



Speak Up, Epping! Newsletter

Volume 2, Issue 2

Epping, New Hampshire

March, April '09

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!!!!

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@Dartmouth.edu or speakupepping@gmail.com or by phone at 679-1929

New Newsletter Website

The Speak Up, Epping! Communications Group is pleased to announce that we have a new website. Come visit us at: <http://speakupepping.org> You will find current and past newsletters, late breaking news, business ads and some town links.



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.



Voting

Election is March 10th! Be sure to cast your vote!

Candidates for the Town of Epping:

Budget Committee - 3 years

Vote for not more than 3

Benjamin A. Lamarche

Tammy Shennett (Parenteau)

Paul Spidle

Cemetery Trustee - 3 years

Vote for not more than 1

Daniel W. Harvey

Fire Ward - 3 years

Vote for not more than 1

Charles Goodspeed

Fire Ward - 2 years

Vote for not more than 1

Cliff Cray

Bob Jordan

Library Trustee - 3 years

Vote for not more than 2

Nan Nutt

Library Trustee - 1 year

Vote for not more than 1

Abby Constantineau

Joan S. Harlow

William K. Webb

Planning Board - 3 years

Vote for not more than 1

Stephen Colby

Mike Morasco

Selectman - 3 years

Vote for not more than 2

Jeffrey F. Harris

Dick Irving

James P. McGeough

Patrick J. Pagnani, Jr.

Derek J. Webb

Rene C. Archambault

Paul Brown

Trust Fund Trustee - 3 years

Vote for not more than 1

Daniel W. Harvey

Water & Sewer Commissioner - 3 years

Vote for not more than 1

Joseph Foley

Zoning Board of Adjustment - 3 years

Vote for not more than 2

Bob Jordan

Paul Spidle

Michael H. Yergeau

Candidates for the Epping School District:

School Board Member - 3 years

Vote for not more than 1

Susan Kimball

School Board Member - 1 year

Vote for not more than 1

Kelley S. Fowler

Kelli R. Killen

David Mylott

Senior Moments

The Epping Watson Academy Senior Citizens Club is back in DRIVE after being in NEUTRAL during those long unpredictable winter days.

We continue to support the Epping Food Pantry. The Club's new "lunch out" is the SOUP KITCHEN held at the Community Church. The Seniors enjoy and appreciate the efforts of Jennifer Yergeau who makes and serves HOMEMADE SOUPS each Thursday from 11:00 a.m. to 12:30 p.m.

Members are busy knitting caps for the soldiers in Iraq and Afghanistan. The soldiers wear these caps under their helmets. We take the caps to the next Pease Greeting in Portsmouth along with other items (on their list) and they are sent to the troops. If anyone one would like to contribute something to the soldiers, just drop your items off at the Recreation Office. We'll pass them on.

Attorney Kathryn Williams's annual visit was in February. She explained new laws that may affect senior citizens. We know it is our responsibility to stay in charge of our lives as long as we can. Kathryn helps us in that way.

Walmart Pharmacist Jennifer Ford will visit the Club in March to address our concerns regarding health and prescription issues. These topics are important to all senior citizens. Seniors age 55 and over can join our club and benefit from all our informative programs. Club brochures are available at the Recreation office, the Library and the Town Hall.

Some members are headed back to Foxwoods

for their "lucky day". We travel with Eagle One Tours who serve a light breakfast on the way down followed by a few games of bingo. On the way home, after our "lucky" day, the snacks come out including delicious drinks, AND, we don't have to drive.

This may sound redundant but we can't let our friends forget their favorite Yard Sale. The big day is April 18th. Doors are open 9:00 a.m. until 3:00 p.m. Here's another chance to "Clean Out". Remember your trash might be your neighbor's treasure. Or maybe it was your neighbor's trash to start with. It has happened. Here's a short true story. Someone went to the Swap Shop, picked up something he thought might be useful to his friend only to learn that his friend put it there in the first place.

We are really excited to have our own Web Page, thanks to Seth Hickey of the Epping Recreation Department. Our page will include lots of information as well as fun pictures of the Club. You can find it at the Web Site at www.eppingrecreation.org. Thanks Seth.

More excitement - The Club will celebrate its 10th anniversary in October. Watch for more information as the months go by. This will include facility improvements, photo galleries, and new features. You'll enjoy it all at our Open House.

Rockingham County Daytime Activities for Seniors

The Rockingham County Adult Medical Day Program offers a safe environment for seniors who continue to live at home but because of health problems, physical limitations or memory loss are unable to stay alone during the day. An experienced staff provides numerous services including nursing supervision, health monitoring, exercise and walking programs, medication administration and assistance with personal hygiene. Speech, occupational and physical therapies are available as needed. A well-balanced nutritional program provides delicious meals and snacks that are offered at no extra cost to program participants.

Basic goals of adult day services are to help individuals maintain their cognitive, physical and functional abilities by promoting mental alertness, physical activity and socialization. To achieve those aims, the Center provides a robust and varied schedule of physical activities, social outings and recreation programs.

Activities include: word games, board games, cards, current events discussions, arts and crafts, field trips, movies, restaurant trips, and picnics, shopping trips, manicures and holiday celebrations. Attentive staff works closely with individuals to create a pleasant, up-beat environment while giving support and assistance throughout the day. Group activities are encouraged, but accommodation is easily made for those times when a person prefers to pursue an individual activity or to take a short rest period. The Adult Medical Day Program provides respite for caregivers who need some additional support and time away from their responsibilities. While the participant enjoys time at the Center, families can work, spend time with other family members or friends or get needed rest and relaxation.

The Program is located at the Rockingham County Complex at 117 North Road in Brentwood. The Center operates Monday through Friday from 7:00 AM to 5:00 PM. Interested persons may call 679-5335 ex. 9156 for more information or to schedule a tour of the center.



Leddy Center

The Leddy Center has moved to Ladd's Lane in Epping! All classes and private lessons are now being held at the Leddy Center's new location. We hope all of Epping will come and enjoy Leddy Center's new "digs" in this beautiful new theater.

Leddy Center's first production in its new location will be "Arsenic and Old Lace", running for two weekends from March 27 to April 5 with a 2:00 p.m. matinee on Wednesday, April 1.

Mary Gatchell in Concert will be Friday, May 8, at 7:30pm.

Other coming attractions are Gilbert and Sullivan's "The Pirates of Penzance" in July, Mary Gatchell in Concert in October, "Charlie and the Chocolate Factory" in October and November and "A Christmas Carol" in December. Join us for a fabulous Season 2009 at the Leddy Center on Ladd's Lane! Ticket prices are \$18 and \$16. Ticket Office hours are Monday, Wednesday and Friday from 3:00 - 5:00 p.m.

Call us at 679-2781 or visit us on line at www.leddycenter.org.

