



# Speak Up, Epping! Newsletter

Volume 3, Issue 2

Epping, New Hampshire

March, April '10

## About this Newsletter

*This Newsletter is produced by the Speak Up, Epping! Communications Group. The purpose of the newsletter is to provide information about upcoming events and pertinent information from community organizations. Please note that no editorial, political or religious views will be accepted and the Communications Group reserves the right to edit submissions. If you would like to submit material for and/or receive this newsletter electronically, please visit our website at [www.SpeakUpEpping.org](http://www.SpeakUpEpping.org).*

## Check Out Our Newsletter Website

The Speak Up, Epping! Communications Group is pleased to announce our brand new website: [www.speakupepping.org](http://www.speakupepping.org) Each new issue of the Newsletter will now only be available by downloading it from our website. You will also find late breaking news, past Newsletters, town links, calendars and all our ads with links to our advertisers' websites and spotlights on several of our businesses.

## Please Help!!!

If you've been enjoying our Newsletter and would like to help, your donation of time or money would be greatly appreciated. We are especially in need of a volunteer to help with typing this Newsletter. Also, your news is important to us!! Please remember to send us your news and announcements. Any news happening after an issue is printed, will be posted on the "Just In" section on our new website. Please remember to contact us at [www.speakupepping.org](http://www.speakupepping.org)

## HELP - Knitters Needed

Knit a hat for a soldier. They wear these under their helmets. Real easy pattern! See Joyce at the Town Hall for a free pattern or contact her at 679-5441 ext 101.

## Raffle for Dinner at Zampa!

Win a \$25 gift certificate to dine at Zampa! Zampa was rated second out of the "top five spots from a year of fine dining" by Our Gourmet in the Union Leader with a score of 91.5 out of 100.

Our Gourmet said: Small, romantic and one of the nicest surprises of the Year. I rated everything 9 or above and The Dining Companion gave the peppercorn cognac filet mignon a perfect 10, which he rarely gives out.

The Dining Companion said: This was my personal favorite of the year and they were a very close second. I have also asked Our Gourmet to take me there for my birthday dinner soon and she told me that it was already in the works.

Register on our website at [www.speakupepping.org](http://www.speakupepping.org) for a chance to win the gift certificate to this very special restaurant. The drawing will be April 24. Check our May-June issue to find out the name of the winner.

Thank you Cory and Julie at Zampa for your generous donation.

## Remember to Vote!

Remember to vote March 9th. Polls open 8 am to 7 pm at the Middle School Gym.

The following candidates have registered for town and school offices:

### BUDGET COMMITTEE - 3 years

Vote for not more than 1

Patrick Pagnani

Arthur Thomas

Lise Carr

Tom Dwyer Jr.

Matthew Killen

### BUDGET COMMITTEE - 2 years

Vote for not more than 1

Dale Frost

### BUDGET COMMITTEE - 1 year

Vote for not more than 1

Harold Fuller

Gary MacLeay



CEMETERY TRUSTEE - 3 years

Vote for not more than 1

Paul Ladd

Gerald Langdon

FIREWARD - 3 years

Donald H. Oakes

LIBRARY TRUSTEE - 3 years

Vote for not more than 2

Heather Clark

Laurie Dudley

Simonne F. Murphy

MODERATOR - 2 years

Vote for not more than 1

Robert Goodrich

PLANNING BOARD - 3 years

Vote for not more than 1

David N. Crowell

SELECTMEN - 3 years

Vote for not more than 2

Patrick Pagnani

Brian G. Reed

Kim A. Sullivan

Joseph (Joe) Bodge

Dianne Gilbert

Bob Jordan

SUPERVISOR OF THE CHECK LIST -6 years

Vote for not more than 1

Grace Lavoie

TAX COLLECTOR - 3 years

Vote for not more than 1

Linda Foley

TOWN CLERK - 3 years

Vote for not more than 1

Linda Foley

TREASURER - 1 year

Vote for not more than 1

Melinda Stanley

AJ Burke

TRUST FUND TRUSTEE - 3 years

Vote for not more than 1

Joe Denoncour

WATER & SEWER COMMISSIONER - 3 years

Vote for not more than 1

Michael King

ZONING BOARD OF ADJUSTMENT - 3 years

Vote for not more than 2

Robert Silva

Paul Spidle

Mark Vallone

SCHOOL BOARD MEMBER - 3 years

Vote for not more than 2

Scott Booth

Jeffrey Harris

David Mylott



## Epping Lions Club

Our February meeting was hosted at Scott LaPointe's office on Main Street, as our regular location of the High School Media Center room was unavailable during school vacation. Our fundraising committee has been hard at work thinking of ideas for fundraisers, and our members are eager to assist our community. Although vision assistance and screening is part of the Lions International "foundation", the Epping Lions would like to address the needs of our community right here in town. If anyone has ideas or suggestions of how we could best serve the town, feel free to let us know.

This year the Epping Lions Club will be assisting the Conservation Commission in running the annual Lamprey River Canoe Race. The race will be held on Saturday April 24<sup>th</sup>. The competitive race will begin at 9:00 am, with prizes awarded for male solo, female solo and two-person competitors. There will be a shorter non-competitive race beginning at 1:00 pm. Registration forms are available at the Town Hall and Lamprey Waves hair salon.

The Epping Lions meet on the 4<sup>th</sup> Tuesday of every month at 6:30 pm in the High School Media Center. Our March meeting will be held on March 23rd. New members and guests are always welcome! Our website is <http://epping.nhlions.org/> - stop in for a visit!

### Contacts...

**Pam Tibbetts**, *President*

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

**Steve Colby**, *Vice President (& website)*

stevecolby57@gmail.com.....679-2823

**Colleen Palmer**, *Secretary*

colleenmariepalmer@hotmail.com.....679-3554

**Jen Adams**, *Treasurer*

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

**Bob Jordan**, *Vision Chairman*

skidoo4us2@gmail.com.....679-5087

**Deb Brooks**, *Eye-glass Collector*

[lexusreina@comcast.net](mailto:lexusreina@comcast.net).....679-5407

## Help Support Our Troops All Year Long

If you or a friend or relative has a son or daughter in the armed forces we would like to know. Please give the person's name to Joyce at the Town Clerk's office. If you do not want the name publicized, let us know.



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

You can drop anything from the following list to Joyce at the Town Hall or contact JoAnne Schottler at 772-8620 ([scatlady@aol.com](mailto:scatlady@aol.com))

#### **Pease Greeters Care Package Wish List**

Toiletry items - 8 oz or travel size. No aerosol cans

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

Food items-individually packed to share

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

Fun stuff for the Troops

|             |                  |
|-------------|------------------|
| Frisbees    | Yoyos            |
| Dice        | Playing cards    |
| Baseballs   | Small Nerf Balls |
| Rubik Cubes | Small card games |

Items that cannot be sent

Any food containing pork  
Adult books or magazines

#### **Other ways to support our troops**

Knit hats for the Troops. Knit hats for soldiers to wear under their helmets. Some Epping citizens are making hats that the Pease Greeters give to service men and women who land at Pease. More knitters are needed and if you want more information or the free easy pattern, contact Joyce at the Town Hall.

Donate your old cell phone. More than 150,000 troops are serving overseas and are away from their families. Please make a donation of your old cell phone and provide these soldiers with a much needed connection to their loved ones. There is a drop off box at the Epping Town Hall for your convenience.

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

## **2010 Census: Get Paid to Make a Difference**

The Census takes a snapshot of the U.S. population, determining how many people reside within the nation's borders, who they are and where they live. This includes individuals of all ages, races and ethnic groups - both citizens and non-citizens. Data about how communities are changing are crucial to many planning decisions - such as neighborhood improvements, emergency preparedness and disaster recovery, public health, education, transportation, senior services and much more.

All personal information provided in the census form is kept private and is protected by federal law.

The 2010 Census questionnaire will be mailed or delivered to Epping residents in March 2010, and the U.S. Census Bureau is aiming for a 100 percent response rate. Heads of households are required by law to accurately complete the short questionnaire that contains only a few simple questions regarding their residence.

The U.S. Census Bureau is now recruiting in Epping and surrounding towns. All census jobs have paid training. Census takers earn \$15.00/hr and mileage reimbursement.

To schedule an appointment, please call our Portsmouth Census Office at 603-570-5120.

All Census jobs are part-time, temporary positions. More information, including a practice test, is available at [www.2010censusjobs.gov](http://www.2010censusjobs.gov).

Submitted by: Karyl Ober-Miles

The United States Census is an Equal Opportunity Employer.

