



Speak Up, Epping! Newsletter

Volume 1, Issue 5

Epping, New Hampshire

September, October '08

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 send your email address and the material to: speakupepping@gmail.com.

Please Help!!!!

This is our one year anniversary issue. If you've enjoyed our Newsletter this past year and would like to see us continue, please help. Your time or money donation for printing would be greatly appreciated. We also need your news. Please think of us when you have news or an announcement to share. Contact Barbara Helmstetter at Barbara.S.Helmstetter@Darmouth.edu or Barbara.S.Helmstetter@Dartmouth.edu or speakupepping@gmail.com or by phone at 679-1929



Epping Garden Club

We're helping to beautify Epping. Come join us. New members are welcome. For more information contact Jane at Whitebarn245@aol.com or 679-2573.

American Legion Breakfasts

Sunday morning breakfasts will take place once a month from 8:00-11:00 a.m. at the Epping R.A. Mitchell American Legion Post 51 on November 9 and December 7. The cost is \$3.00 for adults, \$2.00 for children.

Downtown Revitalization Committee

Anyone in Epping is welcome to join the Committee. For more information, contact Jane at Whitebarn245@aol.com or 679-2573.

Senior Moments

The Epping Watson Academy Senior Citizens Club waited patiently for the last spot of snow to disappear and now--- they're on the move again. Their circled dates on the calendar are growing with plans for more fun trips and interesting programs. Some things on the agenda are trips back to the casinos, museums, Fuller Gardens, Pickity Place and the ever popular Boston Duck Tours. An overnight trip is being planned for the White Mountains in the fall. Of course the new high gas prices have made some changes to many of their plans but not all. They seem to find things to see and do right in their backyard, For example, they recently visited the Goodrich Brickyard. Everyone knows it is no longer known as a "brickyard" but few people know just how much of Epping's history is still captured behind the walls of bricks and stone along Route 125. Bob Goodrich hosted a special tour for the Seniors including the beehive kiln and the busy cutting room where granite orders are filled daily. They also learned of the heritage of the company as well as the exciting plans for new growth.

Museums are always a favorite of the Seniors and the recent visit back to the Currier Museum in Manchester to view the elaborate expansion was a special treat. Another tour that was very educational and enjoyable was to the Jeweltowne Vineyard in South Hampton where they had an opportunity to choose their favorites after the wine tasting.

The Seniors take this opportunity to thank all the wonderful people who helped to make their annual Yard Sale such a success. It becomes more work each year but it also becomes more rewarding and

fun. It's that kind of exhaustion you feel after a successful Christmas Dinner - full, tired and very satisfied. Just like that clever Christmas planner, the Senior Citizens have already started plans for next year's sale. One of their greatest rewards was meeting so many friendly people who they hope to see again next year. Another reward was knowing so many people got some great buys. The donations of items from so many friends were amazing. Some of the leftovers were lots of beautiful stuffed animals. This became a challenge when it was time to find homes for all these critters. Police and Fire Departments can no longer take used stuffed animals. Good fortune came along through the new Web site known as "Freecycle". Their search on Freecycle for good homes for these soft and cuddly toys resulted in a wonderful organization that was thrilled to receive them all to be used in their programs for children.

One of the most enjoyable times the Senior Citizens had was sitting down with Mrs. McGeough's sixth Grade students to talk about World War II and the "Good Old Days". The dialog between the young and the old was not only educational for the children but a delight for the Senior Citizens. Once a Senior Citizen had an audience and started to recall memories, it was hard to find a place to stop.. No one wanted the session to end. The Seniors are always amused when the children ask what it was like to be in the service during the War. They had to be reminded that these Senior Citizens were only children themselves back in the 40's.

Just a reminder. The Senior Citizens hope residents have noticed the new outdoor sitting bench at the Town Hall, as well as the new container. These were made and donated by the Seniors to help beautify the Town.

The Club is always hoping other citizens 55 and over would check them out by stopping in at one of their meetings that are on the second Thursday of each month at the Community Center. New members are always welcome as well as new ideas.



Leddy Center

Exciting preparations are underway for Leddy Center's soon to be, new theater on Ladd's Lane in Epping. Tentative Grand Opening will be Saturday,

November 15, at 7:30 p.m., with Mary Gatchell in Concert with her band from NYC! Leddy Center will also present "A Christmas Carol", December 5-14. Call Leddy Center at 679-2781 or go on line at www.leddycenter.org now for tickets to both of these great shows and for "Peter Pan ", being presented Oct. 24 through November 9.