Downtown Revitalization Committee

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



Scouting Around Epping

Boy Scout Troop 136 chartered to the Epping Community Church and held their delayed Christmas party and Court of Honor at American Legion Post 51 on January 12. Evan Sweetsir, Billy White and Justin Arlock received the Scout badge. Jacob Cray, Alex Ray, James Woodmansee, and Tannis Steeves were presented the Tenderfoot award by Senior Patrol Leader Dan Begin. Sawyer Begin has earned the rank of Star Scout and Dan Begin received the rank of Life Scout. He was also promoted to Junior Assistant Scoutmaster while Haydn Reese moved up to the position of Senior Patrol Leader. The following Scouts received the Climbing merit badge: Sean Day, Eric Oullette, Jacob Cray, Justin Arlock, Christian Cook, Richard Currier, Dan Belliveau, Evan Sweetsir, James Woodmansee, Tannis Steeves, Richard Smith, Sawyer Begin, Haydn Reese, and Dan Begin. Alex Ray, Josh Porter, Steven Chadwick, Jake Cray, Tannis Steeves, Eric Ouellette, Richard Currier, James Woodmansee, Chris Cook, Sean Day, Richard Smith, Dan Begin, Haydn Reese, and Sawyer Begin received the Cooking merit badge. Paul Liversidge earned the Music merit badge. Haydn Reese, Sawyer Begin, and Sam Hardy received the Camping merit badge. Dan Begin received the Citizenship in the Community and Fish and Wildlife merit badge. Sam Hardy was presented the Scholarship, Sports, Mammal Studies, Oceanography, and Law merit badges. Congratulations to all the Scouts as there is a lot of work to earn any one of these badges and some are required before attaining higher rank.

Eight Scouts and three adult leaders spent the night of January 17 in the woods and slept in shelters they built. The Scouts that slept in the shelters with a temperature of 7 degrees were Jake Cray, Chris Cook, Dan and Sawyer Begin, Haydn Reese, Tannis Steeves Richie Smith, and Sean Day. The adults were Scoutmaster Patty Begin, Assistant Scoutmasters Mark Day, and Rob Sullivan. During the day they were able to ice fish on the pond and have fun in the snow.

On February 7, the troop attended the Historic District Klondike Derby at Zion camp in Raymond. They pulled a loaded homemade dog sled around a course stopping to show their skills in various events. There were 24 patrols competing and the Tiger patrol consisting of Dan and Sawyer Begin, Haydn Reese, Ritchie Smith and Paul Liversidge

placed 1st. Congratulations Troop 136 for a great victory. 170 out of 180 points were earned.

The following weekend the troop and Webelo's from Pack 136 had a fun weekend at Zion Camp.

Cub Scout Pack 136 Webelo's joined them on Saturday for a day of outdoor fun. Some of the pack's future activities will be a trip to a Monarch's hockey game and an overnight at the Boston Museum of Science.

The annual Blue and Gold Banquet was held on February 20. The Order of the Arrow Native American dance team entertained the Cubs and their guests. The pack also had a summer camp promotion. The following awards were presented: The Arrow of Light, Cub Scouting's highest award was earned by Tom Ayer, Zachary Bickford, and Joshua Houston. Adam Adams, Craftsman Tom Ayer, Artist, Craftsman, and the Compass emblem. Justin Bacon, the Engineer and Scientist. Zachary Bickford earned his Artist and Engineer activity badge and compass emblem. Zach Byrnes and Jacob Kaplan earned the Craftsman badge. Sebastian Constantineau, Cameron Robertson and Ryan Pitkanen were presented the Craftsman badge. Alex Cray was presented his Webelo's badge and the Craftsman and Fitness Activity badges, Nicholas Clough, Nathaniel Crocker, Ryan Donovan, Connor Jennings, Owen Joyal, Luke Marchisio, Nathaniel Marshall and Justin Cross earned the Citizenship and Map and Compass belt loops. Joshua Houston earned the Engineer Activity badge. Alexander Johnson, David Morasco and Niklis Koziar were presented the Craftsman Activity badge. Zachary Oumansour has earned the Basketball, Soccer, Swimming, Citizenship and Map and Compass belt loops. Richard Pitkanen earned the Chess and Map and Compass loops. Ryan Sylvain has his Communicating and Computer loops. Tyler Wilkins was presented the Webelo's award and the Fitness activity badge.

For information on either of these scout groups call Cliff at 679-5125.

The Venture Crew 484 is still looking for members. Any young men or women ages 14 to 20 are welcome. Please call Cliff Cray at 679-5125 for more information.

American Legion Breakfasts

Sunday morning breakfasts will take place from 9:00-11:30 a.m. at the Epping R.A. Mitchell American Legion Post 51 on March 8th and April 12th. The cost is \$3.00 for adults, \$2.00 for children.



Explorer Post 716 and the Epping Fire Department

Explorer post 716 sponsored by the Epping Fire Department are also looking for men or women ages 14 to 20. We are learning what the fire and EMS service is all about. We attend fires and assist the firefighters. Members are eligible to attend a week at the New Hampshire Fire Academy after school is out in June. Members of our post have earned several awards and are confident we will earn more. We meet on the 2nd and 4th Thursday nights at the Epping Safety Complex. For more information call the station at 679-5446.

The annual Firemen's Ball will be March 28th at the Epping Middle School Gymnasium. Dancing by Sound Dimensions will begin at 7 and continue until midnight. Tickets are \$10.00 per person. There will be a door prize and raffles. BYOB and snacks. Pizza and soft drinks will be on sale.

Epping Community Church PHONE-CARE

The Epping Community Church announces a new service to the community, PHONE-CARE. Elders, sick or shut-in individuals who sign up for this program will receive a daily call from a cheerful volunteer Monday through Friday between 8:00 and 10:00 a.m. to see if they are "up and around" or okay. This service is free of charge to any individual who signs up for this program. For further information please call Pauline at 679-5184 or Kim at 679-2450.

There will be a Holy Thursday service on April 9th at 7:00 p.m. and a 9:00 a.m. Easter Sunday service.

Our third Saturday dinner on March 21st is an Irish boiled dinner and on April 18th, our dinner will be turkey and trimmings. Dinners will be served in the Fellowship Hall from 5:00 p.m. until 7:00 p.m. A special thank you to all who came for our February dinner. It was a great success - an "all you can eat" Italian buffet. All funds raised through the dinners go to our building fund.

We would like to update you on our building program, our mission, purpose and information that will help you know the vision God has given us. Why are we in need of building an addition?

Due to structural deterioration our annex became a potential safety hazard to church and community members who utilized the annex. Our Sunday

School, many outreach programs, church offices, and nursery were in the annex. For the past two years we have been seeking to determine and reaffirm the needs of our congregation and that of the community. We want our building addition to serve the church and our community.

We are asking for your help and commitment to an extraordinary vision and opportunity to serve and minister. The new addition will help us to continue, expand and develop new ministry to the area. Following are some current ministries already making a difference in the area:

Epping Food Pantry (at the present outreach rate we project we will have served nearly 2000 families and individuals during 2009).

Coats of Caring (over the past four years we have given over 500 coats at no charge to those who needed warm outer wear. This does not include hats, mittens and scarves also given at no charge);

Thursday Soup of the Day Café (this is a new program on Thursdays as of 2009 providing a warm meal of soup and associated items to any community members who wish to gather for food and fellowship).

Friday Night Family Night Pizza (this Friday night program was designed to offer families, youth groups, etc., a time to spend time together and enjoy low cost quality pizza in a wholesome atmosphere);

The new building will...

- * Expand needed area for the food pantry outreach;
- * Provide needed area for Coats of Caring article distribution and the addition of some clothing items;
- * Provide additional kitchen, cooking, and storage space in support of our various outreach programs;
- * Provide rental space for a "Community Center" space that serves birthday, anniversary, family reunion, receptions and corporate gatherings;
- * Provide for anticipated after school outreach programming
- * Provide space supportive to Scouting;
- * Provide adequate rooms for Sunday School / Christian Education programs;
- * Provision of Ground floor entry and elevator access to all levels of the building. This will better serve those with mobility concerns
- * Provision of an elevator for Funeral, Memorial and other community Services;
- * Nursery accommodations for parents of babies and preschoolers;
- * Practice and warm up area for worship team members, soloists, bell choir and others involved in preparing for worship services.