## **Senior Moments**

-Submitted by Irene R. Cote

After last year's Yard Sale, we seniors agreed that it was too much work. It took us two days to recover. HOWEVER, we have changed our minds. It's true we remember being tired, but we also remember how much fun we had seeing so many friends return and buy the items they could use and enjoy. SO, we're back! This year the Yard Sale is on April 17th at the Watson Academy Building from 9:00 am to 4:00 pm. Get ready! We always welcome donations of items that are taking up valuable space in your closets, garage, attic, cellar and even under the bed. Especially those "gonna do some day projects". This is a great time to gather those things you don't need. They can be dropped off at the Watson most any day. You can



also call 679-3301, 679-3797 or 679-8677 for more information. It's also a great day to get some great bargains so see you in April ----til then think SPRING!!

Our Comcast Grant has done wonders at the Watson Academy building. The kitchen is now fully functional and used every day. Many other improvements have been made throughout the building to make it more useful. It's a very busy place both day and night. We seniors enjoy working with or just observing the young people with all their energy and enthusiasm.

The members of the Watson Academy Senior Citizens Club are enjoying the use of the "Blue Bird" Recreation bus. It has enabled us to visit places such as the Science Museum in Boston, the 911 Headquarters in Concord, the Planetarium and many more. Our appreciation goes to the Town of Epping for this opportunity for senior citizens. We do appreciate it very much.



## Ledd Center

Director Elaine Gatchell announces Leddy Center's exciting 2010 Season, opening with the nostalgic "Harvey", March 26-April 4, with an all star cast. Elwood P. Dowd, the part made famous by Jimmy Stewart in the movie, is being played by Dr. Henry Ferrell (Grandpa Joe in Leddy's "Charlie and the Chocolate Factory" last fall). Veta Louise Dowd is being played by Linda Gauthier. The story revolves around Elwood and his imaginary friend, a 6'8" Pooka (rabbit) named Harvey. And the fun begins there. Don't miss this classic American comedy being presented in Leddy's new beautiful theater at Verdant Pastures on Ladd's Lane.

Next up, is MARY GATCHELL in CONCERT! with her NYC Band. Friday, May 21, will be a great evening of rock, ballads, a little jazz at the Leddy. Mary's style is exciting, smooth, and addictive. Mary's drummer will be Rodney Holmes of Santana fame, with the rocking Peter Calo on guitar. This is an evening you won't want to miss!

Leddy's summer blockbuster Broadway Musical is "Oliver!". Consider Yourself, As Long as He Needs Me, Oompapa, and Where is Love? are just a few of the famous tunes from this amazing musical, running July 9-July 25.

MARY'S back! on Friday, October 1, at 7:30pm with her great NYC Band and style!

And then there's "Annie", America's favorite little girl. The Sun Will Come Out Tomorrow is just one of the famous songs from this Broadway musical,

running October 29- November 17, including 6 daytime performances for schools.

Leddy rounds out its season with the traditional Christmas classic, Charles Dickens' "A Christmas Carol".

Join Leddy year 'round with a Subscription Series ticket and enjoy all the shows and concerts at a discount price. Great music, great entertainment in your own backyard, right here in Epping for 35 years.

Call Leddy Center at 679-2781 or go on line at [www.leddycenter.org](http://www.leddycenter.org) for more information on everything, including our Leddy School for the performing arts offering private lessons in voice, piano, brass, and woodwind instruments and classes in musical theater, as well as exciting and fun Summer Camps in Voice and Musical Theater. See you at the show!



## ETV Schedule

Channel 22 - ETV - Schedule - live programs

Monday - March 8, & 22, April 5 & 19 - Selectmen - 7 pm

Tuesday - March 16 & April 20 - Water & sewer - 7 pm

Tuesday - March 30 & April 27 - Fireward - 7 pm

Wednesday - March 17 - Budget Committee - 7 pm

Zoning Board of Adjustment as needed  
(check Bulletin Board on ETV)

Thursday - March 4 & 18, April 1 & 15 - School Board - 7 pm

Thursday - March 25 & April 22 - Planning Board - 6 pm

Studio E Roundtable with Town Administrator,  
Dean Shankle

Monday, Tuesday & Wednesday - 6 pm

Friday & Saturday - 12 pm

Monday Meetings are rebroadcast:

1/2 hour after meeting

Tuesday - 7 am

Wednesday - 11 am

Thursday - 3 pm

Monday - 2 am

Tuesday meetings are rebroadcast:

1/2 hour after meeting

Wednesday - 7 am

Thursday - 11 am

Monday - 3 pm

Tuesday - 2 am

Wednesday Meetings are rebroadcast:

1/2 hour after meeting

Thursday - 7 am



Monday - 11 am

Tuesday - 3 pm

Wednesday - 2 am

Thursday Meetings are rebroadcast:

1/2 hour after meeting

Monday - 7 am

Tuesday - 11 am

Wednesday - 3 pm

Thursday - 2 am

The Town Deliberative Session is being rebroadcast:

Wednesday - 7 am

Thursday 11 am

Monday - 3 pm

Tuesday - 2 am

Friday & Saturday - 7 am

The School Deliberative Session is being rebroadcast:

Monday - 7 am

Tuesday - 11 am

Wednesday - 3 pm

Thursday - 2 am

Friday & Saturday - 7 am

Please consult Bulletin Board on Channel 22 for changes



## Scouting Around Epping

### Cub Scout Pack 136

The Cub Scout Pack meeting is the 3<sup>rd</sup> Wednesday of the month at the Epping Community Church. The February Pack meeting was the annual Blue and Gold banquet which was held at the Epping Elementary School. Each den made a center piece for their table with the 100<sup>th</sup> anniversary of the Boy Scouts of America as a theme. EES principal Mark Vallone did the judging and each den was presented a certificate showing what part of the theme they excelled in. Five Webelos Scouts of the Bulldog patrol received the Arrow of Light award. This is the highest award presented to a Cub Scout and the only one that can be worn on the Boy Scout uniform. These Scouts will cross into the Boy Scout troop in April. The scouts are Alex Cray, Jake Kaplan, Cam Robertson, David Morasco, and A. J. Johnson. The entertainment for the evening was a presentation of Native American clothing and dance put on by members of the Order of the Arrow led by their advisor Jerry Schock,. The Order of the Arrow is a Boy Scout Honor Society. Jill Schock gave a presentation on the Cub Scout summer camps.

The Scouts and their parents have until March 20 to build their Pinewood Derby cars and get them ready for the competition. The Derby will be held at the Epping Elementary School from 9:00 am until noon.

### Boy Scout Troop 136

Epping's Boy Scout Troop 136 sent a patrol to the district Klondike Derby held at Zion Camp in Raymond. The Raven patrol took the 2<sup>nd</sup> prize after competing against 28 patrols from the District. Congratulations, Scouts! The Troop spent their annual Polar Bear Weekend at Zion Camp on the weekend of February 13th. The Scouts built shelters and practiced their winter survival skills. The lack of snow meant using tarps and poles rather than building igloo like structures called quinces. The Bulldog Patrol from Cub Scout Pack 136 spent the day with the Boy Scouts but slept in a cabin per Boy Scout health and safety regulations for the younger Scouts. .



## Explorer Post 716 and the

### Epping Fire Department

#### Epping Fire Department

The Epping Fire Department Association will be holding their 35<sup>th</sup> Annual Firemen's Ball on Saturday, March 27th at the Epping Middle School Gym. Dancing will be from 7 pm until midnight. Music will be by the DJ's known as "Sound Dimensions". Tickets are \$10.00 per person. Minimum age to attend is 21 years old.

The Fire Department has a certified infant car seat inspector. Make an appointment with Tim to have your car seat checked. Call 679-5446.

#### Explorer Post 716

The Explorers have been invited to take part in a training activity with the Fire Department that will take place in late March or early April. A house has been donated and the training will be on how to contain and put out fires in a structure. The house will not be burned so the Explorers may take part in the different evolutions. There will be a week long training session for the Fire Explorers at the New Hampshire Fire Academy in June. Several members are planning on attending.

This group is co-ed and youth 14 and older are encouraged to join. Anyone interested in joining please call Cliff at 679-5125.

#### Police Explorer Post 714

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



## **American Legion News**

**Monthly Breakfast Buffet!** Monthly breakfasts will be held Sunday March 14<sup>th</sup> and Sunday April 11<sup>th</sup>. Come enjoy a hot Breakfast Buffet! Eggs, Bacon, Sausage, Toast, French Toast Sticks, Coffee, Potatoes all piping hot and ready to be enjoyed. Bring your newspaper and your appetite! The Buffet is \$6.00 a plate and worth every penny!

