

This group was originally formed to establish a town park in Epping. Although that is still the group's ultimate goal, they have added the task of improving current town owned recreation facilities that are not covered by tax dollars, as well as offering community special events, some as fundraisers and some just for fun! They work under the Town's Recreation Department as a volunteer group to make a huge difference in our town. If you would like more information about this wonderful group and how you can get involved, please contact eppingrecreation@gmail.com.

The Porch

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

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

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

to service others

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

Kids Club

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

We offer 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 pm and goes until 4:30 pm

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 or you can e-mail us at eppinglighthouse@hotmail.com to request a form for more information!

We are currently accepting applications for volunteers to work at our Kids Club and Teen Central

Families First

support for families...health care for all

FAMILY MORNING OUT

Thursdays, 9:30 - 11 am. Free

In Exeter at Exeter Parks & Recreation, 32 Court Street in Exeter.

The Family Morning Out Program is no longer being held in Epping because the Epping Rec Center is closed and another location in Epping could not be found.

Family Morning Out is for children ages birth to six, with parents or other caregivers. During the first 45 minutes, children and parents together will explore age-appropriate crafts and other activities, have positive play with peers and adults, and enjoy songs, stories and snacks. In the second 45 minutes, children have fun with our child-care staff, while parents relax and have the opportunity to talk about life with kids. Facilitator: Jodi Foster

There is no charge, but advance sign up is required: call Families First at 422-8208, ext. 2.

Epping residents also are welcome to take advantage of the many parenting and family programs, as well as affordable medical and dental care, offered at Families First's facility at the Community Campus in Portsmouth. For more information about the community health center, visit www.FamiliesFirstSeacoast.org/oneonone.html or call 422-8208.

This program is made possible with support from the Walmart Distribution Center in Raymond.

NEED SUPPORT AT HOME?

Families First offers a free program in which a family worker will meet with you on an ongoing basis -- in your home or at another convenient location -- to help you identify needs, access services, and learn skills to reduce stress and improve family life.

Family workers can help with:

- a. meeting your family's basic needs (housing, transportation, utilities, food etc.).
- b. improving your parenting skills and building strong parent/child relationships.
- c. parenting a child who has a chronic illness (advocating for your child, accessing resources, navigating systems such as schools, insurance companies and medical providers).

For more information, call 422-8208 ext. 314 or visit www.FamiliesFirstSeacoast.org/oneonone.html



Epping School District News

This school year we will have a similar school calendar to last year's. There will be no early release days and professional development training days for staff members have been scheduled on days prior to long holiday weekends. Please visit www.sau14.org for the 2012-2013 School Calendar.

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 under School Board/Agenda & Minutes. Epping Television is also streaming meetings that you can watch live anywhere on your computer at: <http://etv.22.pegcentral.com>

January 3rd and 17th
February 7th and 21st

Epping Elementary School (EES)

Calendar

Jan. 2 – Classes resume

– I Love to Read Month begins.

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

Jan.18 – **NO SCHOOL** – **Teacher Professional Development Day**

Jan.21 – **NO SCHOOL** – **Martin Luther King, Jr. Civil Rights Day**

Feb. 1 – Report cards go home

Feb. 4 – PTO meeting 7:00 pm in the EES Art Room. Free babysitting in the Library

Feb. 7 – PTO Ice Cream Social in the EES multi-purpose room from 6:00 to 8:00 pm

Feb. 8 – **NO SCHOOL** – **Teacher Professional Development Day**

Feb. 12 – PTO Ice Cream Social **Snow Date** in the EES multi-purpose room from 6:00 to 8:00 pm

Feb. 24 – I Love to Read Jamboree. Students celebrate the end of I Love to Read Month with games, face painting, music and light snack sponsored by the Epping Elementary PTO

Feb. 25-March 1 – **NO SCHOOL** – **Winter Vacation**

Submitted by Cheryl A. MacLeay

Epping Middle School (EMS)

Barnes and Noble Fundraiser

Epping Middle School's eighth grade team held its annual Washington, DC Trip fundraiser at Barnes and Noble in Newington on Sunday, December 9, 2012. Ten percent of all purchases made by shoppers wearing the Epping decal will go to offsetting the cost of the Washington trip. Online sales for the following week were also included. At this time, the final amount of money raised has not been determined.

Many activities were also provided, including holiday music performed by the Epping Middle School Chorus. Don McCullough, author of *Danny Boy*, was there to autograph books. Younger children were treated to an arts and crafts center where they created bookmarks.

Thanks to all who supported this fundraiser, either in person or online.

EMS Books Swap

For the third year in a row, Epping Middle School held its Holiday Book Swap during the week of December 10th. This year the event was expanded to include a gently used clothing swap and Grandma's Attic. Students were able to make

purchases using EMS Bucks, one buck being earned for every item brought in for the swap.