* The future needs as God guides and directs us in His service.

* Provision of staff offices.

A Final Thought

This year alone we have been witness to what can be done when schools, churches, individual community members and our congregation join together.

We are proud to be a part of the Epping Community and truly believe God has called us to a specific work and mission to Epping and the surrounding area. We hope you will catch the vision we have seen and join us through your support, prayers, and personal involvement.

You Are Invited...Please consider how you might become involved in God's work through The Community Church of Epping.

Saint Joseph Church

ST. JOSEPH CHURCH, 208 PLEASANT ST
(ROUTE 27), EPPING

LENTEN EVENTS:

"Seven Deadly Sins, Seven Lively Virtues"

Discussion Group led by Fr. Von

Thursdays, March 5, 12, 26, April 2 all at 7:00 pm

Stations of the Cross: 7PM every Friday except

April 3rd when we will have

Living Stations of the Cross at 6:00 pm followed by soup and bread.

Lenten Reconciliation Service: Sunday April 5 at 2:00 pm

Holy Week Schedule:

Passion Sunday, April 5

Masses at 4pm Saturday; Sunday at 8am, 10:30am and 6pm

Holy Thursday, April 9

Mass of the Lord's Supper at 7pm

Good Friday, April 10

Confessions Noon to 2:50pm

Station of the Cross at 3pm

Veneration of the Cross at 7pm

Divine Mercy Novena at 8:30pm

Holy Saturday, April 11

Morning Prayer at 8am

Divine Mercy Novena at 3pm

Easter Vigil at 8pm

Easter Sunday, April 12

Masses at 7:30am, 9:30am and 11:30am

Divine Mercy Novena at 12:30pm

No Evening Mass

For more information please call the parish office at 679-880

Epping Bible Baptist Church

Every Sunday

8:00 a.m. Breakfast Free! Plan to join us.

9:25 a.m. Sunday School (Focus on the Family Bible Study THE TRUTH PROJECT)

10:45 a.m. Morning Worship Service

6:00 p.m. Evening Worship Service

Mondays: March 2, 9, 16, 23, 30; April 6, 13, 20, 27

6:30 p.m. Faith Bible Institute at EBBC

Tuesdays: March 3, 17, 24, 31; April 7, 14, 21, 28

10:00 a.m. Ladies Coffee Break Meeting

Wednesdays: March 4, 11, 18, 25; April 1, 8, 15, 22, 29

7:00 p.m. Young Adult Group at EBBC

Wednesdays: March 4, 11, 18, 25; April 1, 8, 15, 22, 29

7:00 p.m. Prayer meeting and Bible Study at Parsonage

Thursdays: March 5, 12, 19, 26; April 2, 9, 16, 23, 30

10:00 a.m. Grief Share Brunch

Thursdays: March 12, April 9

10:00 a.m. Women's Ministry Meeting

Fridays: March 13, 20, 27; April 10, 17, 24

1:00 - 2:30 p.m. Food Pantry at EBBC

Fridays: March 6, 13, 20, 27; April 3, 10, 17, 24

7:00 p.m. AWANA at EBBC

Saturdays: March 7, 14, 21, 28; April 4, 11, 18, 25

10:00 a.m. Faith Bible Institute at EBBC

Saturdays: March 7, 14, 21, 28; April 4, 11, 18, 25

7:00 p.m. Youth Group at EBBC

Providence Baptist Church

410 Pleasant Street Epping, NH 03042

We are looking forward to celebrating the Resurrection day of our Lord and Savior Jesus Christ. Our Easter Services begin with a Sunrise Service at Harvey Hill on Red Oak Hill Road beginning at 6:00 a.m., followed with a breakfast at the church. Please RSVP to the church if you are planning to attend the breakfast. (603) 679-8918. Our Easter Morning Service begins at 10:30 a.m. and includes a wonderful blend of contemporary and traditional music and a stirring message in celebration of our Risen Lord. We hope to see you there.

News from the Historical Society

Madelyn Williamson was in Concord on February 18th representing Epping and the Historical Society as the keynote speaker at the dedication of the New Hampshire State Archive building to William

Plumer. Also present at the dedication and small breakfast were Gov. Lynch, the Executive Council and other state officials. A wonderful portrait of William Plumer was unveiled. There will be a public ceremony sometime in May at the New Hampshire Archives Building on Fruit Street in Concord where the Plumer portrait is hung.

The Historical Society is now celebrating its 37th year of service as the resource center for information on Epping's special history, people and events. The Society's collections include a wide variety of historical displays, street and town maps, family records from 1741, old documents and photos. Additionally they offer a unique computerized index of Epping's over 80 cemeteries.

The Society presents special programs and activities throughout the year. All are announced, free and open to the public. They are taped and the tapes are available to the public.

The Epping Historical Society continues to present scholarships to Epping students majoring in history.

The Society building, located on Water Street next to the park, is closed during hazardous weather conditions. However, Madelyn Williamson at 679-5482 or Joy True 679-8855 welcome a call anytime for an appointment or information.

As always, the building is open on Memorial Day.



Harvey Mitchell Memorial

Library

151 Main Street, Epping – (603) 679-5944

November Schedule:

Spring is coming! The days are getting longer, the snow might melt by May, and we at the library are beginning to prepare for spring programs and summer reading! If you haven't made use of the library lately, stop by to see what's here. Some of the most exciting additions to our collection this month are not even books, but new bookcases. In order to make the children's room a more flexible space for meetings, movies and popular programs, we now have mobile picture book shelves, custom made by the NH Correctional Industries Wood Shop in Concord, which complement the taller shelves they made for us in 2005. The children's room had to be rearranged to work in the new shelves and to move the computer tables closer to the circulation desk, because new computers are on their way for the kids! The staff is most grateful

to our patrons for bearing with us during the re-decorating process.

During these financially trying times please remember nearly everything here at the library is free, made possible by your tax dollars. We are constantly ordering best selling fiction, relevant non-fiction, new kids books, current DVDs and popular magazines, and can get just about anything you're looking for through the state-wide interlibrary loan network. If you don't see it here, just ask...we'll try to get it for you. There are 4 patron computers with internet for public use, plus wireless internet available to those with their own laptops. We have copying and faxing services (for a small fee), and a variety of programs for both children and adults. The library is open Monday through Friday from 10 am to 8 pm and Saturdays from 10 to 2 pm.

Library Trustees meet the 3rd Monday each month at 7:15 – March 16th and April 20th

Coming up in March and April:

For Adults:

Eclectic Book Group: Meets the 2nd Tuesday.

Mar. 10th @ 7 pm – Fall on Your Knees by Ann-Marie MacDonald

Apr. 14th @ 7 pm – come in March and help decide on April's book!

Mystery Book Group: Meets the 3rd Wednesday.

Mar. 18th 7 pm Her Royal Spyness by Rhys Bowen

Apr 15th @ 7 pm – come in March and help decide on our book for April!

Scrabble Club – Drop in on Thursday afternoons at 1:00 for non-tournament style play.

Light refreshments provided.

Estate Planning Information Night – March 25th 5:30 – 7:30 p.m.