## **The Civil War Roundtable of NH**

In the spring of 1991, a small group of Civil War enthusiasts (buffs) decided to form an official club, the Civil War Roundtable of New Hampshire. Their first meeting was in May 1991. The concept was to share with others the interest in this time of American history where so much changed. The fulcrum of American history from 1861-1865 took us from a collection of states to a country where the collection united was supreme and a place where no person could own another wherever the laws of the U. S. Constitution ruled.

As the years rolled by, some members came and others left the monthly group. Local historians and amateur historians, often from the roundtable itself, presented topics within the realm of the Civil War. Often professors from regional colleges or universities and nationally known historians and Park Rangers from Civil War Battlefields would descend upon Epping and present talks on an even deeper study. Many of these men and women have been seen on the History Channel or PBS and many have come more than once! Some of the guests who've come over the years are: Ed Bearss, Robert E. L. Krick, Brian Pohanka, Wayne Motts, Stephen B. Oates, James I "Bud" Robertson, Craig L. Symonds, Scott Hartwig, Gloria Swift, Kate Clifford Larson, Elizabeth Leonard, Tom Desjardin, and more. (Google these names and you'll see how lucky we've been!)

Typical meetings begin with a bit of social time and an opportunity to peruse the book raffle table. Each meeting, an assortment of donated books is up for grabs at \$1/ticket or 6 for \$5. We then go over some announcements and a quick rundown of any business or items of interest, then have a presentation by a speaker. Topics range from famous battlefields such as Gettysburg, Antietam, Petersburg, Franklin or Bull Run to lesser-known battles such as Monocacy and Balls Bluff. Featured meetings have covered notable people including Abraham Lincoln, Thomas "Stonewall" Jackson, Joshua Chamberlain, Mary Surratt, Robert E. Lee, John Brown, Col. Edward Cross (of

the famous 5<sup>th</sup> NH Regiment) and others! A meeting might also cover specific machinery and innovations of the war, such as the use of railroads, covert operations and codes, news correspondents, naval operations, POW camps and more. After a 45-50 minute talk, the speaker opens the floor to questions and if he or she has written a book, will often offer to sign books.

In addition to the programs, the CWRT of NH has enjoyed some field trips. We've journeyed to Fort Warren (the famous POW camp in Boston Harbor), the Joshua L. Chamberlain Museum in Brunswick, ME and to Neill Avenue in Gettysburg, a little known section off the National Park maps that played a significant role in the battle and where few souls visit.

Our group enjoys sharing our adventures, our finds and our stories with one another. We feature members who have only recently discovered the American epic and others who have spent a lifetime reading, learning and visiting anything related to the Civil War, near and far.

As the year 2011 nears, the country will begin commemorating the Civil War's Sesquicentennial (150<sup>th</sup> anniversary). We at the Civil War roundtable of New Hampshire feel poised on an upswing in interest for this remarkable time. The stories, the people, the places and the truly American thread compel so many of us to this time.

We are open to the public and welcome people of all ages and backgrounds. If you wish, you can become a member and join us in our pursuit of history! Our meetings are held in the Epping Town Hall, usually on the third Friday of the month, with no meetings in July, August or December. They begin at 7:15 with doors opening at 6:45. More information can be found on our web site: [www.cwrt-nh.org](http://www.cwrt-nh.org)

Submitted by: Bill Hallett, President

## **Epping Community Church**

The season of Lent has arrived. For many, the tradition of observing Lent includes "giving up" something or "surrendering" something in one's life to God. It is a form of self denial. However one interprets Lent, it is a call to examine one's commitments and relationships first to God and then to one another. Lent is a time to look at our spiritual disciplines, to examine how we nurture our faith lives, invest our God given gifts to His glory and to the blessing of those around us. However you choose to observe Lent, make it a blessing to God and to those around you.



Epping Community Church will have special worship services between now and Easter.

Palm Sunday Worship, 9:00 am, March 28, 2010

Holy Thursday Service of Communion 7:00 pm, April 1, 2010

Easter Service of Worship, 9:00 am, April 4, 2010

We are always delighted to welcome visitors and new residents of Epping to our worship service. You are always welcome!

### **ECC Contact Information**

Located at the corner of Route 27 and Main Street in Epping, the Epping Community Church sponsors, organizes and hosts the Community Food Pantry, Coats of Caring, and Thursday Soup of the Day Café. Each program is available to any who find themselves in time of need.

There is no charge or fee required to receive help from the Food Pantry, for coats, scarves, mittens, or for the Thursday luncheon meal. Caring individuals make these programs possible.

During the 2009 calendar year, the food pantry program is on target for serving over 1500 families and individuals. A very special "thank you" to those who join us in caring for others.

The **FOOD PANTRY** is open two times weekly, January through December. Canned goods, bakery items, sundries, meats, and other staples are often available through the pantry. We realize that every want may not be met. But the FOOD PANTRY attempts to be a transitional help and temporary assistance to those for whom the FOOD PANTRY plays an important part in meeting their nutritional needs.

#### **Hours of Operation**

**Thursday Mornings 9:00 a.m. - 11:00 a.m.**

**Saturday Mornings 9:00 a.m. - 11:00 a.m.**

Our **COATS OF CARING** program provides warm outerwear such as coats, jackets, windbreakers, scarves, mittens, etc. These like-new items are donated by local individuals and businesses. Individuals are invited to come and see if there is a size that fits and a style they like. All items are provided without cost to the recipient.

#### **Months and Hours of Operation**

**Mid-October—March**

**Thursday Mornings 9:00—10:00 am**

**Saturday Mornings 9:00—10:00 am**

The **THURSDAY SOUP OF THE DAY CAFÉ** provides a warm lunch and opportunity for

fellowship around the table. There are generally two soup types available and always homemade from some of the best recipes around.

### **January through December**

#### **Hours of Operation**

**Thursdays 11:00 am —12: 30 pm**

We are grateful for the community support and to those who partner with us in this ministry.

Another program begun this year is our **TELEPHONE CARE** program. The design of the program is to provide a daily contact for those who find it comforting to know that once in the morning Monday through Friday an individual from the church will call to check and see that things are okay and the day has started.

Whether for an aging parent, a home alone elder, a shut-in or any other need, TELEPHONE CARE provides comfort and assurance knowing that someone is calling to be sure you are okay. This program is provided all year long. If you are interested in having TELEPHONE CARE for yourself or someone you love, call 679-5542 and leave your name and telephone number where we may call you and talk further. There is no cost or fee associated with this program.

**FRIDAY NIGHT PIZZA** has resumed from 5 to 7 pm. Many in our community enjoy pizza and knowing that they are helping us achieve our goal raising \$500,000 toward our building program. We are in need of additional space for ministries and other needed programming. Thank you all for supporting Friday Night Pizza.

### **UP COMING EVENTS**

The Youth Group of the Community Church will be serving a **Public Breakfast**, Saturday, March 13th from 7 to 10 am. They will be serving Pancakes, French Toast, Eggs, Bacon, Sausages, Juice & Coffee all for \$6.

The Ladies Aide of the Epping Community Church will be holding two **Ice Cream Socials** in the coming months. The first will be held Friday, March 5th, from 5 to 7 pm in conjunction with Friday Night Pizza. They serve a very LARGE dish of ice cream (usually 3 flavors available) with your choice of toppings - sauces, candies, whipped cream & fruits - all for \$3. The second Ice Cream Social will be held Friday, April 9th from 5 to 7 pm.

The Trustees of the Church will be preparing their **Third Saturday Dinners**. On Saturday, March 20<sup>th</sup> there will be the traditional Corned Beef & Cabbage Dinner with Carrots, Turnip, Irish Soda Bread,



Dessert & Beverage, all for \$8. Dinner will be served from 5 to 7 pm. On Saturday, April 17th the Dinner will be Baked Ham, Macaroni & Cheese, Green Bean Casserole, Coleslaw, Dessert & Beverage, again only \$8 and served from 5 to 7 pm. Proceeds to benefit the Building Fund.

A **Spring Bake Sale** will be held at the church on Friday Evening April 2nd, from 5 to 7 pm. Another will be held the next day, Saturday, April 3rd from 11 am to 2 pm.

Please join us for any or all of these events. We have some real great cooks at the church!!

