



Speak Up, Epping! Newsletter

Volume 4, Issue 6

Epping, New Hampshire

November, December '11

About this Newsletter

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

Check Out Our Newsletter Website

Be sure and check out our Speak Up, Epping! website: www.speakupepping.org Each new issue of the Newsletter will be available by downloading it from the website. You 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.

Also, check us out on our new **Facebook** page!

Help Our Troops Celebrate Christmas

Please remember our Troops who are serving overseas during the Holidays this year and send extra items to help them celebrate.

And help support our Troops all year long.

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

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

Pease Greeters Care Package Wish List

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

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

Food items-individually packed to share

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

Fun stuff for the Troops

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

Items that cannot be sent

Any food containing pork
Adult books or magazines

Another way to support our troops

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

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

Please Send News From Our Troops

Please send us news about any men and women with an Epping connection who are serving in our Armed Forces. We honor their dedication and service and we'd like to set aside a section of

this Newsletter for news of these brave men and women. Please let us know what they're doing so we can let our readers know. Send the news to us at www.speakupepping.org and we will post it in this Newsletter.

HELP - Knitters Still Needed!

A message for those knitters out there: we are now collecting soft knit hats/caps for cancer patients to wear while in the hospital to keep warm. Use your own pattern or see Joyce at the Town Hall for a real easy free pattern or contact her at 679-5441, ext. 101. You may also drop off your completed hats at the Town Hall. Thank you!

Winter Epping Farmers Market

There will be a winter Farmers Market in Epping on the first Friday of each month, November through April, from 6:30 to 9:00 pm, at the Epping Community Church. Each meeting will feature a speaker, entertainment and most of the vendors who participated in the summer market. The first winter Farmers Market will take place on Friday, November 4th at 6:30 pm.



Epping Lions Club

"We Serve"

Going on now is our third annual Gas Card Raffle! The top prize again this year is a \$300 gas card at the gas station of the winner's choice. There will also be three \$50 gas card winners. You can purchase tickets for just \$5 each from any Epping Lion, at TD Bank or at Checkers Barber Shop. Look for us also at your local gas station and say hello! Only 300 tickets will be sold, so your chances are good! The winners will be drawn on December 27th. What a great stocking stuffer!

Unfortunately we had to cancel our first annual Pancake Breakfast, scheduled for Sunday October 30th, due to the inclement weather. We hope to revisit this idea soon.

The Lions continue to support the eyeglass boxes, located at several locations around town, including the Epping Wal-Mart, where you can drop off your old eyeglasses to help others who need them. We also had a table at the High Note Festival recently and are planning continuing eyesight testing in all 3 Epping schools as well as beginning collection of sunglasses for our armed forces.

Check us out at <http://epping.nhlions.org/> Meeting times are posted, which are generally the

4th Tuesday of the month at 6:30 pm. Currently we meet at Checkers Barber Shop downtown, but check with a local Lion if you are planning to attend just in case. We are always looking for new members interested in fellowship and serving your community. We'd love to see you!

Pam Tibbetts, President

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

Deb Brooks, Vice President

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Colleen Palmer, Secretary

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Senior Moments

The Epping Watson Academy Senior Citizens Club is back in the Blue Bird enjoying the fall. One trip was to Waste Management in Rochester. We never saw the trash processing because trucks were parked in our way. They were in a ten-minute "time out" because their load was over weight. This meant money lost for independent haulers. There were walking trails with waterfalls, dog parks etc. Besides trash disposal, single stream recycling, etc. they provide electrical power to UNH and others. As we rode to the top of a trash hill, a huge bald eagle was perched on a pipe less than twenty feet away, posing for our cameras.

Another trip was to the Castle In The Clouds. It was exciting as the Blue Bird climbed the winding road to the mountaintop. The ladies were most impressed with the beauty (both inside and out) and the endless closets. The guys liked everything and still can't believe it was built in 18 months.

This is our favorite season. We are now baking cookies for 110 shut-ins, filling Christmas food baskets for the Food Pantry AND getting ready to be one of the first to enjoy a Christmas Party at Camelot.

Upcoming trips include the State House, WMUR-TV and Stonyfield Farm.

Occasionally, the Seniors are challenged with history tests to keep their minds sharp. Below are just a few of the questions. Try them and "no," the answers are not upside down at the bottom of the page.

(1) In the 1940's, where were car dimmer switches located?

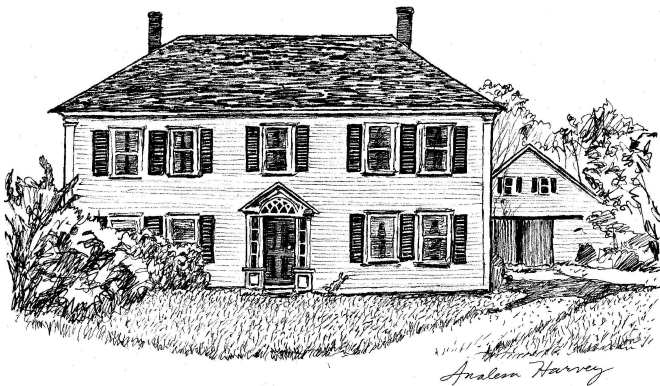
(2) What was the most dreaded disease in the 40's and 50's?

(3) Why did the bottle cap of Royal Crown Cola have holes in the top?

(If you don't know the answers, ask a Senior Citizen)

Submitted by Irene R. Cote

TALES FROM EPPING'S PAST WHISTLE BELLY AND FLIP – TAVERN TIMES IN OLD EPPING



This house at the intersection of Main Street and Elm Street was built in 1833 and used as a tavern by Daniel Watson Ladd. More recently it was the home of veterinarian Dr. James O'Connor and his family.

Our first Epping roads weren't much more than rough Indian trails so any trip over ten miles usually meant spending the night at a local tavern where food, drink, and a warm place to sleep were provided and horses stabled at reasonable prices.

By 1776, Epping had about a dozen of these establishments in operation all over town.

Our early taverns were also popular meeting places increasingly sought and patronized by local men, whether they could really afford to do so or not. Taverns were enticing spots where anything might take place after sharing rounds of drinks with meaningful names like Rattle-Skull, Blackstrap, Whistle Belly and Flip. Besides, a lot of folks were convinced that regular drinking of these hard cider and rum based drinks was far better for them than the local water supply.

By 1770, the average male adult consumption of these so called "spirituous liquors" could exceed three pints a week -and some of their fair ladies weren't far behind. That was the accepted way of life in New England for generations.

Here are a few of many stories showing the effect it had in the little town we were back then.

For years Revolutionary Soldier Levi Towle and his family kept a busy and popular tavern in the brick house he built and which still stands in

Epping. One of his sons, the father of a little boy, died of intemperance at age 24. The little boy grew up, became a carpenter and in shame hid his liquor around the fields in wooden bottles. Through his habit, he had long neglected his business and made his family poor and needy. In 1837, he was stumbling home in the dark in a sudden snowstorm and high wind. The next day he was found frozen near a fence holding on to a bottle from which a pint or more of rum was gone and so was he, at 27 years of age.

When President Washington signed an act to protect America from foreign invasion, every able-bodied man was required to sign up for the militia. This was done on "Muster Day" which eventually turned into a yearly social event. By 1849, our local Muster Days were described as "little more than gatherings dedicated to gambling and drinking" That's the year we meet John Thorn, a colorful character described as "a great, tall, gawky looking fellow whose mere glance was a "stiletto." In February 1849, Mr. Thorn was tried for "a grievous breach of public peace at an Epping tavern at the time of Muster Day." He had stabbed another man in the groin with a large jack knife in a barroom brawl, for which he was arrested and jailed, but finally acquitted with Epping's James McMurphy as his lawyer. Two years later John Thorn was "conveyed to the Epping Town Farm", our poorhouse, where he finally met his Maker after his "leg swelling was reduced."