The swap was a huge success! All of the Grandma's Attic items were purchased and over half of the books were selected. Remaining clothing will be available for those in need and eventually donated.

Free giftwrapping was also available, as many students donated their time. Faculty and staff also brought in items for the swap and donated the wrapping paper and gift tags.

The event was coordinated by Literacy Team members, Thelma Thompson and Bruce Christie. Thanks to all who supported this very worthwhile event!

EMS Holds Spelling Bee

Epping Middle School held its annual school-wide spelling bee on Wednesday, December 19th, during the school's Literacy Week. Haskel Pim was the winner, spelling the word, occupancy, for the victory. He defeated runner-up, Everett Brown. Haskel will go on to represent EMS at the Seacoast Area Bee in March. The Seacoast winner will qualify for the State Bee.

All students participated in classroom run-offs. Five finalists were selected from grade-level bees. They are: from the Dartmouth Team: Maddie Bentz, Sophie Jordan, Connor Jackson, Katelyn Campana, Cheyenne Barnes, and Connor Jackson (alternate); from the Harvard Team: Cat Poulin, Jake Bisailon, Everett Brown, Chloe Meyers, Tori Maestas, and Mike Rainford (alternate); and from the Yale Team: Nicholas Clough, Alexis McDuffee, Casey Munguia, Colin Farris, Haskel Pim, and Madison Downing (alternate).

Congratulations to all participants!

EMS Holds Pride Assembly

On Tuesday, EMS held the Pride Assembly for the Guiding Principles. **Guiding Principle #3** is "Be on time to fulfill your daily commitments". Those receiving certificates were: Emily Colban from the Dartmouth Team (8), Ryan Sylvain from the Harvard Team (7), Emilie LeBlanc from the Yale Team (6), and Maylee Gagnon from the Unified Arts Team. **Guiding Principle #4** is "Be appropriate; demonstrate behavior that is considerate of the community, the school, and yourself". Those receiving certificates were: Nik Kozler from the Dartmouth Team (8), Alec Silva from the Harvard Team (7), Benjamin Colban from the Yale Team (6), and Jordan Place from the Unified Arts Team. Congratulations to all for a job well done.

Nice Moves were also recognized at the Pride Assembly for those students who did "Nice Moves" for classmates, teachers or staff. Students are given tickets when they are observed doing something special and names are randomly drawn from those tickets. Connor Deschenes won an X-Box gift certificate that was donated by Mrs. T. Thompson, and Riley Brissette won a MP3 player donated by Mrs. Sturzo. We would like to thank the staff for their donations and also the two students for a job well done!

Also at the assembly, Ms. Weisberg handed out certificates for students who did community service. Certificates of Appreciation for valuable contributions to UNICEF were given to Emily Colban, Erin Daley, Emily Donovan, Brian Duguie, Sophie Jordan, Eliza Kucera, Mark Marasca, Brenna Osgood, Sophia Randall, and Devyn Simard. Ms. Weisberg also gave Certificates of Appreciation in recognition of valuable contributions to Make-A-Wish to Nicole Dollard, and Katie Pelletier. Certificates of Achievement were awarded to Emily Colban, and Danielle McKay as the *Foster's Daily Democrat* Holiday Writing Contest Winners. Congratulations to the above students. Great Job!

Fisher Cats Motivational Assembly

On Tuesday, December 18th, members of the New Hampshire Fisher Cats Minor League Baseball Organization visited Epping Middle School to motivate students to read. The team announcer and one of the team's mascots, "Slider," challenged EMS students to read five books by March 13, 2013. Those who do must keep track of their books and submit the entry form to their teachers. Qualifying readers will receive two free tickets to Fisher Cats games on April 6, 7, 21, May 14, or June 11. Literacy Team member, Mrs. Thelma Thompson, further challenged students by encouraging them to participate to better last year's 32% participation rate. This year EMS will shoot for 50%.

The Fisher Cats' representatives also challenged the students to end bullying in our schools. Student volunteers were called forward to read the rules of bullying prevention. Other students took part in a trivia contest with the categories of books, sports, and New Hampshire. Two student volunteers participated in a "Chuck the Chicken" contest. Volunteers were given tee shirts and sports towels for their participation.

Athletic Update

The Epping High School Athletic Department would like to thank all players, coaches, parents and fans for supporting our teams this fall. We would also like to thank Epping High School's maintenance and administrative staffs for their support.