"Peter Pan" will be presented Friday evenings at 7:30pm and Saturdays and Sundays at 2:00pm. School shows are being presented on Wednesdays, October 29, November 5, and November 12, at 9:00 a.m. and 11:30 a.m..

Leddy office hours are Mondays, Thursdays, and Fridays from 3:00 p.m. to 5:00 p.m.. Tickets are \$16 with Friday night discounts. Office hours will be expanding soon!

All Leddy Center School classes in Musical Theater, Acting, Yoga, Zumba, and private lessons in all instruments will also soon be moving to Leddy Center's new location.

Conservation Commission

The Conservation Commission is still looking for new members. Anyone who's interested, please contact them.

Highnote Balloon Festival

The McPhee family will present "Highnote" on September 6 from 2:00 p.m. until dark (rain or shine) at the Governor Prescott House on the McPhee Family Farm in Epping. This will be the 8th annual Balloon Music and Fireworks Festival to benefit the Adam McPhee Memorial Foundation. Enjoy music by Oncoming Traffic, Matt and Howard, Wayne from Maine with percussionist Jimmy James the "KoongaBoonga Man". There will be activities and exhibits for children and adults including hayrides, mechanical bull rides, arts and crafts for kids of all ages, local artisan exhibit booths, and a horseshoe tournament. Depending on weather and wind conditions, there will be fireworks and balloon rides. Private balloon rides are available by appointment. Call Pilot Bob Russell at 603 895-3909.

Tickets are available at the gate. The cost is \$15.00 for adults; kids and high school students are free

Proceeds from Highnote will benefit the Adam McPhee Memorial Foundation. Adam McPhee was born disabled, but his handicaps didn't stop him from making his mark. He was the first student to enter Epping High School with a special inclusion program. Adam's cheerful personality and courageous positive attitude touched many lives, raising empathy and awareness of what the handicapped are capable of contributing to the world around them. Adam completed his four years at Epping High and participated in graduation in 1999. After Adam passed away that same fall, the McPhee family began a fund to give a scholarship to a graduating senior at Epping High School each year. Since then, the McPhee family has developed a fund with the Greater Piscataqua Foundation to establish a permanent fund to continue to help others forever, providing a grant program to individuals who choose to follow a career in caring for and working with such gifted people.

Additional donations can be made to The Adam McPhee Memorial Foundation, 174 Prescott Road, Epping, NH 03042. For more information visit www.highnotefest.com



Scouting Around Epping

The Cub Scout committee will meet at 6:30 p.m. September 7 at the Epping community Church. All parents of 1st through 5th graders are encouraged to attend. This meeting will be followed at 7:30 p.m. by our annual Popcorn Kickoff for Cub Scouts and Boy Scouts. We would like all parents and Scouts to attend. There will be tons of information and prizes and give-a-ways for the boys. The major fundraiser for the Cub and Boy Scout units is our Trails-End popcorn sale. We will be set up at Wal-Mart on Saturday and Sunday September 20 and 21 and the Scouts will be taking orders until October 26 throughout Epping. Many of you purchase Girl Scout cookies. Please treat this sale the same way, as Trails-End is the major Scouts fundraiser each year. We need to raise money for camp and special events as well as equipment for our activities. If you are not contacted to purchase our products, please call Cliff at 679-5125, Patty at 679-2165, or Matt at 679-2677.

On the 1st day of school there will be an information table in the all purpose room about the Cub Scout and Boy Scout programs. This will be followed up with an information and sign up night September 3rd at 6:00 p.m. at the Elementary School. What better way to start the new school year then by enrolling your son in the largest youth program in the world?

Boy Scouts The Boy Scouts first meeting since returning from summer camp will be September 8 at the Community Church beginning at 6:30 p.m. We welcome all boys 6th grade to 17 years old. The Scouts will be preparing for the fall Camporee that will be held at the former Camp Conway Boy Scout camp in Raymond from October 3 to October 5

Adventure Crew We have a Co-Ed high adventure Crew that will accept applications from youth, age 14 to 20, residing in Epping, Raymond, Brentwood, Fremont, and Newfields. Please contact Cliff Cray, 679-5125. This group is for anyone who likes to fish, hunt, rock climb, hike, raft, kayak, camp or go on any type high adventure trips.