No matter your net worth, it's important to have a basic estate plan in place. Kathryn Williams, Esq., of Wiggin & Nourie, P.A., will present a talk on estate planning on Wednesday, March 25th from 5:30 to 7:30. Ms. Williams will discuss the financial and legal considerations in an estate plan, the basic components of any plan, and answer your questions.

Crafter's Night: Thank you to Dona Camara for her amazing folded paper craft in February. The group will be meeting in March – date & project undecided at press time

Dessert and a Movie: a free night out for adults – enjoy a recent release on our 9 foot screen with stereo surround sound - 4th Thursdays @ 7:45 p.m.

March 26th – “Milk” starring Sean Penn

April 23rd – “Rachel Getting Married” starring Anne Hathaway

Programs For Children:

Preschool Storyhour: Wednesdays @ 10:30 and Thursdays @ 10:30 and 1:30

This is a drop-in program designed for children ages 2 to 6. No registration is needed. The kids have time to explore the library, look for books and play with friends before sitting down for songs and stories with Miss Tracie, and then may participate in the related craft project. This is a great social time for preschoolers and their parents.

Story Explorers - Spring Session: Meets Tuesdays after school 3:30 to 4:30, March 31 – May 19. This program is for children in Kindergarten, 1st and 2nd grade, who enjoy stories and projects. During the spring session we will explore art and science with stories, hands-on experiments, crafts and outdoor discovery when possible. Snack is provided. Pre-registration is required so we have continuity week to week. Parents must remain on site during class.

Pajama Night: 2nd Friday each month at 6:30 p.m.

Wear your PJs and bring a snack to share to this fun family event for kids ages 2-8

March 13th – Colors of the Rainbow – featuring the Story Explorers' presentation of “What Do You See?”

April 10th – PJ Movie Night featuring The Tale of Despereaux (rated G)

Toy Play Day: 4th Saturdays 11:00. to 1:00.

March 28th – Moving the Story off the Pages – a creative movement program led by Dance Parties and Fitness in Motion of Rye, NH

April 25th – Spring Tea Party

School Vacation Week Movie Series: April 27th – May 1st each day at 1:00 p.m.

Movies recently released on DVD shown on the big screen with stereo surround

5th Annual Toy Drive – Starting this month, we will be taking donations for our 5th annual Toy Sale. Storyhour moms Heather Clark and Andrea Meyer are once again taking charge of this fundraiser and have secured a storage unit to hold items until the sale day in late June. Gently used toys, games, infant and toddler items and even outdoor play equipment but no clothes will be accepted. The annual toy sale raises funds for the Summer Reading Program. Keep the library in mind when you do your spring cleaning!

Volunteers Needed: Now that the parking lot is done and our drainage problems are solved, we will be re-carpeting the children's room sometime this spring. We would love to have several volunteers to help load the books into boxes, move the boxes out of the way and then reload the shelves when

the contractors are finished. If you have a good back and some time to share, contact Tracie Wilkins at the library. Once we set a date to have the work done, we'll be able to schedule volunteers.

Friends of the Library...

Thank you once again to the Friends of the Library! Using funds raised during their very successful Silent Auction the Friends replaced all of our tippy old office chairs and finally purchased a display case for the signed copy of Harry Potter and the Half-Blood Prince that we won from Scholastic a couple of years ago.

This hard-working group also provided yummy gingerbread men, all the candies needed for decorating and volunteers to run the project at January's Gingerbread Friends Pajama Night. We had exactly the right number of cookies for the kids who attended! Thank you to Julie Carr and Pat Van Wagoner for their help.

The Senior Tea on Feb 9th was our best-attended ever, with delicious food and wonderful camaraderie, including a visit from our former Library Director, Amanda Reynolds-Cooper and her 3 month old daughter, Ada. We're so grateful to have Friends like Nancy Andrews, Jeanne Fitzpatrick and Teresa Kucera who were willing to cook and do dishes for this popular event.

In addition, the Friends host an on-going Food Pantry Donation Box in support of Epping's Food Pantry. Non-perishable items are always welcome to help neighbors who may be struggling to make ends meet. The box is located near the front door on the main level of the library.

F.O.L. meets the 2nd Monday each month – Mar. 9th @ 7 pm and Apr. 13th @ 7 pm

Epping Recreation Department News

We are pleased to announce our new website www.eppingrecreation.org. All information about the recreation department may be found there.

Families First

Families First Health and Support Center has many programs for parents and the community.

Please visit their website at

www.familiesfirstseacoast.org for a complete listing of programs being offered. The following are just a few in and around the Epping area:

In Epping: Who's In Charge In Your Home? Wednesdays, March 4–25, 6:00–7:30 p.m. Epping Elementary School. Learn the ABCs of being in charge, 1-2-3 Magic, and How To Talk so Kids Will Cooperate. Facilitator: Susie Bright/Bob Pavlik

In Raymond: Babytime Tuesdays, March 3 – April 14, 9:30–11:00 a.m. at Easter Seals. An educational, playful and supportive group for babies up to 12 months and their parents; expecting parents also welcome! Drop-ins OK. Child care provided for older siblings up to age 5 with advance sign-up. Facilitator: Susie Bright

In Exeter: "How to Talk" So Kids Will Act Responsibly. Tuesday, March 10, 6:30–8:00 p.m. at New Outlook Teen Center. Based in part on the book "How to Talk So Kids Will Listen" by Adele Faber and Elaine Mazlish. Advance sign up required; call Angela Haynes 778-3933. Facilitator: Joanna Wicklein

Donate Your Old Cell Phone and Help Our Troops Call Home

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, please contact Joyce at 679-5441 ext 101.

Host a Foreign Exchange Student

Have you ever considered hosting a foreign exchange student? It will benefit you by expanding your world horizons, learning new cultures and languages. You'll make lifetime global friendships, with the possibility of future travel.

Student requirements: Student ages 15 to 18.

Students are screened and come with medical insurance and spending money.

Students are expected to be a member of the family, not a guest.

Students speak English and can share a bedroom with another child.

Students attend the local high school and must maintain at least a C average.

Students follow the rules of your home, keeping curfew and doing chores.

Host family requirements: Room and board, love and English.

Treat them as you would your own child.

You are not expected to change your lifestyle or normal schedule.

OPEN YOUR HEART, YOUR HOME AND HAVE A BLAST!!! Contact International Student Exchange immediately by calling Kris Matthew (603)894-6468 or emailing to: Krism29@myfairpoint.net

Epping School District News



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.

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.

- March 5, 19; April 2, 16

Members of Epping School District Honored

Epping School District earned much kudos from The New England League of Middle Schools (NELMS). Superintendent Barbara Munsey is being honored as one who understands and supports effective middle level education that promotes powerful learning for young adolescents. She has received the 2008-2009 Superintendent Award.

Mrs. Munsey understands how young adolescents learn and she champions middle level education by actively promoting middle level education, building community support and recognizing middle level as a distinct entity of education.

Christine Luongo, sixth grade language arts teacher, is being awarded Master in the Middle Award. Mrs. Luongo has been teaching for 22 years and remains committed and passionate about middle level education. She is involved formally as a mentor to new teachers, but she also continues to serve as a role model to many. She is recognized for incorporating activity-based learning and developing a sense of student ownership in their learning. Mrs. Luongo models many effective middle level instructional practices.