Kimball, Sarah Nadeau

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Epping Calendar of Events for January 2013

Dec. 24-Jan. 1	NO SCHOOL - HOLIDAY RECESS
January 2	School classes resume
January 2	EES I Love to Read Month begins
January 3	Epping School Board meeting – 7 pm in Epping Town Hall
January 5	Epping Community Church Food Pantry and Coats of Caring – 9 – 11 am
January 7	EES PTO Meeting – 7 pm in the EES Art Room
January 8	Last day for petition warrant articles
January 8	Friends of the Library – 7 pm
January 9	Eclectic Book Group at the Library – 7 pm
January 9	Friends of Epping Recreation – 6:30 pm
January 9	Knit Night at the Library – 7 pm
January 10	Epping Seniors meet at the Fire Station Meeting Room at 1:00 pm
January 11	Epping Bible Baptist Church Food Pantry – 1:00 - 2:30 pm
January 11	Pajama Night at the Library – 6:30 pm for kids 2 – 8 “Frankenweenie”
January 12	Public Hearing for Budget Committee – 9 am
January 12	Lego “Block Party” at the Library – 10:30 – 11:30 am
January 12	Epping Community Church Food Pantry and Coats of Caring – 9 – 11 am
January 15	Library Board of Trustees Meeting – 7:15 pm
January 16	Dusty Old Mystery Book Group at the Library – 7 pm
January 16	Cub Scout Pack Meeting 6:30 – 7:30 pm in the Epping Middle School Café
January 17	Epping School Board meeting – 7 pm in Epping Town Hall
January 18	Civil War Roundtable of NH meeting – 7:15 pm in Epping Town Hall
January 18	Epping Bible Baptist Church Food Pantry – 1:00 – 2:30 pm
January 18	NO SCHOOL – TEACHER DEVELOPMENT DAY
January 19	Epping Community Church Dinner – 5 to 7 pm “Roast Turkey Dinner”
January 19	Epping Community Church Food Pantry and Coats of Caring – 9 – 11 am
January 21	NO SCHOOL – MARTIN LUTHER KING, JR. CIVIL RIGHTS DAY
January 22	Epping Lions Club meeting – 6:30 pm at the Epping Edward Jones Office on 125
January 23	Knit Night at the Library – 7 pm
January 26	Epping Community Church Food Pantry and Coats of Caring – 9 – 11 am
January 29	Winter Session for Story Explorers begins at the Library

Epping Calendar of Events for February 2013

Date	Event
February 2	Epping Community Church Food Pantry and Coats of Caring – 9 – 11 am
February 4	EES PTO Meeting –7 pm in the EES Art Room
February 5	Town Deliberative Session – 7 pm
February 7	School Deliberative Session – 7 pm
February 7	Epping School Board meeting – 7 pm in Epping Town Hall
February 7	EES PTO Ice Cream Social in the EES multi-purpose room from 6:00 to 8:00 pm
February 8	NO SCHOOL – TEACHER DEVELOPMENT DAY
February 8	No School Day Movie at the Library “Peter Pan” – 1 pm
February 8	Pajama Night at the Library – 6:30 pm for kids 2 to 8 “Off to Neverland”
February 8	Epping Bible Baptist Church Food Pantry – 1:00 –2:30 pm
February 9	Epping Community Church Food Pantry and Coats of Caring – 9 – 11 am
February 8	Scouting Anniversary – Scouts wear their uniforms
February 9	Scouting Winter Fun Day
February 12	Snow Date for EES PTO Ice Cream Social from 6:00 to 8:00 pm
February 12	Friends of the Library – 7 pm
February 13	Eclectic Book Group at the Library – 7 pm
February 13	Knit Night at the Library – 7 pm
February 13	Friends of Epping Recreation – 6:30 pm
February 14	Epping Seniors meet at the Fire Station Meeting Room at 1:00 pm
February 15	Civil War Roundtable of NH meeting – 7:15 pm in Epping Town Hall
February 15	Epping Bible Baptist Church Food Pantry – 1:00 – 2:30 pm
February 16	Epping Community Church Food Pantry and Coats of Caring – 9 – 11 am
February 16	Epping Community Church Dinner – 5 to 7 pm “Roast Turkey Dinner”
February 19	Library Board of Trustees Meeting – 7:15 pm
February 20	Dusty Old Mystery Book Group at the Library –7 pm
February 21	Epping School Board meeting – 7 pm in Epping Town Hall
February 22	Cub Scout Blue and Gold Banquet
February 23	DEADLINE DATE for the March-April issue of the Newsletter
February 23	Epping Community Church Food Pantry and Coats of Caring – 9 – 11 am
February 24	EES I Love to Read Jamboree
Feb. 25-Mar. 1	NO SCHOOL - HOLIDAY RECESS
Feb. 25 – Mar. 1	School Vacation Week Movie Series at the Library – 1 pm
February 25	Life Line Screenings at Epping Community Church Pre-registration and appointment required
February 26	Epping Lions Club meeting – 6:30 pm at the Epping Edward Jones Office on 125
February 27	Knit Night at the Library – 7 pm

If you would like your next event to appear on the Calendar of Events, please send us an e-mail at speakupepping@gmail.com by **February 23, 2013**. Please include the date, event name, location and time.