Fire Explorers Are you interested in looking at a career in fire fighting or emergency medical service? Our local Fire Explorers will give you a tour of the fire Station on September 11 or 25 at the Epping fire Station. We meet at 7:00 p.m. This is a co-ed program for youth 14 to 20 years of age from Epping, Fremont, and Newfields. Members are able to attend the Explorer University at the NH fire and police academies in October. Would you like to go?

Come visit for up-to-date calendar events, pack images, activities, tips and so much more!

Epping Community Church

School is back in session and many of the routines that come with post Labor Day schedules return. The congregation of Epping Community Church is in prayer for the students, teachers and family as a new school year begins. We are also praying for our community as winter lies before us and associated fuel costs. Some of the things returning at Epping Community Church are Friday Night Pizza Nights. Having a bit of summer vacation behind our volunteers, Friday Night Pizza will resume September 12, 2008 from 5:00 p.m. to 7:00 p.m.

Our "Third Saturday Dinners" will resume October 18th with a Harvest Supper with turkey. November 15th will be a Ham & Bean Supper. In December our special Candle Light Dinner will be held on Saturday, December 13th.

Our Sunday Worship services begin at 9:00 a.m. with Brunch (beginning again October 5) following worship and Sunday School (resuming mid to late September) at 11:00 a.m.

You are invited to come and join us in worship and any of our church activities. If you have need of further information about our church, church events, or other concerns please call our church at 679-5542, leave your name, a phone number where you may be reached, and the concern or question you have.

To those who work so hard at providing and producing the "Speak Up Epping" newsletter we wish to say thank you for all you are doing!

News from the Historical Society

The Epping Historical Society & Museum is open on Mondays from 6-9 p.m. and Wednesdays from 10 a.m.-2 p.m..

A THREE PART LECTURE SERIES!!!

Programs begin at 7 p.m. at The Epping Historical Society and are free and open to all.

Thursday – September 25th

Come and meet THE JAMES HOUSE ASSOCIATION PLAYERS in their presentation of: "Lives Past Lived", a historical reenactment of the James House in Hampton NH and the people who inhabited it during its more than 300 year history.

This presentation will also include discussion about the house itself, built in 1723 and on the National Register of Historic Sites. The construction of the James House is the earliest surviving example in New Hampshire of the "three post framing method of construction", the standard for two story center chimney houses in the region. Not to be missed!

Thursday - October 11th

"REVOLUTIONARY LIVES: SLAVERY IN NEW HAMPSHIRE & THE STORY PETER": Did you know we had slaves in Epping as early as 1741?

Did you know some of them fought as Revolutionary soldiers?

A PRESENTATION OF SLAVERY IN NH AND OUR EPPING SLAVES -by Madelyn Williamson, Curator Epping Historical Society

Thursday – November 6th

MEET THE WRITE SISTERS "Women of Granite: 25 New Hampshire Women You Should Know"

"It lives up to its title: these are women you should know . . . It's just about the sheer accomplishments of women." From Lisa Parson's review of Women of Granite in The Hippo:

"The Write Sisters learned about a number of interesting women while researching and writing their latest children's book, Women of Granite. Many of these women were unknown to them at the start of the project, and are unknown to the public in general. Come learn who these women are, why they've faded from the public consciousness, and why you should know about them. The Write Sisters are Janet Buell, Kathleen Deady, Muriel Dubois, Diane Mayr, Barbara Turner, Sally Wilkins, and Epping's own ANDREA MURPHY. They are related only through their shared passion - writing for kids. They first got together as a critique group in 1988. Since that time with over 100 children's books to their collective credit, they have stayed together and grown stronger through their commitment to the craft and to their friendship.

December (Date to be announced)

OUR TOWN ANNUAL CHRISTMAS TREE LIGHTING AND CAROLING EVENT.

The Epping Historical Society will again have it's OPEN HOUSE with holiday refreshments.

WINTER NOTE:

For public safety concerns the Epping Historical Society will again be closed during hazardous walking conditions this winter. This is due to the continued parking ban, including parking for the handicapped, in effect in front of the building.

For more information: Joy True at 679-8855 or Madelyn at 679-5482

The Grange Needs Your Support

The present Grange Hall on Main Street was originally Epping's District #1 school house, one of only three old schoolhouse buildings still standing in Epping. . It has been an active Grange Hall from the Spring of 1929 to the present time. Much work is being done and needed to preserve this old Epping landmark from roof, floor joists, window repair to painting of the building.