## **St. Joseph Church**

208 (Rte 27) Pleasant St, Epping  
Office #679-8805

### **PARISH MISSION**

Sunday, March 14 to Tuesday, March 16 7-9 pm  
Marriage and Family Life  
Presenter: Fr. James Bromwich

### **HOLY WEEK SCHEDULE**

**PALM SUNDAY**, March 28th  
Masses: Saturday Vigil at 4 pm  
Sunday: 8AM - 10:30AM – 6 pm  
Parish Penance Service at 2 pm

**HOLY THURSDAY**, April 1st  
Mass of the Lord's Supper at 7 pm

**GOOD FRIDAY**, APRIL 2nd  
Confession: noon until 2:50 pm  
Stations of the Cross: 3 pm  
Veneration of the Cross: 7 pm  
Divine Mercy Novena: 8:30 pm

**HOLY SATURDAY**, April 3rd  
Divine Mercy Novena: 3 pm  
Easter Vigil: 8 pm  
No 4 pm Mass or Confessions this day

**EASTER SUNDAY**, April 4th  
Masses: 7:30 am - 9:30 am - 11:30 am  
Divine Mercy Novena: 12:30 pm  
No 6 pm Mass

## **Providence Baptist Church**

Contact: Rev. Adam W. Houston  
Providence Baptist Church  
410 Pleasant Street  
Epping, NH 03042  
Office: 603-679-8918

## **Epping Bible Baptist Church**

March 7 - at 6:00 pm - Evening worship service with communion.

April 4 – Easter sunrise service, service on Beede Hill, 6:15 am, Breakfast, 7:00 am, Morning Worship 10:45 am, Evening Worship with communion 6:00 pm (There will be no Sunday school classes today)

Sundays: March 7, 14, 21, 28;

April 11, 18, 25

8:00-9:15 am - Breakfast in the Fellowship Hall.

Free! Plan to join us.

9:25 am - Sunday School for all ages

10:45 am - Morning Worship Service

6:00 pm - Evening Worship Service

Mondays: March 1, 8, 15, 22, 29;

April 5, 12, 19, 26

6:30 pm - Faith Bible Institute at EBBC

Wednesdays: March 3, 10, 17, 24, 31

April 7, 14, 21, 28

7:00 pm - Young Adult Group at EBBC and also

7:00 pm - Prayer meeting at Parsonage

Thursdays: March 11; April 8

10:00 am at EBBC Women's Ministry committee meeting

Fridays: March 5, 12, 19, 26,

April 9, 16, 23, 30

6:45 pm - AWANA

Fridays: March 12, 19; April 9, 16, 23

1:00 - 2:30 pm - Food Pantry at EBBC

Saturdays: March 6, 13, 20, 27

April 3, 10, 17, 24

7:00 pm - Youth Group

### Special Upcoming Events

March 2 - Ladies Branch out meeting at the Long Branch Restaurant in Raymond, 9:00 am. Join us for coffee, fellowship and a brief devotional (weather permitting)

March 28 – Deadline to order Easter flowers. Phone Sharon Fernie for information 895-8478

April 6 - Ladies Branch out meeting at the Long Branch Restaurant in Raymond, 9:00 am. Join us for coffee, fellowship and a brief devotional (weather permitting)

April 13, 20, 27 – Ladies' Coffee Break Bible Study at the home of Sharon Fernie, 9:00 am. Phone 895-8478 for more information,.



## News from the Historical Society

Come in and find out what your Epping Historical Society is all about.

The building normally is open and welcomes visitors each Monday from 10 am to 1 pm and on Wednesdays from 10 am to 2 pm. However, this time of year it may be closed during inclement weather or difficult access due to ice and/or snow buildup. In that case, please call Madelyn Williamson at 679-5482 or Joy True at 679-8855 for information or to schedule an appointment.



## Harvey Mitchell Memorial

### Library

151 Main Street, Epping – right next door to  
Town Hall  
(603) 679-5944

Have you heard about The Big Read? Sponsored by the National Endowment for the Arts, The Big Read was designed to inspire people across the country to pick up a good book. In an effort to counter the steady decline of literary reading in America, the NEA initiative provides citizens the opportunity to read and discuss a single book within their communities. Epping's chosen title is Harper Lee's *To Kill A Mockingbird*, "the rare American novel that can be discovered in adolescence and reread into adulthood without fear of disappointment" (from the NEA's Big Read reader's guide). There are copies available at the main circ desk for anyone who would like to read or reread this literary classic. There will be an informal discussion on the book on Tuesday, March 23<sup>rd</sup> at 7:30 pm, and a screening of the 1962 film starring Mary Badham and Gregory Peck on Thursday, March 25<sup>th</sup> at 7:45 pm.

The library is open Monday through Friday from 10 am to 8 pm and Saturdays from 10 to 2 pm.

**Library Trustees** meet the 3<sup>rd</sup> Monday each month at 7:15 pm – March 15<sup>th</sup> and April 19<sup>th</sup>

**Monday Book Club:** Second Mondays at either 1:15 pm or 7:00 pm. Choose a session and join us for great, informal discussions of new fiction. Copies of the books are available at the main circulation desk.

March 8 – Lark and Termite by Jayne Anne Phillips  
April 12 – The School of Essential Ingredients by Erica Bauermeister

Coming up for May 10 – The Girl with the Dragon Tattoo by Stieg Larsson

**Dessert and a Movie:** a free night out for adults – enjoy a recent release on our 9 foot screen with stereo surround sound - 4<sup>th</sup> Thursday each month @ 7:45 pm

March 25<sup>th</sup> – "To Kill a Mockingbird" (1962) starring Gregory Peck

April 22<sup>nd</sup> – "Up in the Air" (2009) starring George Clooney

### Programs For Children:

**Preschool Storyhour:** Wednesdays @ 10:30 am and Thursdays @ 10:30 am and 1:30 pm

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 pm, April 20 – June 8. This program is for children in Kindergarten through 3<sup>rd</sup> 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 by generous library families. Pre-registration is required so we have continuity week to week. Parents must remain on site during class.

**Pajama Night:** 2<sup>nd</sup> Friday each month at 6:30 pm. This year we are alternating regular Pajama Nights with PJ Movie Nights.

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

March 12<sup>th</sup> – PJ Movie Night – Where the Wild Things Are (rated PG for mild thematic elements, some adventure action and brief language)

April 9<sup>th</sup> – Story Explorer Production of "The Gingerbread Man", plus crafts and PJ Night scavenger hunt

**Toy Play Day:** 4<sup>th</sup> Saturday each month 11:00 am to 1:00 pm

March 27<sup>th</sup> – Teddy Bear's Picnic – Bring a picnic lunch and your favorite bear for games, songs, stories and playtime with friends

April 24<sup>th</sup> - Trucks! – Bring your favorite trucks for fun



**School Vacation Week Movie Series:** April 26<sup>th</sup> – 30<sup>th</sup> each day at 1:00 pm  
Movies recently released on DVD shown on the big screen with stereo surround

**6<sup>th</sup> Annual Toy Drive – Save the Date** – Starting this month, we will be taking donations for our 6<sup>th</sup> annual Toy Sale on **Saturday, June 26<sup>th</sup>**. Story Hour 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!

### **Friends of the Library**

Thank you once again to the Friends of the Library! Using funds raised during their very successful Silent Auction in November the Friends replaced the wobbly task chairs in the children's room with beautiful new matching chairs for our downstairs computer users. They have also voted to provide pizza for each of our PJ Movie Nights. Thank you so much Friends!

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 2<sup>nd</sup> Monday each month – Mar. 8<sup>th</sup> @ 7 pm and Apr. 12<sup>th</sup> @ 7 pm

## **Epping Recreation Department News**

*Home of the "River Otters" and "Avenue A."*

*Check out our website for our new look and exciting logos!*

Director, Seth Hickey  
17 Academy Street  
PH: 679-3301 F: 679-3006

[rec@townofepping.com](mailto:rec@townofepping.com)

[eppingrecreation.org/](http://eppingrecreation.org/) [avenueayouthcenter.org](http://avenueayouthcenter.org)

Join us on Facebook and follow us at Twitter

The Recreation Department aims to provide the residents of Epping with a broad selection of recreational, educational, and cultural leisure opportunities that will enhance the quality of life for all residents. We are always working to establish

new programs and facilities that meet the community's changing needs.

### **Annual Egg Hunt**

Saturday, March 27<sup>th</sup>

9:00 am SHARP!!

Epping Elementary School

Stay for the PTO breakfast to follow

### **Manchester Monarchs Hockey Game**

Professional Hockey Game

Sunday, March 7<sup>th</sup>

\$15 per person for tickets and bus ride to the game.

Bus leaves at 1:00 pm from the Rec.

### **Summer Programs**

Summer Registration has opened. Check [eppingrecreation.org](http://eppingrecreation.org) for trip details and weekly themes! This will be the summer of fun! Same weekly rates as last year, but twice the fun!

Two Summer Camps

Grades 1 – 5 at Epping Elementary School "The River Otters"

Grades 6 – 9 at Watson Academy "Avenue A"

Regular day, 8:30 am – 4:00 pm

Extended day available, both morning and afternoon

Sign up for just the Trips! Listed on our website.