Finally there's the tale of Carroll Barter, a popular young man about town, "much respected for his amiable qualities," and who in 1845 was "sadly brought down by intemperance," aged 30 yrs. He was buried in Central Cemetery by his devoted friends who paid for his beautiful stone and for the tolling of the church bell in his honor They also wrote a heartfelt poem published in his memory. It was titled "The Suicide."

By the 1800's, the results of drinking had gotten so out of hand that outraged Epping citizens and church groups joined in an organized battle to reform us all. One result of their efforts is shown in the 1839 newspaper ad for the EPPING HOTEL, described as "a Temperance House where no liquors of any kind will be sold." The battle was still going on forty years later when Professor Adams, "A reformed drunkard" presented his "acclaimed temperance lecture," complete with vivid descriptions of his own personal trials with "that terrible disease" to a hall filled with a West Epping audience.

Then, what must have been a killer play called

"Ten Nights in the Bar Room" was presented in 1884 by the Division Sons of Temperance to a crowd at Bunker's Hall. This was a two story building located in the middle of town where the Epping Historical Society is now and which burned down in 1919. Many large, well attended socials, lectures and shows were held there, including a publicity appearance from Mr. and Mrs. Tom Thumb who rode into town in a small wagon driven by miniature horses. Then came the much-anticipated medicine show put on by hired Kickapoo Indians. They arrived in full native dress in a hot air balloon to a cheering crowd of good Epping citizens, all most eager to stock up on their favorite patented Kickapoo wonder potion and sample any new ones. The famous secret potions absolutely guaranteed to give every man, woman and child a happier outlook on life and to knock out almost any disease on the planet. And of course, most of them were heavily laced with hefty doses of you-know-what.

Cheers everyone!

This is eighth in a series of Epping historical articles for this newsletter.

Text/Research: Madelyn Williamson. Artist: Analesa Harvey

Epping Historical Society

Kicking off the local celebration of New Hampshire History Week, twenty-two people attended the Epping Historical Society program on Thursday, October 20. Bob Goodrich gave a colorful and informative presentation on the history of Epping's brickyards, with much detail on the Goodrich family business. The Goodrich Company stopped making bricks in 1976, which ended over 150 years of brick making in Epping. Brick made in Epping can be found at Faneuil Hall in Boston and many other buildings around New England.

Continuing the NH History Week festivities, the Historical Society staffed a table at the Friends of Recreation Pumpkin Stroll on October 21 in the space behind the Town Hall. Each treat handed out to area trick-or-treaters included a post card with a picture from Epping's past. The Society's display asked the question, "Where can you learn about Epping's past?" and suggested our collections as a good place to start.

The Society recently solicited assistance from local attorney Scott LaPointe in completing administrative filings to solidify non-profit status for the organization. The Board expresses its gratitude to Mr. LaPointe for his help with these filings.

Work continues on the Folsom Dam signs project. As the Society staff researches its collections for information about the mills and other businesses that used this West Epping location for over 270 years, we invite anyone with knowledge of or materials about the dam and its environs to contact us. Materials must be ready for the sign manufacturer by mid-January, with a target date of Memorial Day to complete the sign installation.

The Historical Society thanks all its members and friends for their support of its programs and activities. Visit us on Mondays between 9:00 am and 12:00 noon, or call for an appointment at 679-2944.



Leddy Center

Rodgers and Hammerstein's "Cinderella" is on stage at the Leddy Center from **October 28th to November 16th**. This musical telling of the classic fairytale was created for TV in 1957 and has transferred wonderfully to the stage. Performances are Friday evenings at 7:30 pm and Saturday and Sunday matinees at 2:00 pm. There will be a special public matinee on Wednesday, November 9th at 2:00 pm. December productions at the Leddy Center will be "Amahl and the Night Visitors" and "Gift of the Magi," playing from **December 2nd to 11th**.

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



ETV Schedule

Channel 22 - ETV - Schedule - live programs

Monday – Nov. 14 & 28, Dec. 12 & 26

Selectmen - 7 pm

Tuesday – Nov. 1, Dec. 6 - Water and Sewer - 7 pm

Tuesday – Nov. 29, Dec. 27 - Fire Wards - 7 pm

Wednesday – Nov. 16, Dec. 21 - Budget

Committee - 7 pm

Wednesday – Nov. 2, Dec. 7 - Recreation - 7 pm

Thursday – Nov. 3 & 17, Dec. 1 & 15 - School Board – 7 pm

Thursday – Nov. 7, Dec. 29 - Planning Board - 6 pm

Friday – Nov. 18, no Dec. meeting – Civil War Round Table - 7:15 pm

Monday Meetings are rebroadcast:

1/2 hour after meeting
Tuesday - 7 am
Wednesday - 11 am
Thursday - 3 pm
Monday - 2 am

Tuesday meetings are rebroadcast:

1/2 hour after meeting
Wednesday - 7 am
Thursday - 11 am
Monday - 3 pm
Tuesday - 2 am

Wednesday Meetings are rebroadcast:

1/2 hour after meeting
Thursday - 7 am
Monday - 11 am
Tuesday - 3 pm
Wednesday - 2 am

Thursday meetings are rebroadcast:

1/2 hour after meeting
Monday - 7 am
Tuesday - 11 am
Wednesday - 3 pm
Thursday - 2 am

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

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

NEW also available is "live" video streaming. You can watch the meetings from anywhere as they are broadcast live by going to: http://etv22.pegcentral.com/live/live_etv22.html.

News From the Town Hall

Photo/Art Contest for the Town Report

The Epping Board of Selectmen would like to invite Epping students and residents to take part in this year's Town Report. There will be a contest for the best art work (photos of) or photographs of Epping to be included as the cover or in the Town Report. Please bring your entries to the Selectmen's office. The deadline is November 30th, so let's get going! The prize and winner will be announced in December.

Holiday closings of the Town Hall:

Thanksgiving Holiday – November 24th and 25th
Christmas Holiday – December 26th

Other Town News

The new garage is finished.
Taxes are due December 1st.

The search continues for a new Town Administrator

Town Clerk and Tax Collector hours as of May 1

Monday - 11:00 am to 7:00 pm
Tues, Wed & Thurs 9:00 am to 3:30 pm
Friday 9:00 am to 2:30 pm

Brickyard Commons - Phase II

Construction started in September on Phase II at Brickyard Commons and should be complete in April, 2012. Located across from the Epping Market Basket, Phase II is expected to bring more shopping options, including clothes and shoes, to the area. Companies already signed on to go into the Commons include: Marshalls, Dress Barn, Famous Footwear, Rue 21 and Pet Smart. Other possible additions include a dining option and perhaps a store from a sport and outdoor chain.

American Legion News

Monthly Breakfast Buffet! Monthly breakfasts will be held **Sunday November 13th** and **Sunday December 11th**. 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!



Scouting Around Epping

Cub Scout Pack 136

Pack 136 is gearing up for another year of Adventure and Fun!

Corn Maze trip

Saturday the boys met at Coppell House Farm in Lee and adventured their way through the Turtle maze by answering a series of turtle related questions. It was a great turn out and fun was had by all.

FALL ROUND UP:

Congratulations are in Order! Our Pack hit their recruitment goal this year. We have a lot of new faces in Scouts. It's going to be a fun year!

November Pack Events

Scouting For Food:

We are gearing up for our Scouting for Food Drive that helps to support local communities and food pantries. In today's economy the need is greater than ever. Each year, Cub Scouts and Boy Scouts collect food and redistribute it to over 175

food pantries across NH. On **Saturday, November 5th**, Scouts and their leaders will deliver Scouting for Food door hangers throughout the Epping Community. On the next **Saturday, November 12th**, around 8:30 am, Scouts will return to collect the donated non-perishable food items left on the doorsteps of all houses where they left flyers the previous weekend. They will then take them to our designated drop off location. Thank you in advance for your donations!