Please consider a tax-deductible monetary donation to this cause. Your check to Rockingham Grange #183 may be mailed or given to Louise Harvey, Red Oak Hill, Epping NH 03042 . She or Dan may also be contacted about more information

concerning the Grange and it's activities in New Hampshire and our town.

Congratulations to these UNH Honor Students from Epping

The University of New Hampshire has released the names of students receiving dean's honors for the 2008 spring semester.

Michael A. D'Errico, Reed J. Loy, Jenna E. Riley and Breana D. Sullivan have been named to the dean's highest honors.

Kimberly Archambault, Alyssa M. Brady and Shannon D. Monkewicz have been named to the dean's high honors.

Courtney A. Arrigo, Brittany S. Fecteau, Danielle M. Gagnon, Erika M. George, Eric S. Picard, Michael R. Ralph, Jesse D. Raymond, Meghan A. Sargent, Kelli A. Thornton have been named to the dean's honors.

Epping School District News **SCHOOL BEGINS**



The first day for students is Tuesday, September 2, 2008. This school year we will have a similar school calendar to last year. 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 2008-2009 School Calendar.

BUS ROUTES



Please visit www.sau14.org under transportation for the 2008-2009 bus routes. Bus routes are also posted at the schools. Please note that the elementary bus routes published in the newspaper are incorrect. The pick up time is 15 minutes earlier as school is starting 15 minutes earlier.

SCHOOL DISTRICT MISSION STATEMENT

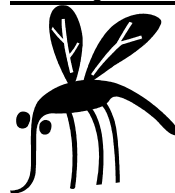


The Epping School District begins the school year with a new Epping School District Mission Statement. This statement articulates our purpose and guides us in the everyday operation of our schools.

The mission of the Epping School District is to focus on the potential of every student and engage each to be passionate, confident learners who demonstrate competence and have strength of character to reach their highest aspirations and thoughtfully contribute to a diverse and changing world.

We believe in the potential of every student. By focusing on our student's learning and effort our students will be passionate, confident learners capable of reaching their aspirations and thoughtfully contributing to our world.

MOSQUITO SPRAYING FOR EEE & WNV



The Epping School District is taking precautions against Eastern Equine Encephalitis (EEE) and West Nile virus (WNV) by spraying for mosquitoes on September 4, 2008 weather permitting. The rain date is September 5, 2008.

The Epping School District has contracted with Municipal Pest Management Services to spray for mosquitoes at the following locations.

1. Epping Elementary School & Fields
2. Epping Middle School & Fields
3. Epping High School & Fields
4. SAU Building & Fields
5. Mary Blair Fields
6. Seacoast United Soccer Fields

The public is advised not to visit these locations after 7:00 p.m. The facilities will be open to the public the following morning.

Questions may be directed to the Superintendent's Office at 679-8003 or bmunsey@sau14.org.

SCHOOL BOARD MEETING SCHEDULE



The Epping School Board will hold regular meetings at 7:00 p.m. in the Epping Town Hall. The public is invited to attend. Meetings are also televised by ETV.

- September 4 and 18
- October 2 and 16
- November 6 and 20

Epping Elementary School (EES)

September/October 2008

Submitted by Cheryl A. MacLeay

September 2 First day of school for grades 1 & 2
First Day Celebration for grades 1 – 5 (see below)

September 2 & 3 Orientation sessions for
Kindergarten

September 4 First day of school for Kindergarten
Preschool Orientation

There will be two orientation sessions on September 4th: 9:00 a.m. for AM Preschoolers and 10:00 a.m. for PM Preschoolers. The preschool teachers have mailed parents class lists so that you are able to determine what orientation session you will need to attend.

September 9 First day of school for Preschool

September 17 School Pictures for Kindergarten –
grade 5

September 19 No School – Teacher In-Service
Day (NECAP Preparation) Volunteer and substitute
orientation