Join us in the afternoons for Archery (1 – 2 pm), Rock Band or Eagle Tracks Survival Program (1 - 3 pm).

For a full listing of trips and summer camp events, visit [eppingrecreation.org](http://eppingrecreation.org) for youth in grades 1 to 5 and our new web site, [avenueayouthcenter.org](http://avenueayouthcenter.org) for youth in grades 6 – 9.

### **Introduction to Junior Olympics Archery**

May 10<sup>th</sup> – June 7<sup>th</sup> skipping Memorial Day weekend May 31<sup>st</sup> (we are offering this during the summer also).

Cost \$55 per person Ages 7 and older

This class is for children who are new to archery and competition. Form and safety will be emphasized. Participants will shoot for achievement levels. Equipment is provided or bring your own (for approval by instructor). Ages 7-17 No experience required.

### **Rock Band**

Middle School Program Monday through Friday  
January 25<sup>th</sup> – April...

Put down that plastic game controller guitar and learn how to play a real guitar. Get your friends together to form your own Rock Band! The Epping



Recreation Department has been awarded a grant from the NH Charitable Foundation, we have instructors, we have new instruments and we are ready to rock! This is a seven-week program. Space is very limited! Call to sign up today. All of the groups will have a chance to perform at a talent show after April Vacation.

### **Yoga**

Thursdays, March 18 to April 22

2:30 – 3:30 pm

FREE Watson Academy

Grades 6 – 8

You must register by March 11. Class is limited to 8 participants

### **Crazy Crafts**

Middle School Program

FREE to any and all Middle School students on Tuesdays from 2:30 – 4:00 pm.

Space is limited, so sign up early. Next session starts March 16<sup>th</sup>.

### **What to do during April Vacation?**

Join our April Vacation Program! Don't miss out! \$30 per day per person! Join your friends for lots of fun at Epping Rec! Visit our website for more details closer to vacation.

### **Digital Cameras Needed**

The Epping Recreation after school program is looking to begin a photography group with both the middle and elementary school programs and needs digital cameras in order to do so. We are seeking lightly used digital cameras with at least 4 megapixels and all of the wires and chargers that go with them. If you do not have a camera to donate but are interested in helping out we are accepting monetary donations as well. All donations can be brought to Watson Academy in Epping. Please call Sarah Kaiser at 679-3301 with questions.

### **Before and After School Programs**

Out-of-school programming for youth in Epping, grades K-8.

Registration is now open for the second semester! Space is limited.

Sign up for five, four, three or two days per week for both programs.

\$3 per day per child for the before school program.

\$8 per day per child for the after school program.

Payment is due on a monthly basis.

### **Guitar Lessons**

Watson Academy, Ages 8 – adult

Guitar Lessons with experienced local musician Joseph K. Murphy. Scheduled to accommodate your needs, after school and weekends!

### **Friends of Epping**

Wouldn't it be nice to have an area where we can gather together with our families and friends for outdoor recreation and relaxation? If you are interested in joining Friends of Epping to help enhance our community, join us during our monthly meetings at Watson Academy. We meet twice a month on the second and fourth Wednesday of the month at 6:00 pm.

Please contact Andrea Loving at 734-2826 or [lovinggang@myfairpoint.net](mailto:lovinggang@myfairpoint.net).

### **Ceramics**

Fridays, 3:30-4:30 pm, Watson Academy

\$2 per class, green ware priced separately

PROGRAM DIRECTOR: Barbara Young is a multit talented volunteer and instructor. She received her certification with the National Ceramic Association in 1974 and has instructed children and adults in this exciting hobby for years. She has also taught grades 2 and 4, was the Children's Librarian at the Exeter Public Library and for the past 20 years she has been the school librarian for Epping Elementary School.

OPEN CLASSES: All Youth Ceramics classes are available to children ages 5 and up who have taken a techniques class or other ceramics class before. Whether you are a beginner or a pro, all are welcome. All tools and materials are available at the program. All you would need to bring is your enthusiasm, curiosity and creativity. Open classes are held weekly on Fridays, on an ongoing basis.

### **Red Cross Classes at Watson Academy**

Saturday, February 20<sup>th</sup>

9 am – 3 pm, Watson Academy

\$50, register early, space is limited

**March 9,** 6 – 10:30 pm – (Adult CPR/AED)

**March 27,** 8:30 am – 3 pm (Adult/Child/Infant CPR/AED)

**March 30,** 6 – 10 pm (First Aid)

### **Martial Arts Programs at EES**

Both classes are offered at the multipurpose room at Epping Elementary School. Register at Watson Academy. Visit [DerryATA.com](http://DerryATA.com) for program details.

Karate Classes

Grades K-8, Mondays and Thursdays, 3:15-4:00 pm, \$65 per month



## Families First of the Seacoast

Thursdays, 9:30 to 11:00 am, at Epping Rec. Center at Watson Academy, 17 Academy St. Parents and children ages birth through 6 join for play, circle time, creative activities, stories and snacks for the first half of the group. In the second half, children and child care staff play together while parents gather for quiet time and informal discussion and parenting strategy tips. Facilitator: Susie Bright

### The Teen Years Are Coming! Get Prepared!

Presented by Families First in collaboration with the Epping School District for parents of kids ages 8 and up

Take a trip through your child's developing (and mystifying) brain.

Build a relationship that will carry you through the rollercoaster years.

Understand teen risk-taking.

Communicate without arguing or attitude.

Facilitated by Joanna Wicklein, CFLE

Date: March 10 & 17, 2010

Time: 6:00–7:30 pm

Place: Epping Elementary School

7 Prospect St.

Cost: Free! Pizza and drinks included!

Child care: Free for ages 12 and under; advance signup required

More info: [www.FamiliesFirstSeacoast.org](http://www.FamiliesFirstSeacoast.org)

Advance signup required! Call Families First at 422-8208 x2 or Epping Elementary at 679-8018, x 448

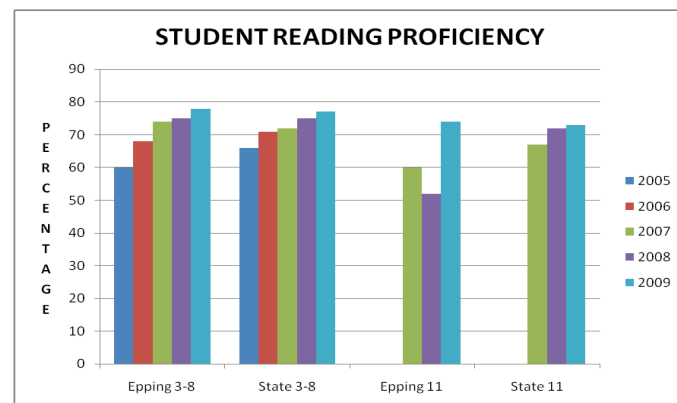
Presented by Families First Health & Support Center in partnership with the Family Assistance Network of Western Rockingham County. Support for parenting and family programs in Western Rockingham County comes from the NH Department of Health and Human Services, the Foundation for Seacoast Health, Exeter Hospital, United Way of the Greater Seacoast, the NH Children's Trust Fund, the Fuller Foundation, and the Town of Exeter.



## School District Communication

Congratulations to Epping School Students and Staff

Congratulations to Epping School Students and Staff. The New England Common Assessment Program (NECAP) results are in for 2009. Reading proficiency for grades 3 to 8 increased for the fifth year in a row with 78% of students proficient in reading. Reading proficiency for grade 11 increased significantly from last school year with 74% of students proficient in reading. Students also performed above state average as shown below.



The NECAP writing test was only given to grade 11 students. Student writing proficiency increased significantly from last year with 58% writing proficiency in comparison to 50% at the state level.

The school district has placed an emphasis on reading and writing and the results of these efforts are evidenced in these results. Thank you to students and staff who have worked incredibly hard to improve learning. Math results were mixed. The district will need to place a similar emphasis on mathematics. For more educational, demographic, and financial information (district report card) please visit the district website at [www.sau14.org](http://www.sau14.org).

### Epping School District Website

Please visit the school district website at [www.sau14.org](http://www.sau14.org) for district and school events and information. The district site includes news, calendar, staff, school closings, PowerSchool access, school board, superintendent, business, employment, staff, volunteer, and parents & community information. The school sites also include news and information for their school.

School board agenda, meeting schedule, minutes, goals, and policy may be viewed on the school board webpage. NH educational and legislative news may be viewed on the superintendent webpage. Health, transportation, student forms, and other such information may be viewed on the parents and community webpage.