DOOR HANGER DROP OFF DATE: Saturday November 5th

FOOD PICK UP DATE: Saturday, November 12th by 8:30am

December Pack Events

Bowling Anyone? Grab your bowling shoes and grab the family for a family fun day at Exeter lanes on **December 11th**. For a great low price, you can bowl and have pizza with the family. A great low budget family fun day! Contact Andrea Meyer is you have questions at ameyer71@gmail.com

Other ways to help the Scouts: Empties4cash fundraising program:

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

Interested in Scouting? About Scouting:

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

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

Wow! Cub Scout Pack 136 has grown by leaps and bounds this year. We have lots of new Scouts joining our ranks, which is so wonderful. Many of these new Scouts have already earned their first badge, the Bobcat. Those who haven't received their Bobcat yet will most likely receive it at our next Pack Meeting in November.

SCOUTING = FUN, Don't miss out!

We are looking forward to lots more fun events. Some examples of things we plan to do this school year are: Family Fun Day at a corn maze, Family Bowling Night Out with the Pack, Attend a

Monarchs game, Winter Fun Day at Camp Dion (the Webelos get to do a sleep over!), Blue & Gold Banquet, Pinewood Derby Race, Rain Gutter Regatta Race, Battleship Cove (See historic battleships and camp overnight on a real battleship), Fisher Cats game with camping overnight on the field.

It's going to be an incredible year of Scouting. The boys will be all working hard on their badges for the year. Thank you to the Epping Community for all of your support.

The Pack would like to extend a very big "Thank You" to the Epping Bible Baptist Church for their generous assistance in providing a wonderful, handicapped accessible meeting place for the Bear Den.

We would like to thank the Epping School System (SAU 14) for their generous donation of a handicapped accessible meeting place for our monthly Pack meetings!

Come join us at one of our upcoming Pack meetings:

November Pack Meeting: Wednesday, **November 16th** from 6:30 to 7:30 pm at the Epping Elementary Gym.

December Pack Meeting: Wednesday, **December 21st** from 6:30 to 7:30 pm at the Epping Middle School Café.

If you can't make one of our meetings but would like more information on joining Scouts, please contact our Cubmaster Craig Clough at cclough154@comcast.net or 603-734-2124.

Join us on Facebook and keep track of the Pack <http://m.facebook.com/group.php?gid=199059685109&fbf=r6c4d2187&refid=46> or for more Pack information, go to our website: <http://www.pack136epping.org/calendar>

Boy Scout Troop 136

The Fall Scouting season got off to thunderous start as many Scouts from the Troop attended the 2011 NH Scouting Jamboree in Waterville Valley. Troop 136 joined 2500 other Scouts from around NH and New England in a large encampment that covered the ski slopes of Waterville Valley. A Scout is cheerful...and the Troop was cheerful, despite being challenged by the steep terrain and the warm temperatures. A Scout is brave...the Troop had to be vigilant with food storage as black bears were ever at the ready to exploit unattended cuisine. The Scout motto is Be Prepared...and the Scouts worked on their skills as they were tested on lashings and knots in practical application settings such as building emergency shelters, erecting towers made from staves, and moving logs

with the use of the timber hitch knot and a block and tackle. Many exhibitors were there to teach the Scouts including the NH Marine Patrol, US Forrest Service, NH Fish and Game, Trout Unlimited Conservation Group, and many more. A Scout is reverent and does his duty to God...the Troop attended religious services amidst the beautiful Fall foliage. The new Norman Denoncour, Jr. Memorial Trailer was very useful, as it made going the long distances easier and more economical. Thanks again to the donors.

Fall means Scout fundraising campaigns. Please support the Troop as they sell Trail's End Popcorn and Yankee Candles that will be here in time for Christmas! If you have any interest in supporting these fundraisers, you can contact Les Houston at 231-1148 or Cliff Cray at 396-9436. Also the Community Calendars will once again be distributed. A big thanks to all the area businesses and residents who bought advertising space or prepaid for calendars this year.

Fall also means the Troop will be collecting food for the needy in our community. Scouting for Food will take place in early November so please be looking for a notice hanging on your door giving instructions as to how you can participate in this great cause.

Sawyer Begin is the latest Scout to begin working on his Eagle Scout Project. Sawyer is planning to restore the outdoor classroom at Epping Middle/High School. He would appreciate any support the community can offer.

This will be an exciting Scouting season. If your son is 12-17 years old and wishes to join Scouting in order to learn values and skills that last a lifetime, please contact Les Houston at 679-9595.



Explorer Post 716 and the Epping Fire Department Blood Drive

There will be a Red Cross Blood Drive on **Saturday, November 5th**, from 10:00 am to 3:00 pm, sponsored by the Epping Fire Department and Explorer Post 716.

Give blood and receive a \$5 Lobster Bucks coupon from Weathervane Seafood Restaurant.

There will be a Stuff the Bus toy drive on **November 26th and 27th** at Walmart to benefit Epping and Brentwood needy children.

Santa Parade

On Sunday, **December 18**, at 3:00 pm, Santa is going to take time out from getting toys ready for Christmas and is going to come to Epping on a fire truck. Listen for the sirens! When you hear the sirens, you'll know that Santa is coming to your neighborhood!

Daylight savings time will end on **November 6th**. Please be sure to change your smoke detector battery. If you need help, call the Fire Department and we will give you assistance. Smoke Detectors Save Lives!

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

Lastly, the winter heating season is upon us. Please be sure your chimney has been cleaned before using a wood stove and it is always a good idea to have your furnace cleaned and checked by a certified service technician.

Explorer Post 716

The Epping Fire Department Explorer Post 716 is accepting new members. The group meets every 2nd and 4th Thursday evenings from 7:00 to 8:30 pm. The Explorers, young men and women ages 14 to 20, learn how to use the Fire Department equipment and do search and rescue. Once the probationary (learning) period is over, they may assist on fire calls. Explorers are allowed to ride on the apparatus if seats are available, assist firefighters with the self-contained breathing apparatus (SCBA), supervise the rescue truck and perform many other duties at a fire scene. For more information call Cliff Cray at 396-9436 or leave a message for him at 679-5446.

Police Explorer Post 714

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



Girl Scouts of the Green and White Mountains

Have fun. Make new friends. Discover amazing places. Help your community. Join the Girl Scouts.

Be a Girl Scout Volunteer!

Our council has the privilege of providing a leadership development program for over 15,000 girls from New Hampshire and Vermont, that would not be possible without our over 5,000 dedicated volunteers!

As a Girl Scout volunteer, you'll add meaningful days to girls' lives and to your own. Tackle everything from global warming to election reform.

Travel to incredible places. Share your personal passions and create experiences together you'll never forget.

Think it's a full-year commitment? Think again. Schedule tight? No problem. There are endless ways to participate. Whether you choose to work directly or indirectly with girls, on a short-term or a long-term basis, you will get all the instruction, guidance and support you need. Plus, you'll learn marketable skills.

Join us this year as we celebrate 100 years in 2012!

Visit our website for more details. Crystal Sexton, Manager, Membership and Community Development, Seacoast District, Girl Scouts of the Green and White Mountains. Serving New Hampshire and Vermont. Phone: 603-436-1938 csexton@girlscoutsgwm.org

The Civil War Roundtable of NH

The Harvey-Mitchell Memorial Library now has a copy of the movie "Conspirator" that focuses on the arrest, trial and execution of Mary Surratt. She owned the Boarding House where John Wilkes Booth planned the assassination of Abraham Lincoln and other members of Congress.

The following is our schedule through 2012. All meetings are on the 3rd Friday (except as noted) and start at 7:15 pm. Doors open at 6:30 pm at the Epping Town Hall. Our meeting is held in the Main Meeting Room down the hall from the Town offices.

2011

November 11th (2nd Friday)

December – No Meeting

2012

January 20th

February 17th

March 16th

April 13th (2nd Friday)

May 18th

June 15th

For further information on the CWRT-NH, speaker and program schedule, please log on to <http://www.crwt-nh.org>

Submitted by Dan Bennis

Epping Community Church

Epping Community Church is always pleased to welcome visitors. Visiting a church where you have never attended, or where it may have been years since you last visited, can be an intimidating experience. Particularly can it be intimidating when the word "religion" is attached. What will you find if

you choose to visit us on any given Sunday morning?