September 22 PTO fundraiser kick-off

September 23 EES Open House/Curriculum Night
for grades pre-k – 2

September 24 EES Open House/Curriculum Night
for grades 3 – 5

October 1 – 23 NECAP Testing grades 3-5

October 6 PTO meeting at 7:00 pm in EES library

October 9 School Pictures for Preschool

October 10 No School

October 13 No School – Columbus Day Holiday

October 24 No School – Teacher In-Service Day
PTO Halloween Party and Dance

EES First Day Celebration

Epping Elementary will start the school year on September 2nd with its annual First Day of School Celebration for Grades 1-5. Parents, guardians and relatives of the students have been invited to join their children and the teachers and staff of Epping Elementary for a special morning event that is designed to bring together the school and the community. "First Day" is an opportunity for parents and guardians to meet other parents and guardians as well as to get to know the people who have a shared interest in their children's education and to help all children enjoy the first day of school. At 8:05 a.m. the building opens for parents and children. The cafeteria will have representatives from the school, town and local organizations that provide services to kids. The lobby, library and art room will also be open for viewing. At 8:20 a.m. students and parents go to classrooms to meet their classmates and teachers. Each teacher conducts a welcoming program that involves parents and children. At 8:55 a.m. parents leave classrooms and go to cafeteria for an information program conducted by school administrators, staff and local organizations such as the Epping Town Library and Recreation Department. The program ends at 9:30 a.m.

Last year, 300 parents, guardians and other relatives took time off to attend the First Day program. This will be the fourth such program at the school that has been organized by the Epping Elementary Best Schools Committee. The First Day Program is supported by the Epping School District, Epping PTO and over 40 businesses and individuals who donate money, supplies and services. As a result of these donations every student and staff member receives a school T-shirt printed with the name and logo of the Epping Eagles.

Epping Middle School (EMS)

The Epping Middle School will open its doors on Tuesday, September 2 at 7:25 a.m. The staff will be outside to meet and greet all of the incoming students.

The Middle School students should be signing up for fall sports. The Athletic form is on the EMS webpage to be printed out or the students can see Ms. Hebert, our Athletic Director. The fall sports are soccer and volleyball.

Open house for the Middle School is Thursday, September 11 at 6:30 p.m.

Football Game Schedules

Varsity Football

Date	Place	Time
Thurs.8/28 Spaulding HS	Away	TBA
Sat. 9/6 Mascoma	Away	1:30pm
Fri. 9/12 Somersworth	Away	7:00pm
Fri. 9/26 Stevens	Away	7:00pm
Sat. 10/4 Bishop Brady	Home	1:30pm
Sat. 10/11 St.Thom.Aquinas	Home	1:30pm
Sat. 10/18 Bow	Away	1:30pm
Sat. 10/25 Trinity (@Gill)	Away	7:00pm
Sat. 11/1 Kearsarge	Home	1:30pm
Sat. 11/8 Pelham	Home	1:30pm

JV Football

Wed. 9/3 Exeter	Away	5:00pm
Mon. 9/15 Somersworth	Home	4:00pm
Sat. 9/20 Raymond	Away	7:00pm
Mon.9/29 Cancelled Stevens	Home	4:00pm
Mon. 10/6 Bishop Brady	Away	4:00pm
Mon. 10/13 St.Thom.Aquinas	Away	4:00pm
Mon. 10/20 Bow	Home	3:45pm
Mon. 10/27 Trinity	Home	4:00pm
Mon. 11/3 Kearsarge	Away	4:00pm
Mon. 11/10 Pelham	Away	4:00pm



Harvey Mitchell Memorial Library

Events in September and October 2008:

Epping's Public Library

151 Main Street

679-5944

Open Monday - Friday 10 am to 8 pm, Saturdays 10 to 2

Closed Sundays

Crafters Nights:

Do you enjoy a craft that you could share with others? We have a group of crafters that have had great fun one evening each month for the past several years but we need new ideas. If you would

be interested in volunteering on a weeknight to present and teach a simple craft project, we would love to chat with you! The library will cover the cost of materials and will advertise the program you offer. We know you're out there... come share your skill with others in Epping.

Dessert & a Movie - a free night out for adults

On the fourth Thursday of each month, we show a movie recently released on DVD. With a 9 foot screen and stereo surround, it's like a private screening with dessert. Is there a movie you'd like to see for free? Call and let us know. September's movie night is Sept. 25th, October's is Oct. 23rd.

Teen Book Club

The group that started up this summer hopes to keep meeting through the school year. The book they're reading for September is The Killer Angels by Michael Shaara. The next discussion date is Wednesday, Sept. 17th at 3:30. Copies are available at the main circulation desk.

Children's Programs

Preschool Storyhour

Back to our regular meeting times of Wednesdays at 10:30 and Thursdays at 10:30 and 1:30, Miss Tracie's Storyhour provides social time for kids ages 2 through 6 along with songs, stories, crafts and playtime.