Your input is valued. If you have suggestions on how to improve our site, please email [pvangundy@sau14.org](mailto:pvangundy@sau14.org)



### **School Board Meeting Schedule**

School Board meetings are televised on ETV. Summaries of the meetings are also published in The Carriage Towne News and on the District website. Regular meetings are scheduled for:

March 4 and 18

April 1 and 15

### **Epping Kindergarten Registration**

Epping Elementary School asks parents and guardians of children eligible to attend Epping Kindergarten to join school staff for a meal and registration program that will take place from 6:00 to 7:30 pm on Wednesday, March 10th at the Epping Elementary School. The school currently offers a free half-day public kindergarten program and one full day class that charges tuition for the extra half day. All Epping children who will be five years old on or before September 30, 2010 may attend kindergarten at the school.

**Parents and guardians should call 679-8018 to let the school know they intend to register a child for the 2010-11 school year and whether they will be able to attend the registration session.**

At the March 10th registration parents will meet staff and other parents; complete the registration process and schedule children for screenings; and learn about the kindergarten program and take a tour of a kindergarten classroom. The school will serve pizza and healthy snacks for all who attend.

Parents and guardians are asked to bring a copy of their child's birth certificate and immunization records to the March 10th meeting. According to New Hampshire state law, children cannot enter school without these documents. Parents are urged to schedule appointments with their physicians for a health examination if they have not done so yet.

The March 10th meeting is for parents, guardians and the school staff so that there is time to explain the kindergarten program, answer questions and schedule screening appointments. Children should not attend this meeting. They will be welcome at all other times.

### **Epping Sponsors Child Find Program**

The Epping School District will be sponsoring an

area Child Find Program. The program is designed to screen children ages three through five who are suspected of having special learning disabilities that may interfere with later school progress. The screening is FREE and available to all families living in the town of Epping.

Children will be screened in the areas of learning, speech and language, fine and gross motor skills, hearing and vision. Results of the assessments will be available to parents at the time of the screening. All information will be kept confidential and will only be released to other professionals, i.e. school system or physician with parental consent.

The screening will take place on Saturday, March 13, 2010 (snow date 3/20/10) at the Epping SAU, 213 Main Street starting at 8:00 a.m. Appointments are necessary. For more information or to make an appointment, please call Katie Buchanan at the Epping Preschool at 679-1732, between 9:00 a.m. and 3:00 p.m., Monday through Friday.

### **Epping Elementary School (EES)**

Submitted by Cheryl A. MacLeay

**March 1** - PTO meeting at 7:00 pm in the EES Library

**March 5** - FoodPlay Performance at 2:00 pm in the multi-purpose Room. This Emmy Award-winning live theater combines juggling, music, magic and audience participation with motivating health messages to help children take charge of growing up healthy and fit.

**March 9** - Election Day & Teacher In-Service – No School

**March 10** - Kindergarten Registration & Supper 6-7:30 pm

Families First is presenting a workshop "The Teen Years are Coming" from 6 - 7:30 pm at EES

**March 13** - Child Find Program from 8:00 am to 12 noon at the SAU, 213 Main Street

**March 16, 17, 19, 22, 23, 24, & 26** – Puppeteer, Andrew Periele, Artist in residence will be at EES

**March 17** - Families First is presenting a workshop "The Teen Years are Coming" from 6 - 7:30 pm at EES

**March 20** - Child Find Program SNOW DATE

**March 26** - EES Potluck Dinner and Puppet Performance at 6:00 pm in the multi-purpose room

**April 5** – PTO meeting at 7:00 pm in the EES Library

**April 9** – EES will host Hampton elementary school teachers to observe classes to see how we teach reading in grades K, 1 and 2

**April 28-30** - No School – Spring Vacation



### **PTO Breakfast with the Easter Bunny at Epping Elementary School**

Saturday, March 27th from 9:00 to 11:00 am.

Hop on over after the town Easter Egg Hunt which is relocating to the Epping Elementary playground. We'll have pancakes, sausage, fruit, juice, and coffee.

The hunt is free and the breakfast is economical: \$3 for children 12 and under and for Seniors, \$4 for adults

Photos will also be available at an additional cost.

Call 734-2851 if your business would like to advertise on the placemat for \$25.

### **Epping Middle School (EMS)**

Alex Hackett, a seventh grade student at Epping Middle School, won the school-level competition of the **National Geographic Bee** on January 13 and a chance at a \$25,000 scholarship. The school-level Bee, at which students answered oral questions on geography, was the first round in the 22<sup>nd</sup> annual National Geographic Bee. Hackett outlasted fellow seventh grader Casey Sturzo to claim the prize. This year's Bee features thousands of schools around the United States and in the five U.S. territories participating. The school winners, including Hackett, will now take a written test; up to 100 of the top scorers in each state will be eligible to compete in their state Bee held on April 9, 2010. Hackett correctly answered the following question to claim the top spot, "Which island commonwealth in the Caribbean Sea is home to a Spanish fortress called Castillo de San Felipe del Morro?" The answer: Puerto Rico.

"Jeopardy!" host Alex Trebek will moderate the national finals on May 26. This year's contest is sponsored by Google.

**Pride Celebration** – We held the "Pride Celebration" for the Middle School Guiding Principles on January 29th. Guiding Principle #1 is "Respect and encourage the right to teach and the right to learn at all times". Those receiving certificates were Madeline Fowler from the Polar Cave Spelunkers Team; Tanner Crenshaw from the Hampton Beach Riptides Team; Morgan Pease from the Flume Team; Katarina Ashour from the Moosilauke Team and from the Unified Arts Team. Guiding Principle #4 is "Be appropriate; demonstrate behavior that is considerate of the community, the school and yourself". Those receiving the certificates were Bryce Pietrini from

the Polar Cave Spelunkers Team; Danea Welch from the Hampton Beach Riptides Team; Amanda Cole from the Flume Team; Joseph Leclerc from the Moosilauke Team and Cassidy Garrow from the Unified Arts Team. Congratulations to all – you make us proud!

**Nice Moves** were also recognized at the Pride Celebration for those students who did "Nice Moves" for classmates, teachers or staff. Students are given tickets when they are observed doing something special and names are randomly drawn from those tickets. Those students receiving EMS pens were Kaylin Cray, Brandon DeMarais, Ryen Gallagher, Jessica Hardy, Tina Le, Dakota Martel, Logan Miner, Katie Pettis and Kristie Shaw. Congratulations for jobs well done!

Also honored during our assembly were Logan Miner, Jimmy Stanley and Jacob West for their contributions to "Friends Helping Friends". Jacob West was also recognized for his valuable contributions to "Make-A-Wish Foundation". Thank you all – we appreciate your kindness.

### **Epping Middle School Pride Honor Roll for Quarter 2, 2009-2010 School Year**

#### **Highest Honors in Learning**

Those receiving Highest Honors in Learning are: Deanna McCullen, Cameron Osgood and Alexa Wells from the **Polar Cave Spelunkers**; Hanna Chomas and Noelle Nee from the **Hampton Beach Riptides**; Spencer Holt from the **Flume**; and Chelsey Gosselin from the **Moosilauke Team**.

#### **Highest Honors in Work Habits/Effort**

Those receiving Highest Honors in Work Habits/Effort are: Madeline Fowler, Ashley Krenzer, Deanna McCullen and Alexa Wells from the **Polar Cave Spelunkers**; Noelle Nee from the **Hampton Beach Riptides**; Spencer Holt and Tina Le from the **Flume**; Brittney Bullock, Chelsey Gosselin, Lauren Goulet, Jillian Venuti and Margaret Weaver from the **Moosilauke Team**.

#### **Honors in Learning**

Those receiving Honors in Learning are: Madeline Fowler, Ryen Gallaher, Dylan Koltes, Ashley Krenzer, Ashley MacLeod, Brandon Mailhot, Chloe Pelletier, Bryce Petrini, Hunter Quest and Sabrina Rivers from the **Polar Cave Spelunkers**; Justin Bacon, John Boomhower, Dylan Derosier, Bradley George, Jessica Gosselin, Madeline Marchisio, Breauna Munroe, Sabrina Portes, Savanna Stevens and Sage Szczechowicz from the **Hampton Beach Riptides**; Thomas Church, Sarah Clements, Amanda Cole, Jannet Desvira, John



DiFrancesco, Alexander Hackett, Jennifer Jarosz, Rachel Kaplan, Adrianna Lamparelli, Kayla LaRoche, Morgan Pease, Tina Le, Evan Silva and Alexis Wulff from the **Flume**; Katarina Ashour, Taylor Barnes, Alisha Behnia, Brittney Bullock, Nathan Cameron, Minette Cantrall, Sydney Chevalier, Kortney Colson, Cassidy Garrow, Lauren Goulet, Joseph Leclerc, Shelby Martin, Marina McCartney, Emily Michaud, Logan Miner, Graydon Murray, Jared Nickerson, Christina O'Donnell, Allison O'Hare, Angus O'Leary, Kelly Seaman, Zachary Szczechowicz, Ngoc Tran, Jillian Venuti, Margaret Weaver and Nicholas Young from the **Moosilauke Team**.