You will find a warm and welcoming group of people who are pleased to have you present.

You will not be pressured or forced in any way to join, commit, or put your name on the dotted line regarding joining our church membership. We always welcome new members, but want individuals to join when they feel God leading them to be part of the spiritual life of our church.

Worship is held every Sunday morning at 9:00 am. The service will last from one hour to an hour and fifteen minutes.

Across the course of each month you will hear a variety of music. Epping Community Church is blessed with a wonderful choir, bell choir and Praise Band. Music will vary from traditional and classic choral to contemporary praise, blues, jazz and country gospel.

The pastor's sermons are generally didactic and include dialogue. You are invited to encounter the Good News of the Gospel in a contemporary and faithful context to the Word of God.

We observe communion (the Lord's Supper) on the first Sunday morning of each month. All followers of Christ are welcomed to the table.

Support of the church comes through voluntary contributions of those who attend our church.

We exist for one reason, to serve God. Our food pantry, coats of caring closet, and other programs are present not because of works, but because fruit is borne out of right relationship with God in Christ.

There is opportunity to gather in the fellowship hall following worship if you wish to mingle, get to know a few people better and enjoy a beverage and light snack.

There is a modified non-traditional Sunday School for children—classroom without walls and bible teaching unconfined. We teach a positive message of Good News to our children. We want them to know and learn early in life how to grow spiritually in the love of God as witnessed in the life of Christ. The fall session of Sunday School began in mid-September.

You are always welcome to Bible study on Thursday mornings at 9:00 am and to participate in our Thursday morning prayer group at 10:00 am.

We have Thursday Soup of the Day Café on Thursdays from 11:00 – 12:30 pm. A wonderful opportunity presents itself around a tasty luncheon on Thursdays. September through June there are generally two types of homemade soups available, salad, crackers, dessert and a beverage and plenty of fellowship around the table. During July and

August when things are much warmer the ladies fix a variety of salads for lunch.

The Food Pantry is open on Thursdays and Saturdays from 9:00 to 11:00 am and is located at the Community Church on the corner of Pleasant and Main Streets. Serving family and individuals who find themselves in difficult circumstances, a variety of food items (perishable and non-perishable) are made available. Because there is such great need, we are joined in the effort by St. Joseph Roman Catholic C

hurch, Walmart, Starbucks, Hannaford's, students and teachers of the Epping School system, the Boy Scouts, the U.S. Postal Service and an entire group of very dedicated individuals within our church and from the community. We will be closed on Thanksgiving and Christmas Eve but will be open on New Year's Eve.

We generally have a "Third Saturday Dinner" on the third Saturday of each month. However we will not have a third Saturday dinner in December. We will hold our annual free *Thanksgiving Dinner for Others* on **Thanksgiving Day** at 11:00 am. Designed for those who may be at home alone during Thanksgiving as well as individuals and families who wish to gather with others, Thanksgiving dinner will have the traditional fare and the joy of sharing a common table with others in giving thanks. You don't need a reservation just come. If you are a shut-in or the weather is too inclement to get out in, please call because we will be making deliveries to homes.

There will be a public breakfast to benefit the food pantry on Saturday **November 26** from 7:00-10:00 am. The admission is non-perishable food items or cash donations to the food pantry. Suggested items are as follows: Cereal, Soup, Tuna, Mac & Cheese, Canned Veggies, Crackers, Juice, Pasta, Sauce, Canned Fruit, Toilet Paper, Shampoo, Bar Soap, Dish Liquid, Laundry Soap.

Friday Night Pizza night resumed the first Friday evening of September and is open from 5:00 to 7:00 pm. A fundraiser for the building program, Friday Night Pizza offers a large pizza with the toppings of your desire for \$8.00. You can eat it in or take it home. Calling ahead (679-5542) will allow you to pick up your pizza hot and ready for eating. The pizza dough is our own recipe and each pizza is hand tossed for your eating pleasure.

Christmas Eve services will be held at 5:00 pm. This will allow for family gatherings later in the evening, but also the opportunity to worship and celebrate the birth of Christ. You are invited to come and enjoy great music, hear the traditional

Christmas Scripture readings, and join together in the lighting of candles proclaiming the Messiah is born!

Should you wish to have more information about our church or church programs please call 679-5542 and leave a message with your name, contact number and brief description of your interest. We will return a call at the earliest possible time.

With Thanksgiving and Christmas just around the corner, the members of Epping Community Church would like to wish you blessings for which to give Thanks, a joyous and blessed Christmas and a hope filled New Year in Christ!

St. Joseph Catholic Church

208 Pleasant St. (Rte 27)

Epping, NH 03042

Office telephone 603 679-8805

November 24th - Thanksgiving

Mass will be at 8:00 am

December 4th

Parish Penance Service at 2:00 pm

Christmas Masses:

December 24th at 4:30 pm; 7:00 pm and Midnight Mass

Christmas Day: 8:00 am and 10:30 am

No evening Mass

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

Epping Bible Baptist Church

We are a Bible-based church located at 243 Pleasant Street.

We have Sunday School for all ages from 9:30 - 10:30 am.

Morning worship Service begins at 10:45 am.

We also have an informal evening service from 6:00 - 7:00 pm.

We offer a 3-year College Bible Course that takes place on **Monday** nights at the church beginning at 6:30 pm. You can find out more information about this amazing Bible Institute at www.faithbibleinstitute.com

Wednesday nights we have prayer meeting at the parsonage that starts at 7:00 pm.

Thursday nights we offer a small group gathering for young adults located at The Porch (the old Leddy Center on Main Street) starting at 6:00 pm.

Friday night would be a great date night for you parents of kids ages 3 to grade 6. We offer a

program called AWANA starting at 7:00 pm at the church. This program includes age-appropriate games, Bible memorization and a Bible story time promoting positive behavior. It ends at 8:30 pm.

Our Food Pantry is open every second and third **Friday** of the month from 1:00 to 2:30 pm.

Saturdays we hold a teen youth group at The Porch for grades 6-12 starting at 7:00 pm.

Our goal is to serve our community and surrounding communities in any way we can by showing the love of Christ. Please feel free to contact us at any time if we can be of assistance to you. pastorron@eppingbible.org

We have all our services online for your viewing. www.eppingbible.org. Our Sunday morning services are also aired on ETV – channel 22.



Harvey-Mitchell Memorial Library

Epping's Public Library

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

(603) 679-5944 Fax (603) 679-5884

www.eppinglibrary.com

The Library Trustees have begun their journey. The library will be **closed** on the following dates during the upcoming season:

Friday, November 11th Veterans Day

Thursday, November 24th Thanksgiving

Monday, December 26th Christmas

Monday, January 2nd New Year's Day

Best wishes from the library staff and trustees for a peaceful and joy-filled holiday season, with many thanks for the support and patronage of our extended library family. The library's regular hours are Monday through Friday from 10 am to 8 pm and Saturdays from 10 am to 2 pm.

Coming Up in November and December:

For Adults:

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

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

Christian Crusade, Islamic Jihad

Thursday, November 10th 7:30 pm.

Dr. Jonathan Couser will present this timely program for adults. He earned his doctorate from the University of Notre Dame and has taught at

UNH and Southern New Hampshire University. He resides in Lee.

For Children:

Preschool Story hour: Designed for toddlers and preschoolers, this drop-in program meets three times each week, providing free play time, songs, stories and crafts for kids and their caregivers. Wed. at 10:30, Thurs. at 10:30 and 1:30. Monthly schedules are available on our website and in the children's room. In November we will continue reading the stories nominated for this year's Ladybug Picture Book Award. Look for the giant voting ballots in the children's room during the third week of November where children in 3rd grade and younger will vote for their favorite title. Ballots from all over the state are tallied to determine the winner by mid-December.