Story Explorers

For Storyhour "graduates", Story Explorers gives kids in Kindergarten through 2nd grade a program all their own. The class meets on Tuesdays after school from 3:30 to 4:30 and includes snack, stories, games and projects. The program is divided into 3 sessions: Session I is an author study, running from Sept 23rd through Nov. 4th, Session II, meeting Jan. 20th through March 17th, is the session we adapt a favorite story into a play to perform at Pajama Night, and Session III runs from March 31st through May 26th focusing on art and science.

Pre-registration is required for each session, and class size is limited to 12.

Pajama Night

On the second Friday of most months Pajama Night takes over the library from 6:30 to 7:45. Children ages 2- 8 and their parents are encouraged to wear their PJs and bring a snack to share for crafts, a library-wide scavenger hunt, songs, snacks and stories. September's PJ night on Sept. 12th will be our 4th annual Marshmallow Roast (weather permitting) so prepare to be outside for some of the evening. In October, the 2nd Friday will be our first ever Pajama Movie Night. This time the kids will get to see a movie on the big screen.

Toy Play Day

The fourth Saturday each month is devoted to play, the most important activity for young children to learn about their world. Each month we have a different theme, and children are invited to bring their own related toys to share with other Epping kids in a relaxed community setting. Play day begins at 11:00 and includes stories at noon. The toy theme for September 27th is Horses, and we are open to suggestions for October.

Fifth Annual Halloween Party - Friday, October 24th, 6:30 to 7:45 One of our most popular events of the year! Come in costume for traditional Halloween games, crafts and stories.

Epping Recreation Department News Before School, open to all youth attending Epping Elementary Schools.

7:00 a.m – 8:15 a.m.

5 or 3 days per week, \$213 per child.

Program will be at the Elementary School.

After School - 5:30 p.m.

5 days per week, \$568

3 days per week, \$426

Program for younger youth will be at EES

Program for older youth at Watson Academy

No School Day Program

All day program 7:30 a.m. – 5:30 p.m.

Your child does not need to attend the before or after school program to come on these days.

\$30 per day.

Program for younger youth will be at EES

Program for older youth at Watson Academy

ATA Karate of Candia offering classes at Epping Elementary this fall Mondays and Fridays after school.

“At ATA Karate Center of Candia, we are not interested in just teaching self-defense we are interested in the complete personal development of each student. Individual attention is a feature of each and every class”

(Please see Spotlight on Business and our Ad)

The Nature Project, Boston Nature Center and UNH 4-H

Thursdays, year long Science Program Middle School Youth (5th-8th grade)

Free to all participants

The project focuses on two phenomena: trees (and other plants) and pond microorganisms, targeted for middle school youths. The youth will use digital cameras, along with youth drawings as the primary tools to create visual representation of the observations that they make while working on the project. Time will be spent into woods and out and

around local ponds and wetlands and also indoors creating living biospheres to observe. Youth must be able to commit to the program for the entire school year.

Youth ceramics, with Barbara Young

Friday afternoons at Watson Academy

Paint your own pottery!

Pre School Tee Ball

Next session starts September 18th.

Thursdays, 10:30-11:15 a.m.

\$35 per family, 4 week session

Please pre-register, space will be limited!

Pre School Soccer

Next session starts October 16th.

Thursdays, 10:30-11:15 a.m.

\$35 per family, 4 week session

Please pre-register, space will be limited

Biking Trips

Thursday after school, trips vary

3rd Saturday of each month

Open to all Epping Residents older than 11 (adults/families are welcome!)

9 a.m. 2 p.m.

Space is limited to 12 participants

Bikes and helmets are available

September 20th – Ride along the rail-to-rail from Watson Academy to Onway lake in Raymond. Flat fast 20 mile round trip ride out to one of the most pristine lakes in this area.

October 18th – A mixed ride of road and trail over to the Exeter Town Forest, for a fast ride through a variety of challenging single track. This 22 mile ride will get your heart racing, plenty of jumps and bumps along the way!

Experienced volunteer leaders needed for these trips. Keep your eyes open for winter snowshoe trips during the months of January, February and March!

Yoga with Tim Brusso

Two classes: Mondays or Wednesdays 6-7p.m.