Mr. Cushman Gillen is enjoying his second year teaching sixth graders at Epping Middle School. He is being awarded the NELMS Promising Practitioner Award. He meets the needs of individual students by using effective middle level

practices such as fostering curriculum connections, and integrating higher order thinking. Epping Middle School is proud of Mrs. Munsey, Mrs. Luongo, and Mr. Gillen for their positive contributions to middle level education. They will be congratulated formally at the annual NELMS conference in April and recognized by the Epping School Board on March 5.

Epping Elementary School (EES)

EES Artists in Residence Program - March 26th to April 3rd. Artists: Randy Armstrong & Genevieve Aichele.

Our Artist in Residence program this year focuses on World Tales. Randy Armstrong and Genevieve Aichele will be working with our students and staff on "a mosaic of music and stories from around the world". Our culminating event will be on the evening of April 3rd with a potluck dinner and a performance by our students.

Grade 3 Field Trip to Boston Lyric Opera on 3/16/09. The students will be going to the John Hancock Hall in Boston to see the Boston Lyric Opera's production of Mozart's, "Magic Flute". Buses will leave at 8:50 am and return to school at 2:30 pm. This is the annual culminating event to Grade 3's opera unit.

Epping Middle School (EMS)

Wall of Compassion

Friends Helping Friends, a nonprofit organization at Epping Middle School dedicated to providing funds to families of Epping students living with long-term illnesses, is selling Hearts of Compassion for \$1. Students who purchase a paper heart will see their names displayed on the hearts on the central bulletin board in the foyer of the middle school. This is just one of the many fundraisers held by Friends Helping Friends. The organization will be selling Easter eggs with prizes as a raffle in March. Contact Pat Weisberg at 679-2544, extension 263, to donate to this worthwhile charity.

Pride Assembly

Epping Middle School celebrates its students every month at a PRIDE assembly. The administration, faculty, and staff recognize students who epitomize Epping Middle School's Guiding Principles:

1. Respect and encourage the right to teach and the right to learn at all times.
2. Be actively engaged in learning; ask questions, collaborate, and seek solutions.

3. Be on time to fulfill your daily commitments.
4. Be appropriate; demonstrate behavior that is considerate of the community, the school, and yourself.
5. Be truthful; communicate honestly.
6. Be respectful and accountable for your choices.

For February, the following students earned the honors for demonstrating Guiding Principle #5: Steven Chadwich from the Hypatia Team; Evan Silva from the Thales Team; Madison Gardner from the Plato Team; Erica Fowler from the Newton Team, and Joshua McKee from the Unified Arts Team.

Guiding Principle #6: Cassie Boudreau from the Hypatia Team; Christopher Locke from the Thales Team; Taylor Barnes from the Plato Team; Cory Mills from the Newton Team, and Colin Nollet from the Unified Arts Team.

The following students were randomly picked from all those awarded "Good Moves" tickets for deeds of kindness and generosity: Brittney Bullock, James Butterfield, Nick Carleton, Madison Davide, Jessica Hardy, Austin Hicks, Jayci Noyes, Morgan Pease, and Alexis Wulff.

EMS Pride Honor Roll Quarter 2 2008-2009

Epping Middle School recently acknowledged the following EMS Pride Honor Roll: Highest Honors in Learning Thales Team Sarah Clements; Hypatia Team Jennifer Jarosz and Rachel Kaplan; Newton Team Megan Illsley Highest Honors in Work Habits/Effort Thales Team Sarah Clements and Spencer Holt; Hypatia Team Jennifer Jarosz, Rachel Kaplan, Tina Le and Casey Sturzo; Plato Team Brittney Bullock, Nathan Cameron, Chelsey Gosselin and Margaret Weaver; Newton Team Sawyer Begin, Erica Fowler, Megan Illsley, Lexie McDonough, Tucker Moss, Sarah Nadeau, Colin Nollet, Brianna Parent, Kylie Patton, Janine Perkins and David Savage. Honors in Learning Thales Team Jeremy Barbosa, Eric Batchelor, Kelly Begin, Seth Bolduc, Sarah Cammett, Thomas Church, Amanda Cole, Jamie Craig, Jannet Desvira, Spencer Holt, Ethan Illsley, Kayla MacLeod, Jacob Magyar, Joshua McKee, Megan Mission, Morgan Pease, Evan Silva and Rachel Stone; Hypatia Team Daniel Daher, Madison Demars, John DiFrancesco, Alexander Hackett, Brooke Hall, Adrianna Lamparelli, Kayla LaRoche, Tina Le, Hannah Mailhot, Casey Sturzo, William White and Alexis Wulff; Plato Team Ryan Bentz, Brittney Bullock, Nathan Cameron, Cassidy Garrow, Chelsey Gosselin, Joseph Leclerc, Marina McCartney, Christina O'Donnell, Kelly Seaman, Zachary Szczechowicz, Ngoc Tran, Jillian Venuti,

Margaret Weaver and Aziz Zarveen; Newton Team Holly Augustonovich, Sawyer Begin, Tiffani Bolduc, Kecia Bonenfant, Cody Cammett, Samantha Church, Christie Cole, Kevin Dix, Natalia Dore, Joseph Duvarney, Erica Fowler, Nicole Grenier, Amber Hanson, Kyle Johansson, Jaime Johnstone, Oliviah Kimball, Morgan King, Logan Kozler, Hunter Lambertson, Derek Lariviere, Shannon Lee, Zachary Mailhot, Hayleigh Mantini, Colleen McCormack, Lexie McDonough, Alana Milewski, Cory Mills, Jennifer Murphy, Sarah Nadeau, Colin Nollet, Samantha O'Hanley, Brianna Parent, Kylie Patton, Janine Perkins, David Savage, Colin Spillane, Frank Stanley, Matthew Tropp, Brittany West and Tyler Young.

Congratulations to these students for achieving honor roll status.

Math-A-Thon

For many years Epping Middle School students have participated in the St. Jude's Children's Research Hospital Math-a-thon. The program is designed not only to strengthen basic math skills, but also provides the students with an opportunity to build character and self-esteem by raising money to help others.

Cancer kills more children than any other disease. St. Jude's Children's Research Hospital is America's leading childhood cancer research center. Its purpose is to provide medical treatment for desperately ill children and research that will permanently wipe out these deadly diseases. St. Jude treats its patients at no cost to their families and will even help to provide transportation and lodging if necessary.

Math-a-thon is an educationally based program that challenges students to work problems that are fun and intriguing while providing a positive learning experience for the students. Your support and encouragement are essential to ensure the students receive maximum benefit from the program. The proceeds from the event will help provide a future for St. Jude by building an endowment fund, a final dream of the founder, Danny Thomas.

Feel free to contact Mrs. Phelps, event coordinator, with any question and to donate to this charitable cause. She can be reached at Epping Middle School, 33 Prescott Road, Epping, NH 03042, (603) 679-2544. Please have all donations in by February 16.

Spelling Bee

During the recent Epping Middle School all school assembly, a Spelling Bee Champion was determined. Each Language Arts class in grades

six through eight held Bees. The top five from each class then competed against students from their own grade. The top six from the Newton Team were John Caulder, Scott Soucie, Ian McKenzie, Colin Spillane, Tyler Young, and Natalia Dore. Those from the Plato Team were Nick Young, Chelsea Gosselin, Graydon Murray, Brittney Bullock, Jillian Venuti, and Nathan Cameron. Those from the Hypatia and Thales Teams were Alyssa Paolini, Melanie Bouchard, Seth Bolduc, Alex Hackett, Billy White, and Mark Vaccaro. The winner, for the second consecutive year is Colin Spillane, who will represent EMS in the regional Spelling Bee on Saturday, March 7, at the Portsmouth Elks Lodge. The runner up is John Caulder and the second runner up is Nick Young. The Epping School community is proud of its fine, young spellers.