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

Wear your PJs and bring a snack to share to this fun community event for kids ages 2-8 and their families. Crafts, stories and library-wide scavenger hunt alternate with PJ Movie Nights approximately every other month. Because the library will be closed November 11th, Pajama Night will be postponed to **Friday, November 19th** when we will have a movie night featuring **Cars 2**. December's "**Magic of Christmas**" Pajama Night is a great way to get into the spirit of the season, with seasonal crafts, festive treats and magical stories by the tree. This Epping holiday tradition happens this year on **Friday, December 9th** from 6:30 to 7:45 pm.

Story Explorers:

This after school program for children in kindergarten, first and second grades meets on Tuesdays from 3:30 to 4:30 pm. Our Fall session has been spent reading some of the many stories by award-winning New Hampshire author Tomie de Paula. The winter session will begin January 31st and run for 10 weeks with a week off during February vacation week. During the second session we select a favorite story and transform it into a stage production to be performed at Pajama Night on April 13th. Pre-registration is required and class size is limited to 12. Simply call or stop by the children's room desk to sign up. Snacks are provided by the library and generous volunteers and parents (or a responsible sitter) are requested to remain in the building during class time. Call 679-5944 to register.

School Vacation Week Movie Series:

At 1:00 pm on Friday, December 23rd we will have our annual showing of The Polar Express as we all prepare for the upcoming holidays. During vacation

week, join us at 1:00 pm on Tuesday the 27th through Friday the 30th for newly released movies on the big screen. Thursday afternoon Story hour will be cancelled on Dec 29th to allow for that day's movie. If you have a request for a specific film, please contact Miss Tracie in the children's room. The schedule should be set by early December.

Friends of the Library

The Friends meet once a month during the school year on the second Monday at 7:00 pm. The Friends provide wonderful "extras" for the library beyond what the town budget allows. If you are looking for a way to help the library, now is a great time to join this vibrant group.

Remember, the Friends also host an on-going Food Pantry Donation Box in support of Epping's Food Pantry, which has seen increasing use in recent months. 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.

The Porch

The Porch is a nondenominational, not-for-profit, family oriented organization. We provide a safe place for kids to go after school and use computers, do their homework, play pool, watch TV or just hang out.

We are open Monday, Wednesday and Friday from 2:30 to 4:30 pm for anyone in Grades 6 - 12.

Tuesdays and Thursdays are for Grades 1 - 5. Hours are 3:00 to 5:00 pm.

Transportation is provided from the Elementary School to The Porch. Please e-mail epplingighthouse@hotmail.com to request a form allowing your child to be picked up.

Everything at The Porch is free of charge. We provide snacks and drinks every day.

We also offer different services to the community, including after school tutoring and counseling for all ages. Please feel free to e-mail about any of our services. We are here to serve you!

Epping Recreation Department News

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

Director: Nicole Bizzaro

17 Academy Street

Phone: 679-3301 Fax: 679-3006

rec@townofeppling.com

epplingrecreation.org/avenueayouthcenter.org

Join us on Facebook and follow us on 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

Pre K / K Play Date

When: Mon – Fri 9 – 11:30 am. There are two options: Mon./Wed./Fri. or Tues./Thurs. The program is scheduled to start Sept. 12th and go until Dec. 22nd.

Where: The Epping Recreation Center at Watson Academy

Fall Cost: M/W/F=\$555; T/Th=\$405 (Based on \$15 per day, following school calendar)

Parents Do Not Attend: Drop Off is between 9 and 9:10 am and Pick Up between 11:15 and 11:30 am.

If you have a child in Afternoon Kindergarten or Local Preschool, we may offer additional Supervision and Drop off to EES, SAU and Hogarth at an additional charge. Please contact Epping Rec. if interested in this.

Do you have an active Preschooler or Afternoon Kindergartener? This class will be perfect for them. Led by our talented staff of Music, Art, Recreation, and Education professionals, your preschooler will participate in age appropriate games and activities that will work on developing eye/hand coordination, gross motor skills and balance, as well as working on social skills to prepare them for a structured class setting. Each day has a theme activity, along with other fun and exciting activities to grab their attention. The Daily Programs are as follows:
Mondays: All About Art - Each week will offer various art projects for youngsters to explore their creative side.

Tuesdays: Sports and Games Day - Children will participate in the Preschool Sports programs offered by Epping Rec. and other games, too.

Wednesdays: How Does Your Garden Grow - Children will learn all about our Rec. Garden and Cook up some fun in the Watson Kitchen.

Thursdays: Exploration Day - Music, Arts, Dance, Theater... your little one will have the opportunity to try it all.

Fridays: Music and Movement - Come Sing and Play along with us, while moving to the beat.

For more information contact the Epping Recreation Department.

Future Programs to Watch For
Toddler arts program

We are currently working on a music, dance and arts program for toddlers ages 3-5, to be offered this winter! Please contact us with days and times that would work for you, if you are interested, so we can schedule this program during a time that most can make it! The program will run in five week sessions, one or two days per week and will last approximately one hour—which is similar to our Preschool Sports programs!

Weekend Preschool Sports

Interested in Afternoon or Weekend Preschool Sports? Please send us an e-mail at eppingrecreation@gmail.com or call us! If we get enough interest, we may add a class!

Have a Program you would like to see us offer? Please contact us and let us know!

Adult Basketball

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

Days / Times: Tuesdays from 8:00-9:30 pm
Thursdays from 7:30-9:00 pm (no program Oct. 27 -School Dance)

Location: Epping Middle School Gym

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

Each participant is required to sign a waiver form prior to playing and payment. We will have a sign in sheet, to keep track of days used. Once you have used your 10 nights, please bring in your next payment of \$30 for 10 additional nights. You will not be allowed to play if we do not have a signed waiver and payment! The payment covers the cost of the staff to provide this program!

We will have waiver forms available at the gym!

Guitar Lessons at Watson Academy

For children, teens, and adults alike, taking guitar lessons at Epping Recreation is an enjoyable, affordable, and rewarding experience. Taught by a highly recommended music instructor Joseph K. Murphy, lessons are designed to challenge and educate students while personalizing the curriculum to their musical tastes and needs.

Lessons are for Ages 8 – Adult.

Rates: \$20.00 for ½ hour or \$35.00 for 1 hour.

Contact: Joseph K. Murphy 603-608-8672

josephkmurphy@gmail.com

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

Ceramics Classes

We are able to offer Ceramics classes on Friday afternoons for a minimal fee. This program is open to Middle and High School Students, but may also

be available to Adults if there is an interest! Please Contact us if you are interested!

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

Karate Classes

Grades K-8, Tuesdays (at Rec. Dept.) and Thursdays (at EES), 3:30-4:15 pm, \$65 per month

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

*All beginners receive a FREE uniform!

For more information or to sign your child up, please contact Mrs. DeNapoli at 603-434-9444 or derryata@aol.com

Zumba

The popular dance aerobics class has come to the Epping Recreation Department! However, this program is on hold until we find a new instructor.

Check back soon.....

Families First of the Seacoast

Parents, kids invited to weekly “Morning Out” in Epping

Looking for something to do with the little ones? Then sign up for “Family Morning Out,” a free, relaxed program for parents and kids offered by Families First Health and Support Center. During the first 45 minutes of Family Morning Out, children and parents together will explore age-appropriate crafts and other activities, have positive play with peers and adults, and enjoy songs, stories and snacks. In the second 45 minutes, children have fun with our childcare staff, while parents relax and have the opportunity to talk about life with kids. The group meets on every Thursday from 9:30 to 11:00 am at the Epping Recreation Center, 17 Academy Street. The program facilitator will be Susie Bright.

Family Morning Out is open to all families with children ages 0 to 6. There is no charge to attend, but advance signup is required: Call Families First at 603-422-8208, ext. 2.

Epping residents also are welcome to take advantage of the many parenting and family programs, as well as affordable medical and dental care, offered at Families First’s facility at the Community Campus in Portsmouth. For more information, visit www.FamiliesFirstSeacoast.org or call 603-422-8208.

Funding for Family Morning Out is provided in part, by grants from the State of New Hampshire and United Way of the Greater Seacoast.