New session starts, Monday September 8th

Upstairs at the Town Hall

\$35 for six-week program

Walk-ins welcome \$8

GUITAR and BASS Lessons, with local musician Joseph Murphy

At Watson Academy

Lessons scheduled to accommodate your busy schedule

Youth and Adults, beginner to advanced

Singles: \$15/hr, \$20/1/2hr; Duos: \$12.50/hr, \$15/1/2 hr; Groups of 3: \$10/hr, \$12.50/1/2hr

Call the Recreation Office with questions about any of these programs. 679-3301 or rec@townofepping.com

Now Accepting Business Ads!

Would your business like to advertise in this newsletter? Business card-sized ads cost just \$25.00 per newsletter issue for in-town businesses and \$35.00 per issue for out-of-town businesses. If you prepay for one year in advance you pay only \$125, which means you get your ad in at least one issue for free. We expect to send out 5-6 issues per year. We currently email this newsletter to approximately 200 homes and we distribute over 250 paper copies around town. For more information or to place an ad in the next issue, send an email to speakupepping@gmail.com.

The money collected from these ads will pay for the cost to print, copy and **eventually mail the newsletter to every Epping home**. What better way to find out what is really happening in Epping!

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 (November-December) of this newsletter will be sent out by **November 1, 2008**. We will accept **submissions through October 25** to be included in the next issue. Please send your content, including contact information, for consideration to: speakupepping@gmail.com

Thanks for reading! - *The Communications Group*



Spotlight on Business

ATA Karate Center of Candia

In August of 2007, Dean and Valerie Page opened ATA Karate Center of Candia and their martial arts academy continues to grow with a steady membership. Exciting Martial Arts Programs are offered for ages 3? to adult. They also offer:

Leadership Training, Private Lessons, Birthday Parties, Child Safety Seminars, A Pro-Shop, Regional and National Tournaments, and Family Classes for families that would enjoy training together.

In addition to the physical training, ATA Karate Center has a strong emphasis on lifeskills -

teaching children how to be courteous, respectful, and disciplined in their classes as well as at home and school. It is also our desire to build confidence in each student and help them achieve success in every area of their lives.

What makes martial arts unique to other sports is the way in which students are taught a combination of moves and are expected to be able to perform those moves on both sides of their bodies. Using the non-dominant side of their brain forces that side to develop. This challenges students in a way that no other sport will. The result is a more focused student, and often they will start excelling in other areas of their lives. Parents are always pleased when they see their children bringing home better grades.

If you would like to request a copy of our schedule of classes, please email candiaata@verizon.net You may also call 483-5200 for more information, or to set up an introductory lesson.

ATA Karate Center of Candia is part of the American Taekwondo Association's national network of about 2,000 martial arts academies. For more information about ATA you may visit ataonline.com.

Offering classes at EES this fall (see the Epping Recreation Department news)

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Epping Calendar of Events for September 2008

Date	Event
September 1	Labor Day All Federal, State and Town Offices closed
September 2	First day of school for Epping schools
September 2	First Day Celebration for Grades 1– 5 at Epping Elementary School
September 2	Information table for Cub Scouts and Boy Scouts – all purpose room
September 2 & 3	Kindergarten orientation
September 3	Junior Varsity Football game at Exeter 5:00 p.m.
September 3	Scout information and sign up night at Epping Elementary School
September 4	Mosquito spraying for EEE and WNV
September 4	First Day of school for Kindergarten
September 4	Pre school orientation
September 4	Epping School Board Meeting
September 5	Rain date for mosquito spraying for EEE and WNV
September 6	“Highnote” from 2 p.m. until dark at the grounds of the Governor Prescott House
September 6	Varsity Football game at Mascoma 1:30 p.m.
September 7	Cub Scout Committee meeting 6:30 p.m. at Epping Community Church
September 7	Kickoff for Trails-End popcorn sale 7:30 p.m. at Epping Community Church
September 7	Car wash in the parking lot of American Legion Post 51 on Rt. 125 from 9 a.m. to 3 p.m. Cost: \$5.00
September 8	Boy Scout meeting 6:30 p.m. at Epping Community Church
September 8	Friends of the Library 7:00 p.m.
September 8	Yoga with Tim Brusso Mondays or Wednesdays 6 – 7 p.m. six week session starts
September 9	First day of school for pre school
September 9	New Hampshire State Primary
September 9	Eclectic Book Group at the Library 7 p.m.
September 11	Epping Middle School Open House
September 11	Fire Explorers tour of Fire Station 7:00 p.m.
September 12	Friday Night Pizza Nights resume at Epping Community Church 5:00 to 7:00 p.m.
September 12	Pajama Night: 4 th Annual Marshmallow Roast 6:30 p.m. to 7:45 p.m. at the Library for kids 2 to 8
September 12	Varsity Football game at Somersworth 7:00 p.m.
September 13	American Legion Post 51 Pig Roast and drawing for winner of raffle for \$1,000.00 in heating fuel
September 14	American Legion Breakfast 8:00-11:00 a.m. at the Epping R.A. Mitchell American Legion Post 51
September 15	Junior Varsity Football game at home with Somersworth 4:00 p.m.
September 15	Library Board of Trustees meeting 7 p.m.
September 17	Teen book club at 3:30 p.m. “The Killer Angels” by Michael Shaara
September 17	Mystery Book Group at the Library 7 p.m.
September 17	School Pictures for Kindergarten – Grade 5
September 18	Epping School Board Meeting
September 18	Pre School Tee Ball starts. 4 week session Thursdays 10:30 – 11:15 a.m.
September 19	No school Teacher in-service day
September 20	Biking trip 9 a.m. – 2 p.m. from Watson Academy to Onway Lake in Raymond
September 20	Junior Varsity Football game at Raymond 7:00 p.m.
September 20-21	Scout Trails-End Popcorn sale at Wal-mart Orders will be taken until Oct. 26
September 22	PTO fundraiser kick-off