Epping Middle School Teachers Continue to Learn

Epping Middle School continues to promote middle level education by sending six of its staff to the New England League of Middle Schools (NELMS) conference: Fair Isn't Always Equal, Differentiating Instruction/Myth busting and Practicalities of Differentiated Assessment and Grading.

Media specialist Thelma Thompson, Special Education teacher Candace Smith, Science teacher Cushman Gillen, Language Arts teachers Andrew Fersch and Pat Weisberg, and Dean of Students Kyle Repucci participated in the two day conference featuring renowned author and middle level educator Rick Wormeli.

The conference focused on differentiation instruction so more students succeed. Grading, tiering activities, and scaffolding were some of the subjects covered in the dynamic presentation. There were over 240 participants from six New England states represented at the conference. Teachers were given the opportunity to get practical advice from Mr. Wormeli and work together to discuss strategies for differentiation in the classroom.

Epping participants have been working with differentiation all year as part of their professional learning plan. Tufts University teacher Lynn Schade continues to work closely with the Epping team during profession learning days. The staff came back energized and ready to employ some new ideas to help all students succeed.

Scholastic Art Awards of New Hampshire

Epping Middle School was well represented at the 2008-09 Scholastic Art Awards of New

Hampshire, administered by the New Hampshire Art Educators' Association, a regional affiliate of the Alliance for Young Artists and Writers, Inc. The following students submitted work which was on display in the school: Keenan Corcoran, Hayden Dumont with three submissions, Joseph Leclerc and Shelby Martin from the Plato Team. Tiffani Bolduc, Erik Dollard, Derek Lariviere, Jennifer Murphy, Colin Nollet, Kylie Patton, and Zeb Rainford, with three submissions, from the Newton Team. Keenan Corcoran and Zeb Rainford earned Honorable Mention for their work while Colin Nollet was awarded the Gold Key as was Zeb Rainford. Their art work will be on display at the Stockbridge Theater, Pinkerton Academy, in Derry, NH, from January 20 through February 8. Gallery hours are Monday through Friday, 9:00 A.M to 4:00 P.M. The gallery is also open on Saturday and Sunday, from noon to 3:00 P.M. Art teacher Deb Booth and the Epping Middle School community is proud of the participants and award winners.

Epping High School (EHS)

News from the Freshman Team:

The class of 2012 sponsored a school dance February 13th to kick off Spirit Week. Freshmen Justin Cawley (Night Crawler) and Alex Osgood (The Oz) were the DJs and the masters of ceremony. About 100 students were in attendance.

The start of the new semester brings new curriculum to the freshmen core classes. World cultures will be studying Asia including China. Math will be starting a unit on solving inequalities and English is beginning the play Romeo and Juliet. Biology's next unit is on Taxonomy.

We are designing an advisory component for seminar that we hope will begin in the third quarter. Honors will be changing to a fixed, once a week rotation. Monday will be math, Tuesday will be English, Wednesday will be World Cultures and Thursday will be Biology. Fridays will be dedicated to a guidance component.

With best regards and looking forward to spring,
The Freshman Team.

News from the Darryl J. Rice Memorial Media Center:

New additions to the reference collection include a Teen Finance Series. This four volume set will support the business curriculum and help students learn money management skills. Topics include credit, debt, college financing, savings, and

investment. New subject encyclopedias on holidays and festivals, biotechnology, and world mythology may also be found in reference.

For the general nonfiction collection, a series on Dictatorships will support history courses. Another series entitled "Images and Issues of Women in the Twentieth Century" with its focus on popular culture will be useful in a number of English and history courses.

Recently the software for the online library catalog was downloaded to each media center computer. This allows students to search for library materials from any library computer, as well as gain access to the eBook collection. It is hoped that the library catalog will be web-based in the future and accessible to students and staff from any school computer and from home.

Sophomore Class News:

The sophomores just wrapped up mid-year exams and are off to a fresh start second semester. Sophomores with signed permission slips who are interested in attending SST next year took a field trip to the school on Wed. Feb. 11 to view the programs. Academically, the Sophomores will be studying electricity and magnetism in Science, and will be writing 15 vignettes on their own lives in English, modeled after the book "The House on Mango Street" by Sandra Cisneros. In Sophomore Seminar, Ms Leavitt and Mr. Cotreau from Guidance will be working with the students on the topics covered in the Frontline program "Growing Up Online".

Humanities Department

The Humanities Department continues to offer students many choices within the classroom. This month we would like to highlight freshmen English. Mr. Granbery, our freshmen English teacher, is working with his students in literacy circles. This is what Mr. Granbery writes about his classes:

"The freshmen English class is reading literature that progresses on a time line, within Western Civilization, from the ancient world towards the Renaissance. Their current unit is a historical novel reading using a literacy circle strategy. Students choose from among three historical fiction books that take place in the time period being highlighted..The literacy circle is an unusual approach to class assigned reading. Students have selected a book and grouped themselves into teams all reading the same book. Each day each student picks a job to do in addition to their reading assignment. These jobs include the discussion director, the summarizer, the quote finder, passage

picker, vocabulary finder and illustrator. The literacy circle meets each class and students present their homework. Each homework assignment has a component that is completed by the group. The literacy circle has other tasks as well. There are several questions to be answered for each reading and there is a character map that is filled out as the reading progresses. An advantage literacy circles have over the conventional "teach the book" approach is that students have choices. They choose the book and they choose their jobs. Another advantage is that students are responsible to each other for their readings and their work. The grading is structured so that a student who doesn't do his work only lowers his own grade, but each completed assignment "earns" the group points. Students also enjoy the social aspect of the group, which mimics adult book groups, yet the social aspect is controlled by a system of points awarded for being on task. We hope the literacy circle will inspire the enjoyment and habit of reading."

The Humanities department has also completed guidelines for writing a thesis that will be used across our department. We are serving as the pilot group with the hopes that our final product will be used by all teachers. The advantage to students is that the same clear expectations for writing will be used by all teachers.

The Humanities department completed a scope and sequence of what content will be taught at each grade level and in each course in order that we build on the content that is taught in grades 9 through 12. We are in the process of now building a scope and sequence of skills taught at each level. This will help students learn to use higher order thinking skills at each grade level. Looking at both content and skills will also help us refine the competencies in each course as is mandated by the state.

Epping High School's Art Department

is proud to announce the winners of this year's Scholastic Arts State Competition. Under the direction of Tobey Harman, eleven keys were awarded out of a possible fifteen to the creative students of Epping High School. Artworks submitted ranged from all mediums: from paintings, to sculptures, to pottery, students from all grades received a key.

The Scholastic Arts is a competition for students from all across the state of New Hampshire. Students must follow difficult guidelines when submitting their work, and if chosen receive one of

three recognitions: Gold key, Silver Key, or Honorable Mention. The judging of each submitted piece of artwork is reviewed by the pieces' originality, technical proficiency, and emergence of a personal vision.

Only fifteen pieces of work are allowed to be submitted per art teacher, leaving Tobey Harman with a difficult task of choosing what should be submitted with such a low amount of slots, compared to other schools. "Out of so much talent in the school, it makes it an impossible task to select only fifteen pieces. I encouraged teachers, students, and administrators to come in and give their opinion in the selection."