On February 11, 2010 Epping Middle School presented the **Unified Arts Learning in Motion** Night. This evening showcases what the students have been learning in their Art, Drama, Media Skills, Integrated Studies and Wellness classes. Students invited their parents to come to class and act as the students. The students took charge and became the teachers. It was a successful and fun filled night with parents experiencing middle school all over again. Some of the activities included fitness, duck tape-flower making, cooking, sand art, improvisation and smart board technology.

**Olympic Week** was held the week of February 15-19, 2010. Events were held each day, a door decorating contest, a daily trivia question, as well as a competition to see which "country" displayed the best spirit during the Parade of Nations. Points were awarded for the various activities, and gold, silver and bronze medalists (each grade) were awarded on Friday.

On **Monday** we began with the Parade of Nations, did the lighting of the Olympic Torch, Opening Ceremonies, and daily trivia questions.

**Wednesday** the movie "Miracle" was shown, and the daily trivia questions for Tuesday and Wednesday.

**Thursday** there was an Acrobats Demonstration by The African Acrobats and the winners of the door decorating contest were announced.

**Friday** was Jeopardy and the Parade of Nations and the medals were awarded.

Everyone had a great time and it was an interesting week learning about all the countries participating.

We are looking forward to the week of March 15-19 when we will be hosting our "Artist in Residence" program. The students will have one week working with the team and on Friday the 19<sup>th</sup> they will be performing their play.

## Epping High School

Epping and Newmarket faculty will be taking on the Raymond faculty in basketball. On April 9, 2010 at 7:30 pm the Epping and Newmarket faculty will be taking on the Raymond faculty in basketball at Epping High School. The proceeds will go towards the Epping-Newmarket and Raymond football programs. Raffles, games, prizes and concession will all be available. It's a great opportunity for the entire family to have a night out and show your school spirit and support the kids and teachers and coaches. There will also be a registration table for Epping-Newmarket football 2010. Those who would like to sign up for football at the event will be able to at a discounted rate that night only. Call Sue at 679-1984 or Beth at 679-2733 for tickets. Adults \$3 and students \$2. Tickets can also be purchased at the door. Hope to see everyone there for a fun evening!!

**The Special Education Department** is sponsoring an 11-part workshop for up to 12 students. These workshops provide opportunities for students to develop skills relative to finding employment and maintaining employment. The topics covered are: how to search for a job, how to respond to want ads, how to fill out a job application, how to keep your job, and job interview skills. Each workshop is an hour long and began on February 3, 2010.

**The Life Centered Education class** at EHS continues to work at the school store, The Blue Devil's Den. The Blue Devil's Den is located across from the Guidance Office. It is open during the morning break from 9:00 to 9:12 am daily. The school store sells sweatshirts, T-shirts, school supplies, knitted hats, among other items. The store will be getting a new supply of products within the next month. Please stop by and check us out!

### From the Freshman Team

On behalf of all the teachers and staff who participated in the field trip to the Boston Museum of Science on the 14th I would like to say thank you for a wonderful time! The students were well behaved and we were proud to have shared in the experience with them. A brief video of our day will be available for viewing on EPTV in the near future. Also, thanks to everyone who helped out to raise funds for the trip. This was the first time we ever ventured out into the open world as a group and we



look forward to doing it again someday with future groups.

In World Cultures the students are finishing their studies on South Asia and getting ready to "travel" to China. In Biology we are beginning to learn about genetics and heredity. In English the students are finishing Romeo and Juliet and the Lightning Thief.

### **Data Team**

The Data Team made a presentation to the faculty recounting progress this year and seeking input. The NECAP testing preparation, goals and plans for Spring NWEA preparation were reviewed. Among the questions that have come up are "What will the material for the remedial classes actually look like?" The sophomore team is experimenting with a format for a "pass around" curriculum. If it proves satisfactory it will be the model for the units.

The Data team also has also been working on converting NWEA descriptive material into usable instruction and assessment elements. We plan to use these 200 sample questions as the foundation for the remedial and preparation program.

We look forward to the NECAP results and plan to have our remedial-preparation in place in time to have a meaningful impact on spring NWEAs.

### **Athletic Department News**

The seasons are in full swing for girls/boys basketball, and Spirit team. We would like to remind all community members to please check the updated schedules posted on the high school's main home page at [www.sau14.org](http://www.sau14.org). Here you will find schedule updates that occur because of game changes, and weather postponements.

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 a physical/consent agreement form in the main office or from Mr. Averill.

### **Awards**

The New Hampshire Interscholastic Athletic Association, and the New Hampshire Athletic Directors Association recognized three students for their academic excellence. These three students will be recognized with all other Class "M" recipients at an awards presentation on March 15 at the Capitol Center for the Arts in Concord. The three athletes recognized for academic excellence,

and being involved in their communities are Samantha Arsenault, Hannah Kimball, and Chris Dunleavy.

### **Girls Basketball Team - 2009 Farmington Christmas Tournament Sportsmanship Recipients.**

The girl's basketball team has a record of 3-7 and have won three out of their last four games. The girls have beaten Raymond, Newport, and Sanborn in that stretch with their lone loss being a nail biter against Belmont losing 39-34. The girls are currently holding down 16th place and the last play-off position. The girls attended the Farmington Christmas tournament where they went 1-2, and were awarded the Sportsmanship trophy. Congratulations girls!

### **Boys Basketball**

The boys' basketball team has mid-season record of 2-7 start with wins verse Sanborn, and Newport. The boys team is currently in nineteenth place in the Class "M" division. The boys attended the Farmington Christmas tournament where they went 2-1. The boys were snowed out verse Sanborn on the 19th of January and will be announcing a make-up date soon.

Please use the [www.sau14.org](http://www.sau14.org) web link for updated schedules throughout the winter. Do this by choosing Epping High School, and then under announcements look for Updated High School Basketball schedules. If you have any questions please contact Larry Averill, Athletic Director at 603-679-5472 ext. 253

### **Email Address Changed?**

If your email address has changed, please notify us through our website at: [www.SpeakUpEpping.org](http://www.SpeakUpEpping.org)

### **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 available on **May 1, 2010**. We will accept **submissions through April 24, 2010** to be included in the next issue. Please send your content, including contact information, for consideration through our website at: [www.SpeakUpEpping.org](http://www.SpeakUpEpping.org)



## 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, visit our website at: [www.SpeakUpEpping.org](http://www.SpeakUpEpping.org)

## Spotlight on Business

### Awakening Grace Yoga Studio

Have you noticed more activity in the center of town? Last July, Awakening Grace Yoga opened its doors in downtown Epping. The business is owned and operated by Molly Schlangen, from nearby Raymond.

Part of the reason Schlangen wanted to open the studio in Epping, is the wonderful location. It is convenient to neighboring towns and central for those who travel Route 125. After all, Epping is the center of the universe. Yoga was initially offered to area residents in the upstairs space of the town hall through the Epping Recreation Department. As more local residents began taking classes, she decided to expand. While the studio is privately owned and operated, recreation memberships (any 2 classes each week) are still offered for Epping residents.

Yoga has many physical benefits for all body types. The practice of using the breath, meditation, and physical postures can improve your overall sense of well-being. More specifically, yoga has been shown to regulate blood pressure, release

chronic muscle tension, and improve circulation. Yoga practice can improve strength and balance, and deeply stretch muscles. Through improved body awareness, some people find they are able to lose weight.

Did you know that you **do not** need to be athletic, flexible, or young to do yoga? Classes are designed to offer both the beginner and the experienced practitioner a place. A gentle - restorative class is the best option for those new to yoga. This is also great for those just returning to yoga, for people who want to compliment their current exercise program, or for those with any physical limitations. More challenging vinyasa flow classes are held twice per week and youth classes (ages 6-13) are offered in five-week sessions. A class specifically designed for seniors will restart in the spring. "My intention is for each person to leave the class feeling relaxed, refreshed, and peaceful" states Schlangen.

Molly Schlangen is a certified Kripalu Yoga instructor. The other regular instructor at Awakening Grace is Nel Norwesh, who is also certified through Kripalu. Both instructors bring their genuine appreciation for people and the art of yoga practice to each class. They conclude the spotlight adding "we are glad to be a part of this warm and growing community. Whether Epping is the center of the universe or not, we are glad to be here".