Craft Fairs

Epping Athletic Boosters Club Fair Crafters Wanted

The Epping Athletic Boosters Club will hold a Craft Fair on **Saturday, November 12th** from 9:00 am to 3:00 pm in the Epping Middle/High School. All money raised goes to support student athletes and their scholarships. Crafters are welcome. The cost is \$20 per 8' x 6' area. Please bring your own table and an item to donate to the raffle.

For an application and/or information, call Stephanie at 679-8299 or e-mail arsenaultacres@comcast.net.

Exeter Women's Clubs Yuletide Fair

Please save the date for the Exeter Area General Federation of Women's Clubs annual Yuletide Fair! The Fair will take place on **Saturday, November 19th** from 9:00 am to 3:00 pm at the Stratham Cooperative Middle School on Academic Way in Stratham.

The Fair features over 100 crafters with holiday items ranging from ornaments to centerpieces for your holiday meal! They include jewelry, homemade candles, signs, handbags, and many other beautiful items for your home or gifts!

There'll be a huge bake sale to benefit local adopted families and snack items, as well as an especially amazing raffle!

The EAGFWC consists of over 60 local women and through projects like the Yuletide Fair, the clubs donated over \$12,000 to local, national and international recipients in need. They also contributed over 6000 volunteer hours in 2010!

For more information please visit our website at <http://www.gfwc.org>

Rockingham County Nursing Home Annual Craft Fair

The Rockingham County Nursing Home's Annual Craft Fair will be held from 9:00 am to 3:00 pm on **Saturday, November 19th**. There will be assorted craft items, corn chowder, baked goods, hand cut donuts and a raffle.

Proceeds benefit the residents' Christmas Fund.

"Make and Take" Craft Fair at EES

The Epping Elementary School Arts Committee is sponsoring a "Make and Take" Craft Fair to raise money to support our awesome Artist-in-Residence program. The event will take place at the Epping Elementary School multi-purpose room on **Thursday, December 8th** from 6 to 8 pm with set-up starting at 5 pm. We supply the tables and they are \$20. We are also asking for a small product/craft donation for our raffle.

We are looking for Crafters and Vendors to come share their wares, too. Part of the appeal of this fair is that kids of all ages can come and make a variety of crafts to take home with them that day. This frees Mom and Dad to visit the various vendor/craft tables and do some shopping.

If you have questions, please call Sarah Boudreau at 679-8018.



Epping School District News

This school year we 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 holiday weekends. Visit www.sau14.org for the 2011-2012 School Calendar.

School Board Meeting Schedule

The Epping School Board holds regular meetings at 7:00 pm in the Epping Town Hall. The public is invited to attend. Meetings are also televised by ETV. Agendas and minutes are posted on the district website at www.sau14.org under School Board—Agenda and Minutes. Epping Television is also streaming meetings that can be watched on your computer at <http://etv.22.pegcentral.com>

November 3 and 17

December 1 and 15

Walmart Thanks Epping Teachers

The Epping Walmart has recognized ten teachers from the Epping Elementary School at a Teachers Award Ceremony where all ten were given a \$100.00 gift certificate to be used in their classrooms. In addition to the gift certificate, the teachers also received a thank you gift bag and shared a giant cake. The teachers recognized were: Lindsey Sweitzer, Valerie Bliss-Mitchell, Robin Yergeau, Kristin Eckhardt, Barbara Demers, Jackie Dodge, Kathy Stanley-Berttng, Danielle Donahue, Kristine Gruscynski, and Carrie Hagan.

Epping Elementary School (EES)

November 1 Grade 3 Field Trip to Children's Museum of NH -

Grade 3 students in Mrs. Thompson's and Mrs. Dodge's classes will be going to the Children's Museum of NH.

Grade 4 Field Trip – State House and NH Fish & Game –

The fourth grade students will be visiting the State House and the NH Fish & Game Department Discovery Room in Concord, NH.

Math in Focus Parent Information Night – 6:30 pm to 8:30 pm

All EEs parents and guardians are invited to take part in a presentation and workshop on the new math program, Math in Focus.

November 2 Grade 5 Field Trip to the Leddy Center The 5th graders will be going to the Leddy Center to see the play, “Cinderella”.

November 4 Grade 3 Field Trip to Children’s Museum of NH

Grade 3 students in Mrs. Butt’s and Mrs. Rossel’s classes will be going to the Children’s Museum of NH.

November 7 - 9 Veterans Friendly Lunch Days

EES extends its annual invitation to Epping veterans to have lunch at school during the week of Veterans’ Day.

November 7 PTO Meeting at 7:00 pm in the EES Art Room. There will be free babysitting available in the Library.

November 9 Eagle Day/Veterans’ Day Theme

2 Fiddles Residence plus Barn Dance and PTO Chili Cook Off 5:00 – 8:00 pm

November 10 No School – Conference Day

November 11 No School – Veterans’ Day

November 14 - 22 Student Council Food Drive

November 16 TIGER Assemblies – Plymouth State University’s professional education theater troupe

November 22 Grade 2 Field Trip to the Audubon Center –

The second grade will be visiting the Massabesic Audubon Center in Auburn.

November 23 - 25 No School – Thanksgiving Recess

December 5 PTO Meeting at 7:00 pm in the EES Art Room. There will be free babysitting available in the Library.

December 8 “Make and Take” Craft Fair –

The Epping Elementary School Art’s Committee is sponsoring a “Make and Take” Craft Fair/Vendor Event to raise money to support our awesome Artist-in-residence program. This event will take place at the Epping Elementary School multi-purpose room from 6:00 pm – 8:00 pm.

December 9 No School/ Teacher Professional Development

December 13 Holiday Concert for grades 2, 3 & 5 and Advanced Band at 7:00 pm in the EMS Gym.

December 14 Holiday Concert for grades 1 & 4 and Beginning Band at 7:00 pm in the EMS Gym.

December 23 – 30 No School – Holiday Recess

Submitted by Cheryl A. MacLeay

EES Lunch with a Veteran Program

The Lunch with a Veteran Program is happening again this year at the Epping Elementary School. The students wish to say “Thank You” to veterans and are inviting veterans to a free lunch with them during Veterans Day Week. It will be a very informal event with the veterans seated at the table with the students. Any veteran who attends will be recognized and introduced to all the students and thanked for his or her service.

Lunch times are:

11:15 to 11:40 for grades 4 and 5

11:45 o 12:10 for grades 2 and 3

12:15 to 12:40 for grades 1 and Full day Kindergarten.

A veteran doesn’t have to have children, grandchildren or other relatives currently attending Epping Elementary School. Anyone who’s a veteran is invited.

Please note that school is closed on November 11 and 12.

Epping Middle School (EMS)

First quarter is almost over! Report cards will be coming out soon! Epping Middle School held the annual magazine drive fundraiser. The profit from this fundraiser helps defray the cost of field trips. Thank you all for your support of our school.

Recently Epping Middle School held the “Pride Celebration” for the Middle School Guiding Principles. Guiding Principle #1 is “Respect and encourage the right to teach and the right to learn at all times.” Those receiving certificates include: Riley Brissette from the Daredevils (Luongo) Team; Aladia Ruiz from the Achilles (McGeough) Team; Mark Marasca from the Teenage Mutant Ninja Turtles (7th Grade) Team; Dylan Greenwood from the Captain America (8th) Team and Katie Pelletier from the Unified Arts Team. Guiding Principle #2 is: “Be actively engaged in learning; ask questions, collaborate, and seek solutions.” Those receiving certificates include: Maylee Gagnon from the Daredevils (Luongo) Team; Jesse Ellis from the Achilles (McGeough) Team; Abby Kershaw-Smith from the Teenage Mutant Ninja Turtles (7th grade) Team; Alison Lambert from the Captain America

(8th) Team; and Alec Silva from the Unified Arts Team. Congratulation 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 free snack or free ice cream tickets include: Marissa Adams, Katelyn Campana, Tanner Crenshaw, Haley Croteau, Jacob Lalone, Kameron Martin, Becky Milbury, Brenna Osgood and Ryan Sylvain. Congratulations for jobs well done!