Epping High School is proud to recognize the following students for their outstanding achievement. The following sophomores were awarded by Scholastics. Joseph Ramey received an honorable mention for a ceramics/glass piece. Grace Corcoran received an honorable mention for her computer art. Amber Haywood received a gold key for her painting, a great achievement for an underclassman. Connor Patton, a junior, received a silver key for his mask sculpture.

The seniors awarded include: Sarah Porter, who received a silver key for her self portrait sculpture. Elizabeth Kimball, received an honorable mention for her pen and ink drawing, a gold key for her self portrait painting, and a gold key for her ceramics and glass sculpture. Myles Kenneson was awarded a gold key for his brass and metal sculpture. and Sebastian Gouveia, a gold key for his self portrait painting, and a gold key for his 8 piece portfolio, the most difficult award to achieve.

Music News ~ Jared Breault, Band Director

Upcoming Music Events::

March 4 - TEMPO meeting - Contact Cheryl

MacLeay for more info

March 24 - Music in Our Schools Month Concert - All Ensembles

March 27/28 - Large Group Festival - Chorus Only

Mental Health and Substance Abuse Treatment Services

are now available in the Epping Community. Seacoast Mental Health Center and Child and Family Services now have therapists available to provide services to Epping students and their families. Both agencies will have a therapist based in the Epping High School building one day a week. These services are available to all Epping students and their families. Stacie Lucius, MS of Seacoast Mental Health Center is available to provide mental health services to students in the Epping community. Stacie will be available to students and their families in Epping one

day a week. Students may access services during the school day (primarily during non-academic time such as lunch or study hall). Jaime Gormley, MSW of Child and Family Services is available to provide adolescent substance abuse treatment counseling to the Epping community. Jaime will be available to students at Epping High School one day a week. Students may access Jaime's services during the school day (primarily during non-academic time such as lunch or study hall) and in the community. For more information about the services available and the referral process, please contact Melora Bisailon, Dean of Students, or your child's guidance counselor.

Epping High School Athletics

Hello all from Epping High School Athletics. Though Punxsutawney Phil says we have six more weeks of winter the athletic department is beginning to cast its eyes towards spring. Our basketball seasons are winding down, and the state tournaments are right around the corner.

The department would like to send a reminder out to all spring sport parents to make sure physicals are up to date for the upcoming season. All students wishing to try-out must have a current physical, within the last two years, on file in the nurse's office. Spring athletes can obtain physical/consent agreement form in the main office or, from Mr. Averill.

Awards

Epping High School athletes continue to garner awards from state organizations. Most recently Amanda Foster and Cory Buchanan were recognized by the NHIAA as Female Scholar Athletes. This award is given to seniors who participate in at least two varsity sports while maintaining a 3.5 grade point average throughout their high school career.

The New Hampshire Basketball Coaches Association also recognizes academic athletes. This year three girls, and five boys attained the standards to be recognized as NHBCO All Academic Athletes. Representing the girls' basketball team were Samantha Arsenault, Cory Buchanan, and Amanda Foster. Representing the boys' team were Mike MacLeay, Jimmy Riordon, Steven Robert, Matt Richard, and David Deschene. Girls Basketball

The girls basketball team is currently ranked 11th with a 9-7 record. The Blue Devil girls are on a three game win streak, and the highlight of this streak was an overtime thrilling victory over Hopkinton on February 12(45-39). February 12 was also the date that the community said goodbye to

our seniors with a short celebration for them before the game. Our four seniors; Meghan Fiore, Amanda Foster, Cory Buchanan, and Megan Browning were recognized before the game. The Blue Devil girls have two more regular season games, and then will compete in the State Tournament with a game on the road to be determined.

Spirit

The Spirit team will be attending two competitions at the varsity level. The Concord Invitational Cheering Competition will take place March 7 in Concord, New Hampshire. Time is to be determined. The second event is the State Competition which will be held at Southern New Hampshire University on March 14. The performance time for the team is also to be determined at this time.

Boys Basketball

The boys' basketball team is currently 5-7, and 3-1 in their last four games. The win streak was highlighted by a 55-54 win over previously undefeated Campbell. The boys are in 12th place, and have six games left on their schedule. On March 4 (JV 5:30, Varsity 7:00 vs Raymond) the boys program will be recognizing their seniors with a short celebration before the game. We are asking all fans to "White out" the gym by wearing blue and white to the game.

Boys Junior Varsity Basketball Tournament is March 6, 7, 8 and 9.

Please be sure to visit our website at: www.sau14.org

Wellness Committees

The Epping Elementary School Wellness Committee and Epping Middle & High Schools Wellness Committee are looking for community members interested in joining their teams.

The Wellness Committee consists of a group of individuals representing the school and community, including parents, students, food service representatives, school board members, school administrators, teachers, health professionals and members of the public. The Wellness Committee works within the schools to develop, implement, monitor, review and, as necessary, revise school nutrition and physical activity policies. The committee also serves as a resource for schools in implementing those policies.

Each committee meets four times a year, usually on a Wednesday immediately following school (2:45 for Middle & High, 3:30 for Elementary). We welcome community members who do not have

children in the school. If you are interested in serving on either the Elementary Wellness Committee or the Middle & High Wellness Committee, please contact Martha Williamson at the SAU office: 679-8003 Ext 104.



Project Graduation

PROJECT GRADUATION DODGEBALL TOURNAMENT

"CAN YOU HANDLE IT?"

SATURDAY, MARCH 21ST 7:00 PM

EPPING HIGH SCHOOL GYMNASIUM

To register your ten person team:

* Call Cheryl MacLey at 679-8018, ext 224 or

* Email cmacleay@sau14.org

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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!

Spotlight on Businesses

A Better Way To Health

"Hi, how are you?" -- "I'm fine", "I'm great", "I'm doing well". The truth is that we may not actually be great or even fine. After a shot of truth serum,

the responses would probably sound more like this: "I'm depressed", "I'm constipated", "I'm too fat". Most of us are suffering with issues that seem so common or embarrassing that we just don't deal with them. Many of these simple problems are at the root of many other health concerns. Are you sick and tired of being sick and tired? In 1998, I started selling natural health supplements after experiencing great results and simple solutions to some nagging and common health issues and I've found that many people have experienced the same beneficial results.

In 1999, my family moved from Big Bear Lake, California to Epping New Hampshire where I have continued studying, consulting and selling natural health supplements worldwide via the phone and my web site www.ABetterWay2Health.com. I hope to help people understand that there is a better way to health. It involves simple basic principles. **Eliminate** toxins and poor habits. **Nourish** the body with whole foods and clean water. Get exercise and rest. **Replenish** crucial nutrients depleted by stress, genetic conditions, disease, athletic activity, etc.

My degree in Animal Science offered a variety of courses in nutrition, chemistry and other sciences which have turned out to be a good foundation for my business. (Animal Science is the study of raising animals for the food industry). I have since enjoyed reading many books and articles about everything from diet to hormone balance and over the years I've learned so much from reading, watching, listening and experiencing many natural and healthy ideas. I've studied herbology books, Chinese medicine ideas, raw vegetarian programs...I even tried living the vegan lifestyle, thinking that there must be a better way to health.