For more information, visit: [www.awakeninggraceyoga.com](http://www.awakeninggraceyoga.com).

Thanks for reading! - The Communications Group

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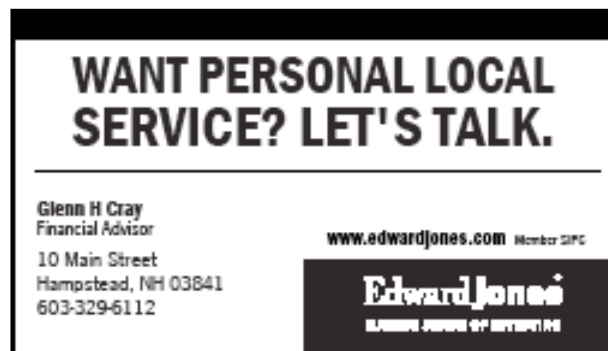
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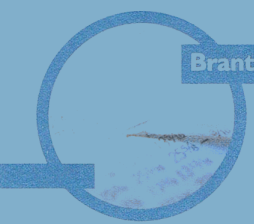
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**Save these pages for future reference**



## Epping Calendar of Events for March 2010

| Date           | Event   |
|----------------|---|
| March 1        | EES PTO meeting 7:00 pm   |
| March 4        | Epping School Board meeting 7 pm in Epping Town Hall                                  |
| March 4        | Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am                   |
| March 5        | ECC Ladies Aide Ice Cream Social 5 to 7 pm (in conjunction with Friday Night Pizza)   |
| March 6        | Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am                   |
| March 7        | Manchester Monarchs Hockey Game – bus leaves the Rec at 1:00 pm                       |
| March 8        | Monday Book Club at the Library 1:15 or 7 pm “Lark and Termite” by Jayne Anne Philips |
| March 8        | Friends of the Library 7 pm   |
| <b>March 9</b> | <b>VOTE!!! Election Day 8:00 am to 7:00 pm in Epping Middle School Gym</b>            |
| <b>March 9</b> | <b>NO SCHOOL - Teacher Inservice Day</b>  |
| March 10       | Kindergarten Registration and supper 6:00 to 7:30 pm at EES                           |
| March 10       | Families First Workshop at EES 6:00 to 7:30 pm “The Teen Years are Coming!”           |
| March 10       | Friends of Epping 6 pm Watson Academy   |
| March 12       | Epping Bible Baptist Church Food Pantry 1:00 – 2:30 pm                                |
| March 12       | Pajama Night at the Library 6:30 for kids 2 to 8 Movie “Where the Wild Things Are”    |
| March 11       | Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am                   |
| March 11       | Seniors meeting at Watson Academy 1 pm  |
| March 13       | Child Find Program 8:00 am to 12 noon at Epping SAU - Appointment necessary           |
| March 13       | ECC Youth Group Public Breakfast from 7:00 to 10:00 am                                |
| March 13       | Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am                   |
| March 14       | American Legion Post 51 Sunday breakfast 9:00-11:30 am                                |
| March 15       | Class “M” awards presentation at Capitol Center for the Arts in Concord               |
| March 15       | Library Board of Trustees Meeting 7:15 pm   |
| March 15 - 19  | Artist in Residence Program at EMS Play performed on March 19                         |
| March 16 - 26  | Artist in Residence Program at EES Andrew Periele Puppeteer                           |
| March 17       | Families First Workshop at EES 6:00 to 7:30 pm “The Teen Years are Coming!”           |
| March 18       | Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am                   |
| March 18       | Epping School Board meeting 7 pm in Epping Town Hall                                  |
| March 19       | Epping Bible Baptist Church Food Pantry 1:00 – 2:30 pm                                |
| March 19       | Civil War Roundtable of NH meeting at 7:15 pm in Town Hall                            |
| March 20       | Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am                   |
| March 20       | Epping Community Church Dinner 5 to 7 pm “Corned Beef and Cabbage Dinner”             |
| March 20       | Cub Scout Pinewood Derby at Epping Elementary School 9:00 am                          |
| March 23       | Epping Lions Club meeting 6:30 pm in EHS Media Center                                 |
| March 24       | Friends of Epping 6 pm Watson Academy   |
| March 25       | Dessert and a Movie at the Library 7:45 pm “To Kill a Mockingbird”                    |
| March 25       | Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am                   |
| March 26       | EES Potluck Dinner and Puppet Performance 6:00 pm                                     |
| Mar 26 – Apr 4 | “Harvey” at the Leddy Center  |
| March 27       | Annual EASTER EGG HUNT 9:00 am SHARP!! at EES   |
| March 27       | PTO Breakfast at EES to follow Easter Egg Hunt from 9 to 11 am                        |
| March 27       | Toy Play Day at the Library 11 am to 1 pm “Teddy Bear’s Picnic”                       |
| March 27       | Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am                   |
| March 27       | Annual Fireman’s Ball in Epping Middle School Gym 7:00 pm to Midnight                 |



## Epping Calendar of Events for April 2010

| Date               | Event  |
|--------------------|--|
| April 1            | Epping School Board meeting 7 pm in Epping Town Hall   |
| April 1            | Epping Community Church Food Pantry 9–11 am  |
| April 2            | ECC Spring Bake Sale 5 to 7 pm   |
| April 3            | ECC Spring Bake Sale continued from 11 am to 2 pm  |
| April 3            | Epping Community Church Food Pantry 9–11 am  |
| April 4            | Last day for “Harvey” at the Leddy Center  |
| April 5            | EES PTO meeting 7:00 pm  |
| April 8            | Seniors meeting at Watson Academy 1 pm   |
| April 8            | Epping Community Church Food Pantry 9–11 am  |
| April 9            | Epping and Newmarket Faculty vs Raymond Faculty Basketball Game 7:30 pm EHS                              |
| April 9            | Epping Bible Baptist Church Food Pantry 1:00 – 2:30 pm   |
| April 9            | Pajama Night at the Library 6:30 for kids 2 to 8 “The Gingerbread Man” plus crafts and scavenger hunt    |
| April 9            | ECC Ladies Aide Ice Cream Social 5 to 7 pm (in conjunction with Friday Night Pizza)                      |
| April 10           | Epping Community Church Food Pantry 9–11 am  |
| April 11           | American Legion Post 51 Sunday breakfast 9:00-11:30 am   |
| April 12           | Friends of the Library 7 pm  |
| April 12           | Monday Book Club at the Library 1:15 or 7 pm “The School of Essential Ingredients” by Erica Bauermeister |
| April 14           | Friends of Epping 6 pm Watson Academy  |
| April 15           | Epping School Board meeting 7 pm in Epping Town Hall   |
| April 15           | Epping Community Church Food Pantry 9–11 am  |
| April 16           | Epping Bible Baptist Church Food Pantry 1:00 – 2:30 pm   |
| April 16           | Civil War Roundtable of NH meeting at 7:15 pm in Town Hall   |
| April 17           | Epping Community Church Food Pantry 9–11 am  |
| April 17           | Epping Community Church Dinner 5 to 7 pm “Baked Ham Dinner”  |
| April 17           | Seniors Yard Sale at Watson Academy 9:00 am to 4:00 pm   |
| April 19           | Library Board of Trustees Meeting 7:15 pm  |
| April 22           | Dessert and a Movie at the Library 7:45 pm “Up in the Air”   |
| April 22           | Epping Community Church Food Pantry 9–11 am  |
| April 23           | Epping Bible Baptist Church Food Pantry 1:00 – 2:30 pm   |
| April 24           | Toy Play Day at the Library 11 am to 1 pm Trucks!  |
| <b>April 24</b>    | <b>Deadline date to submit material for the May-June issue of the Newsletter</b>                         |
| April 24           | Drawing in raffle for Dinner at Zampa  |
| April 24           | Lamprey River Canoe Race 9:00 am   |
| April 24           | Epping Community Church Food Pantry 9–11 am  |
| <b>April 26-30</b> | <b>SPRING VACATION - NO SCHOOL</b>   |
| April 26-30        | Vacation Movies each afternoon at the Library at 1 pm  |
| April 27           | Epping Lions Club Meeting 6:30 pm  |
| April 28           | Friends of Epping 6 pm Watson Academy  |
| April 29           | Epping Community Church Food Pantry 9–11 am  |

If you would like your next event to appear on the Calendar of Events, please send us an email at [speakupepping@gmail.com](mailto:speakupepping@gmail.com) by **April 24, 2010**. Please include the date, event name, location and time.