Also at the Pride Celebration, Pat Weisberg gave certificates in recognition of their valuable contributions to the American Cancer Society – Making Strides Against Breast Cancer. The following adults were recognized with certificates: Heather Bentolo, Clarice Brazas, the DeGruttola family, Mr. Goodrich, Mrs. Kucera, Christine Luongo, Courtney MacFarland, Deb MacFarland, Mrs. Randall, the Repucci family, and Emily Tansey. The following students were recognized with certificates: Madelyn Bentz, Emily Colban, Alissa Croteau, Haley Croteau, Emily Donovan, Ryen Gallagher, Olivia Goodrich, Eliza Kucera, Ashley MacLeod, Caitlin McCormack, Sabrina Patterson, Vanessa Perry, Catriona Poulin, Samantha Prince, Sophia Randall, Sage Szczechowicz and Colby Wilson. Thanks for your time and energy for such a worthy cause.

Epping High School (EHS)

Thank you to all Juniors who participated in NECAP Testing October 18th thru October 21st. All students worked hard and were rewarded with a BBQ from staff.



Parent Conferences: Parent/Teacher Conferences will be held on **November 10th** from

11:30 am-6:30 pm. Please return your appointment form to the main office or call 679-5472 to schedule an appointment.

Come and visit the Blue Devil's Den between 9:00 am-12:00 noon on "B" Days and purchase the latest EHS gear.

Did you know that the EHS Music Department now has 52 students? This means 1 out of every 6 students at EHS is currently enrolled in Band or Chorus! The EHS Music Department will be traveling to New York City with Mr. Breault and Mr. Freed May 4-6, 2012. Highlights of the trip include a show on Broadway, a concert with the New York Philharmonic, a guided tour at Lincoln Center or Carnegie Hall, and a visit to the National September 11 Memorial.

Project SEARCH: This past month, SEARCHers were educated about the experiences of the Transgendered community, as well as the art of being a comedian. Students found both sessions informative and interesting. The session on the transgendered experience was video recorded and can be viewed on the Project SEARCH website at the following link: <http://projectsearchunh.org/schedule/2011-2012>.

Our coming sessions for November are bound to be just as engaging. The **November 2nd** session will involve a panel discussion on teenage drug addiction led by People Care Foundation in Somersworth, NH. On **November 16th**, Stacey Ann Ferguson will be in from the Peace Corps New England Regional Office to discuss the benefits and opportunities for students regarding volunteerism.

Attention parents of seniors: Financial Aid Information Night, Wednesday, **November 2nd**, 6:30-8:00, EHS Media Center. This event is for seniors and their parents to learn about the financial aid process for college. An expert from the New Hampshire Higher Education Assistance Foundation will present a variety of topics relating to financial aid. If you have never experienced this process before, don't know what the FAFSA is, or maybe you just need a refresher—then this event is for you!

****Financial aid is not just for traditional, 4-year colleges. You can apply for financial aid for community college, cosmetology schools, and other training schools.**

November 2nd - There is a Financial Aid Workshop from 6:30 – 8:30 pm in the media center.

November 10th - Parent-Teacher Conference Day is from 11:30 am – 6:30 pm. This is also a Professional Development Day, and there is no school for students.

November 11th is Veterans' Day – a school holiday. School is closed.

November 16th is the HS Recognition Night for Athletics in the café at 6:30 p.m.

November 19th - Project Grad is hosting a volleyball Tournament from 2 – 10 pm in the high school gym.

November 23rd thru 25th - Thanksgiving recess - no school

November 30th is the HS Recognition Night for Football and Spirit in the café - 6:30 pm.

For sports—visit www.highschoolsports.net

Please be sure and visit our website at www.sau14.org

Email Address Changed?

If your email address has changed, please notify us through our website at: 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 (**January-February**) of this newsletter will be available **early in January, 2012**. We will accept **submissions through December 20, 2011**, to be included in the next issue. Please send your content early because of the holidays, including contact information, for consideration through our website at: www.SpeakUpEpping.org or to bhelmstetter@comcast.net

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 six issues per year. We currently e-mail 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

Business Updates

Bodywise Physical Therapy has moved!

We are happy to announce our new location as of October 22nd! Our clinic is now located in The Commons at 285 Calef Highway (Rt. 125), Unit

#11, just one mile north of Walmart. We have two private treatment rooms, an open gym, and a quiet waiting room.

We specialize in spine treatment and all orthopedic injuries. We are the only clinic in the area with a spinal decompression machine. Each session includes 45 minutes of one-on-one treatment with a physical therapist only. Our therapists are the husband and wife team of Karen and Ryan Poplaski. We are open Monday through Friday 7:00 am to 7:00 pm. For more information, call 603-679-8100 or check out our website: www.BodywiseNH.com.

We will be having an Open House on Saturday, November 5th from 9:00 to 11:00 am to show off our beautiful new office. Please come and check out our clinic and enjoy brunch with us.

Zampa's Latest News

When some people are asked about Epping's Zampa Bistro, response sometimes follow as "oh yeah, that little yellow house across from the Shell station," "that place holds how many people?!" (60 to be exact), "oh, the old bread and cracker place" (once Joan Harlow's Bread & Cracker property). To many others, Zampa, approaching ten years in business, is a known little hidden gem, tucked alongside busy Route 125 and the beautiful Lamprey River in our darling town of Epping. It is a well respected restaurant known and recognized on a state level.

Diners frequent Zampa knowing that a majority of the food and beverages coming out of the bar and kitchen are sourced locally from New Hampshire and surrounding New England states, farms and waters. Zampa owners, Cory McPhee and Julie Di Tursi and their employees stand by their window credo – "Eat Local – Feed your Soul". They keep in close contact with their local suppliers to have the freshest, best quality ingredients available. From farm to table, the kitchen works with many local farms between Epping and Maine including their own backyard garden, Riverslea lamb, Kellie Brook Farm pork, Fox Country Smokehouse of Canterbury, Autumn Hill Farm, Stoudt Oak Farm, Blueberry Bay, McPhee, Harvey and Whitegate Farm produce and local eggs.

In lieu of larger produced soda, they proudly serve Squamscot Soda of Newfields, NH, made with pure cane sugar in place of corn syrup. Ice cream comes from both Memories and Annabelle's Ice Cream. From the vine and tree, Zampa pours Jewel Towne's award winning Rhapsody in Blue Ice Wine, Flag Hill's Port and John Stark Vodka,

Farnum Hill's English style cider (Lebanon, NH). Their draft pours five craft brewed beers that change with the season and brewer's offerings including Moat Mountain (North Conway, NH) and Smuttynose.

On a monthly schedule, the staff works closely with a winery or brewery, and offers FLIGHT NIGHT. It is a simple way for food and beverage lovers to come in to a casual environment, taste and learn about food pairing with beer, wine or spirits from many parts of the world. Meet with the makers, taste what you want, pick what you would like to eat. Zampa's casual setting sets the scene for a no pressure tasting. This month, they are proud to have North Hampton's Throwback Brewery pairing their beers with unique creations coming out of Zampa's kitchen. Throwback's beers are crafted in small batches using ONLY ingredients within a 200 mile radius. How's that for local?

The next few Flight Nights feature English Style Cider from Farnum Hill (Lebanon, NH) on Thursday, November 17, Sparkling Wines on Thursday December 15 and a Scotch tasting in January. The best way to find out about Zampa happenings is to catch them on Facebook or Zampa.com.

Come see what your neighborhood restaurant is all about. They serve dinner Monday through Saturday, 5:00 – 9:00 pm, closed Sundays. The space inside is big, seating 60, with three dining rooms of different sizes and a small bar in the center main dining room (where Joan Harlow's baking kitchen used to be). Don't let the parking lot fool you. There is space to come in. Reservations on weekends recommended. Dress, coined by Cory, is known as "blue jean fine dining". Come as you are and enjoy your time. Visit www.zampa.com. Call 679.8772 for reservations.