Last November I expanded my business to include vending machines from Yo Naturals. My "YoZone" machines are placed free in schools and businesses that care about offering healthier alternatives for snacks and drinks. These machines not only offer healthy snacks, but also offer a great fund raising opportunity, paying a percentage of the sales back to the organization. Some of the more popular natural snacks offered in a YoZone vending machine are Pirates Booty cheese puffs, Clif Energy Bars, protein rich Builder Bars, Luna Bars for women, all natural Dirty Potato Chips, Honest Kids flavored water drinks, low calorie Pop Chips, kids Crayon juices, organic iced coffees, natural cookies and much more. Items in a YoZone machine are free of hydrogenated oils, high fructose corn syrup, artificial colors and sweeteners.

I hope you are truly well. If not, there is a better way to health.

Amy Houston, owner, A Better Way To Health LLC, Epping, NH. 603-679-9595, 888-504-2623. www.ABetterWay2Health.com

Holy Grail

Food & Spirits

"Where your quest for great food ends"

In May of 2008, David and Maureen Kennedy opened the Holy Grail in Epping. The old St. Joseph's Church was built in 1895-1896 by William J. O'Connor and was established as a Parish in 1898. In simpler times long past, this new structure served the local residents as a gathering place to worship, to meet people, listen to music and socialize among friends and family.

Today, 112 years later, the same basic structure has been reborn into one of the Seacoast's Premiere restaurants by the Kennedy family. The Holy Grail Food & Spirits will strive to be a pub in the truest sense of the word. They have combined present day ideas while preserving the same family values of their past Irish heritage. David's family roots originate from County Tipperary, and Maureen's family from County Galway Ireland. The "Cottage Room" resembles the home of Maureen's grandparents on Joyce Mountain located down the road from James Joyce, the famous Irish author and poet. The "Choir Loft" area will serve as an intimate dining experience overlooking the Main Bar and Irish village mural displayed high on the Altar wall. Pew-like booths line the walls with exceptional views of the original Stain-glass windows. Authentic Irish/English cuisine will enhance the guests overall dining experience. We would like to thank you for joining our family for a hearty meal, a refreshing beverage and interesting conversation. Hopefully, you will return often and become part of our new family.

The Holy Grail is located at 64 Main Street in Epping, across from the Post Office. We are currently open Sunday, Tuesday and Wednesday from 11:30 a.m. to 11:00 p.m. serving food until 9:00 p.m. and Thursday, Friday and Saturday from 11:30 a.m. to 12:00 midnight serving food until 10:00 p.m. Closed on Mondays. Please call: 679-9559 or visit our website at:

www.theholylgrailpub.com for more information.

If you are looking for something that is very different in dining, your quest is over!

Email Address Changed?

Please notify us if your email address has changed, so we can update our mailing list at:

speakupepping@gmail.com.

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 (May-June) of this newsletter will be sent out by **May 1st, 2009**. We will accept **submissions through April 24, 2009** 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



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Zoë H Rivard
ACN Independent
Representative

zhrivard.acnrep.com

Epping Calendar of Events for March 2009

Date	Event
March 2	EES PTO Meeting 7:00 p.m. in EES Library
March 3	EHS Boys' Basketball games with Interlakes JV at 5:30 p.m. Varsity at 7:00 p.m.
March 4	Boys Basketball Senior Night Whiteout JV 5:30 p.m., Varsity 7:00 p.m. vs Raymond
March 5	Epping School Board meeting 7:00 p.m. in Epping Town Hall
March 6-9	Boys Junior Varsity Basketball Tourney
March 7	Regional Spelling Bee at Portsmouth Elks Lodge
March 7	Concord Invitational Cheering Competition in Concord, NH
March 8	American Legion Post 51 Sunday breakfast 9:00-11:30 a.m.
March 9	Friends of the Library Meeting 7 p.m.
March 10	Election Day in Epping Middle School Gym 8:00 a.m. to 7:00 p.m.
March 10	Eclectic Book Group at the Library 7 p.m. "Fall On Your Knees" by AnnMarie MacDonald
March 13	EBBC Food Pantry 1:00 – 2:30 p.m.
March 13	Pajama Night at the Library 6:30 p.m. to 7:45 p.m. for kids 2 to 8 "Colors of the Rainbow"
March 14	State Cheering Competition at Southern New Hampshire University
March 16	EES Grade 3 Field Trip to Boston Lyric Opera 8:50 a.m. to 2:30 p.m.
March 16	Library Board of Trustees Meeting 7 p.m.
March 18	Mystery Book Group at the Library 7 p.m. "Her Royal Spyness" by Rhys Bowen
March 18	Kindergarten Registration and Supper 6:00 – 7:30 p.m.
March 19	Epping School Board meeting 7:00 p.m. in Epping Town Hall
March 20	EBBC Food Pantry 1:00 – 2:30 p.m.
March 21	Saturday Irish Boiled Dinner at Epping Community Church 5:00 – 7:00 p.m.
March 21	Project Graduation Dodgeball Tournament 7:00 p.m. EHS Gym
March 24	Music in Our Schools Month Concert 6:30 p.m.
March 25	Estate Planning Information Night at the Library 5:30 -7:30 p.m.
March 26	Dessert and a Movie 7:45 p.m. "Milk" starring Sean Penn
March 26-April 3	EES Artists in Residence World Tales with Artists Randy Armstrong and Genevieve Aichele
March 27	EBBC Food Pantry 1:00 – 2:30 p.m.
March 27-April 5	Leddy Center production of "Arsenic and Old Lace"
March 27, 28	EHS Large Group Festival – Chorus only
March 28	Annual Firemen's Ball Epping Middle School Gym 7:00 p.m. to midnight
March 28	Toy Play Day at the Library 11 a.m. to 1 p.m. "Moving the Story Off the Pages"

Epping Calendar of Events for April 2009

Date	Event
April 1	Leddy Center matinee performance of "Arsenic and Old Lace" at 2:00 p.m.
April 2	Epping School Board meeting 7:00 p.m. in Epping Town Hall
April 3	EES Artists in Residence Potluck and Student performance
April 5	Last performance of "Arsenic and Old Lace" at the Leddy Center
April 6	EES PTO Meeting 7:00 p.m. in EES Library
April 9	EBBC Food Pantry 1:00 – 2:30 p.m.
April 10	Pajama Night at the Library 6:30 to 7:45 p.m. for kids 2 to 8 "The Tale of Despereaux"
April 12	American Legion Post 51 Sunday breakfast 9:00-11:30 a.m.
April 13	Friends of the Library Meeting 7 p.m.
April 14	Eclectic Book Group at the Library 7 p.m.
April 15	Mystery Book Group at the Library 7 p.m.
April 16	EBBC Food Pantry 1:00 – 2:30 p.m.
April 16	Epping School Board meeting 7:00 p.m. in Epping Town Hall
April 18	Seniors' Yard Sale 9:00 a.m. – 3:00 p.m.
April 20	Library Board of Trustees Meeting 7 p.m.
April 23	EBBC Food Pantry 1:00 – 2:30 p.m.
April 23	Dessert and a Movie 7:45 p.m. "Rachel Getting Married" starring Anne Hathaway
April 24	Deadline date to submit material for the May-June issue of the Newsletter
April 25	Toy Play Day at the Library 11 a.m. to 1 p.m. "Spring Tea Party"
April 27-May 1	NO SCHOOL Epping Schools Spring Vacation
April 27-May 1	School Vacation Week Movie Series at the Library each day at 1:00 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 **April 24, 2009**. Please include the date, event name, location and time.