September 23	Story Explorers 8 week Fall Session starts at the Library for grades K - 2 3:30-4:30 p.m.
September 23	EES Open House/Curriculum Night for grades pre-K - 2
September 23 – November 4	Story Explorers at the Library – Session I – author study
September 24	EES Open House/Curriculum Night for grades 3 - 5
September 25	Fire Explorers tour of Fire Station 7:00 p.m.
September 25	James House Association Players in “Lives Past Lived” 7:00 p.m. at the Historical Society
September 25	Dessert and a movie at the Library 7:45 p.m. Call 679-5944 for details
September 26	Varsity Football game at Stevens 7:00 p.m.
September 27	Toy Play Day at the Library 11 a.m. to 1 p.m. “Horses”

Epping Calendar of Events for October 2008

Date	Event
October 1 – 23	NECAP Testing Grades 3 - 5
October 2	Epping School Board Meeting
October 4	Varsity Football game at home with Bishop Brady 1:30 p.m.
October 6	PTO Meeting at 7:00 p.m. in EES library
October 6	Junior Varsity Football game at Bishop Brady 4:00 p.m.
October 9	School pictures for pre school
October 10	Pajama Night: Movie night at the Library 6:30 p.m. to 7:45 p.m. for kids 2 to 8
October 10	Columbus Day holiday – no school
October 11	Varsity Football game at home with St. Thomas Aquinas 1:30 p.m.
October 13	Columbus Day holiday – no school
October 13	Friends of the Library Meeting 7 p.m.
October 13	Junior Varsity Football game at St Thomas Aquinas at 4:00 p.m.
October 14	Eclectic Book Group at the Library 7 p.m.
October 15	Mystery Book Group at the Library 7 p.m.
October 16	Pre School Soccer starts. 4 week session Thursdays 10:30 – 11:15 a.m.
October 16	Epping School Board Meeting
October 18	Harvest Supper with turkey at Epping Community Church
October 18	Biking trip over to the Exeter Town Forest 9 a.m. to 2 p.m.
October 18	Varsity Football game at Bow 1:30 p.m.
October 20	Junior Varsity Football game at home with Bow 3:45 p.m.
October 20	Library Board of Trustees Meeting 7 p.m.
October 23	Dessert and a Movie at the Library 7:45 p.m. Call 679-5944 for details
October 24	Fifth Annual Halloween Party at the Library 6:30 -7:45 p.m. Come in costume
October 24	No school Teacher in-service day
October 24	PTO Halloween Party and Dance
October 24-Nov.9	“Peter Pan” at the Leddy Center
October 25	Toy Play Day at the Library 11 a.m. to 1 p.m.
October 25	Varsity Football game at Trinity (at Gill Stadium) 7:00 p.m.
October 25	Deadline date to submit material for the November-December issue of the Newsletter
October 26	Last day to place orders in the Scout Trails-End Popcorn sale
October 27	Junior Varsity Football game at home with Trinity 4:00 p.m.

If you would like your next event to appear on the Calendar of Events, please send us an email at speakupepping@gmail.com by **October 25, 2008**. Please include the date, event name, location and time.