Spotlight on Business

Quiznos

Quiznos is located at 23 Fresh River Road in Epping, New Hampshire across from TD Bank and Lowe's. New owners, Greg J. Hayes and Keith Donna, celebrated their grand reopening this past February, 2011. The owners' focus has been to improve customer service levels and cleanliness while offering superior Soups, Subs and Salads. Another pastime that the owners love to do is visit local establishments (businesses and schools) and get to know the community while passing out coupons which always seem to place a smile on

the customer's face. Greg stated that it's a great way to get to know your community and also will help their customers to save some \$\$ in these challenging economic times.

Quiznos offers its customers a large menu to choose from, including Classic Subs, Signature subs which are only made at Quiznos with their highly kept specialty recipes created by chef Zac. In addition to Quiznos famous Toasted Subs, they offer the Signature Soups and five new Salads for the fall season. The menu does not stop there. There is something for everyone including Kids Meals and Sammie's, Bullets and Torpedoes. It's a lot to take in but the Epping Quiznos has found that families love visiting their establishment because there is something for everyone.

Recently the Epping Quiznos location started a 10% rewards card program. There are no gimmicks or waiting in line to sign up. It's fast, quick and easy and no cost to our loyal customers. It's just the Epping Quiznos way of saying thank you to the community.

In addition to all the above. the Epping Quiznos has also expanded its Catering business to all local businesses, including schools, churches, and all clubs and teams. One of the local favorites seems to be its lunch box program where customers can create a meal of their choice and delivery is available with advanced notice. Epping Quiznos is finding that many schools and clubs enjoy taking advantage of this program which saves them time and money. The full catering menu is available online or in the store.

The hours of operation are:
Monday through Saturday from 10:00 am to 9:00 pm and Sundays from 10:30 am to 8:00 pm.

Thanks for reading! - The Communications Group

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Expires 12-31-2011 CLU# 5010-A




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Save these pages for future reference

Epping Calendar of Events for November 2011

Date	Event
Oct 28 – Nov 16	“Cinderella” at the Leddy Center
November 2	Financial Aid Workshop 6:30-8:30 pm at EES
November 2	Eclectic Book Group at the Library 7 pm
November 3	Epping Community Church Food Pantry and Coats of Caring 9 to 11 am
November 3	Epping School Board meeting 7 pm in Epping Town Hall
November 5	Epping Community Church Food Pantry and Coats of Caring 9 to 11 am
November 5	Scouting for Food starts - Hangers on doors
November 5	Red Cross Blood Drive 10 am to 3 pm at Fire Department
November 6	Daylight Savings Ends Turn clocks back
November 7	EES PTO Meeting 7 pm in the EES Art Room
November 7-9	Veterans Friendly Lunch Days at EES
November 9	EES Eagle Day/Veterans Day Theme Barn Dance and PTO Chili Cook Off 5-8 pm
November 9	Friends of Epping Recreation 6:30 pm Watson Academy
November 10	“Christian Crusade, Islamic Jihad” by Dr. Jonathan Couser 7:30 pm at Library
November 10	Epping Community Church Food Pantry and Coats of Caring 9 to 11 am
November 10	NO SCHOOL Teacher Professional Development Day
November 11	NO SCHOOL Veteran’s Day
November 11	Epping Bible Baptist Church Food Pantry 1:00 to 2:30 pm
November 11	Civil War Roundtable of NH meeting at 7:15 pm in Town Hall
November 12	Epping Athletic Boosters Club Fair 9 – 3 at Epping Middle/High School
November 12	Scouting for Food Pick-up Day before 8:30 am
November 12	Epping Community Church Food Pantry and Coats of Caring 9 to 11 am
November 13	American Legion Post 51 Sunday breakfast 9:00 to 11:30 am
November 14	Friends of the Library at 7 pm
November 14-22	Student Council Food Drive
November 16	High School Recognition Night for Athletics in the café at 6:30 pm
November 16	Dusty Ol’ Mystery Book Group 7 pm at the Library
November 16	Cub Scout Pack Meeting 6:30 pm
November 17	Epping Seniors meeting at Watson Academy 1 pm
November 17	Epping Community Church Food Pantry and Coats of Caring 9 to 11 am
November 17	Epping School Board meeting 7 pm in Epping Town Hall
November 18	Epping Bible Baptist Church Food Pantry 1:00 to 2:30 pm
November 19	Pajama Night at the Library 6:30 pm for kids 2 to 8 “Cars 2”
November 19	Epping Community Church Food Pantry and Coats of Caring 9 to 11 am
November 19	Exeter Womens Clubs Yuletide Fair 9-3 at Stratham Coop Middle School
November 19	Rockingham County Nursing Home Craft Fair 9 - 3
November 21	Library Board of Trustees Meeting 7:15 pm
November 22	Epping Lions Club meeting 6:30 pm
November 23-25	NO SCHOOL Thanksgiving Recess
November 24	Epping Community Church Food Pantry and Coats of Caring 9 to 11 am
November 26	Epping Community Church Public Breakfast 7 to 10 am
November 26	Epping Community Church free Thanksgiving Dinner for Others 11:00 am
November 26, 27	Stuff the Bus Toy Drive at Walmart
November 30	High School Recognition Night for Football and Spirit in the café – 6:30 pm

Epping Calendar of Events for December 2011

Date	Event
December 1	Epping Community Church Food Pantry and Coats of Caring 9 to 11 am
December 1	Epping School Board meeting 7 pm in Epping Town Hall
December 2 - 11	"Amahl and the Night Visitors" and "Gift of the Magi" at the Leddy Center
December 5	EES PTO Meeting 7 pm in the EES Art Room
December 7	Eclectic Book Group at the Library 7 pm
December 3	Epping Community Church Food Pantry and Coats of Caring 9 to 11 am
December 8	Epping Community Church Food Pantry and Coats of Caring 9 to 11 am
December 8	"Make and Take" Craft Fair in EES multipurpose room from 6-8 pm
December 9	NO SCHOOL Teacher Professional Development Day
December 9	Epping Bible Baptist Church Food Pantry 1:00 to 2:30 pm
December 9	Pajama Night at the Library 6:30 pm for kids 2 to 8 "Magic of Christmas"
December 10	Epping Community Church Food Pantry and Coats of Caring 9 to 11 am
December 11	American Legion Post 51 Sunday breakfast 9:00 to 11:30 am
December 11	Cub Scouts Family Bowling Night
December 12	Friends of the Library 7 pm
December 13	EES Holiday Concert for Grades 2, 3, 5 and Advanced Band 7 pm in the EMS Gym
December 14	EES Holiday Concert for Grades 1,4 and Beginning Band 7 pm in the EMS Gym
December 14	Friends of Epping Recreation 6:30 pm Watson Academy
December 15	Epping School Board meeting 7 pm in Epping Town Hall
December 15	Epping Seniors meeting at Watson Academy 1 pm
December 15	Epping Community Church Food Pantry and Coats of Caring 9 to 11 am
December 16	Epping Bible Baptist Church Food Pantry 1:00 to 2:30 pm
December 17	Epping Community Church Food Pantry and Coats of Caring 9 to 11 am
December 18	Santa Parade 3 pm
December 19	Library Board of Trustees Meeting 7:15 pm
December 20	DEADLINE DATE for the January-February issue of the Newsletter
December 21	Dusty Ol' Mystery Book Group 7 pm at the Library
December 21	Cub Scout Pack Meeting 6:30 pm
December 22	Epping Community Church Food Pantry and Coats of Caring 9 to 11 am
December 23	"Polar Express" 1:00 pm at the Library
December 23-30	NO SCHOOL - Holiday Recess
December 27	Epping Lions Club meeting 6:30 pm at The Milk Room at Harvey Hill Farm
December 27-30	Vacation Movie Week at the Library at 1:00 pm
December 29	Epping Community Church Food Pantry and Coats of Caring 9 to 11 am
December 31	Epping Community Church Food Pantry and Coats of Caring 9 to 11 am

If you would like your next event to appear on the Calendar of Events, please send us an e-mail at speakupepping@gmail.com by **December 20, 2011**. Please include the date, event name, location and time.