

# OPP NET HERALD

Opportunity Networks Newsletter

## In this issue:

- Ben Established the Ultimate Cookout Food!
- Learn about our Opp Net Summer Olympics Program
- Ashley's restaurant review
- Jamie's Culinary Corner
- Need to Find a Fireworks Display? We Have you Covered!
- Summer Concert Series and Events Round Up
- How to Beat the Summer Heat and Other Weather Updates
- Much, Much More...



Start Summer  
Off with a Bang!!  
Fireworks Display  
Info on Page 7



Follow us to page 17 to see all those who sponsored and donated at the 33rd Souhegan Valley Golf Classic!



Editors: Andrew  
Kristine  
Nick

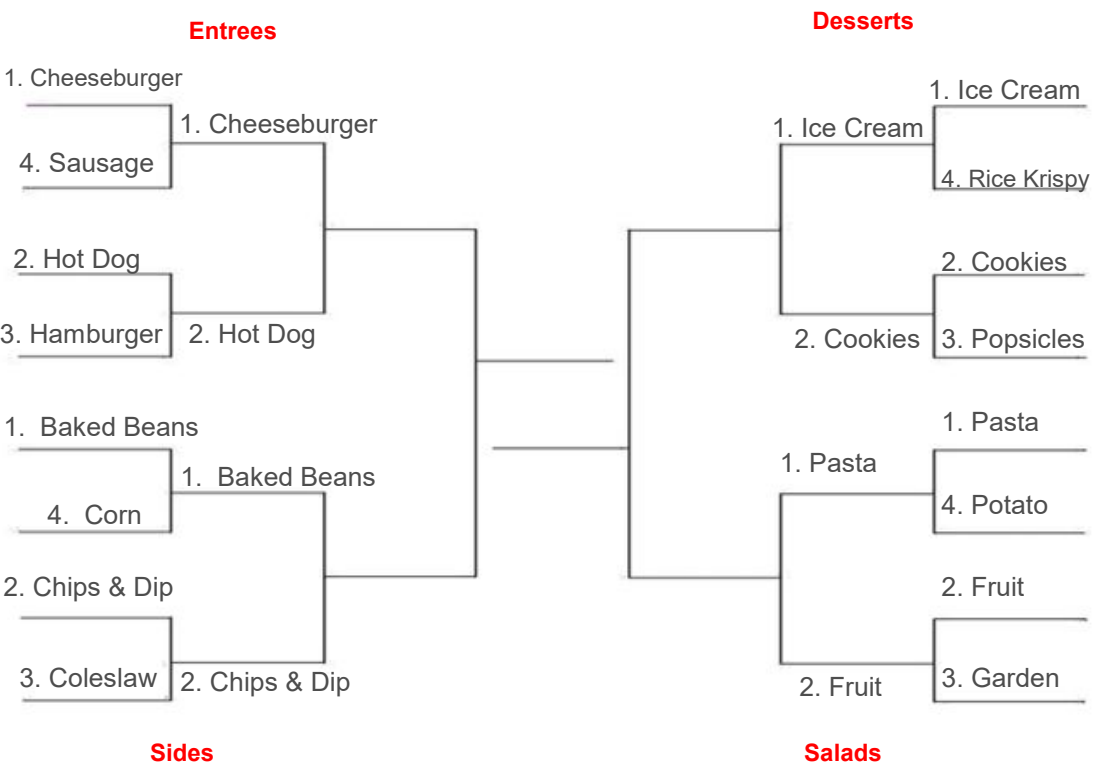
Hear All About Liz's Journey Through Art in her Recap of her Time in United Through Color and the Art Gallery at Positive Street Art on Page 14

Get Insight to How our Expert Would Build the Ultimate Cookout Menu Beginning on Page 2.

**AND MUCH, MUCH MORE WITHIN  
OUR SUMMER EDITION**

# Cookout Food Madness

by: Ben



## The First Round Match Ups

### Entrée Bracket:

- 1.Cheese Burger vs. 4. Sausage: Adding cheese to anything makes it better. No Brainer Cheeseburger wins!
- 2. Hot Dog vs. 3. Hamburger: Hamburger is plain and boring, Hot Dog moves on.

### Sides Bracket:

- 1.Baked Beans vs. 4. Corn on the Cob: Corn gets stuck in your teeth, can't have Corn advance.
- 2.Chips & Dip vs. Cole slaw: Too much mayo, way too many options for Chips & Dip. Easy decision here.

### Dessert Bracket:

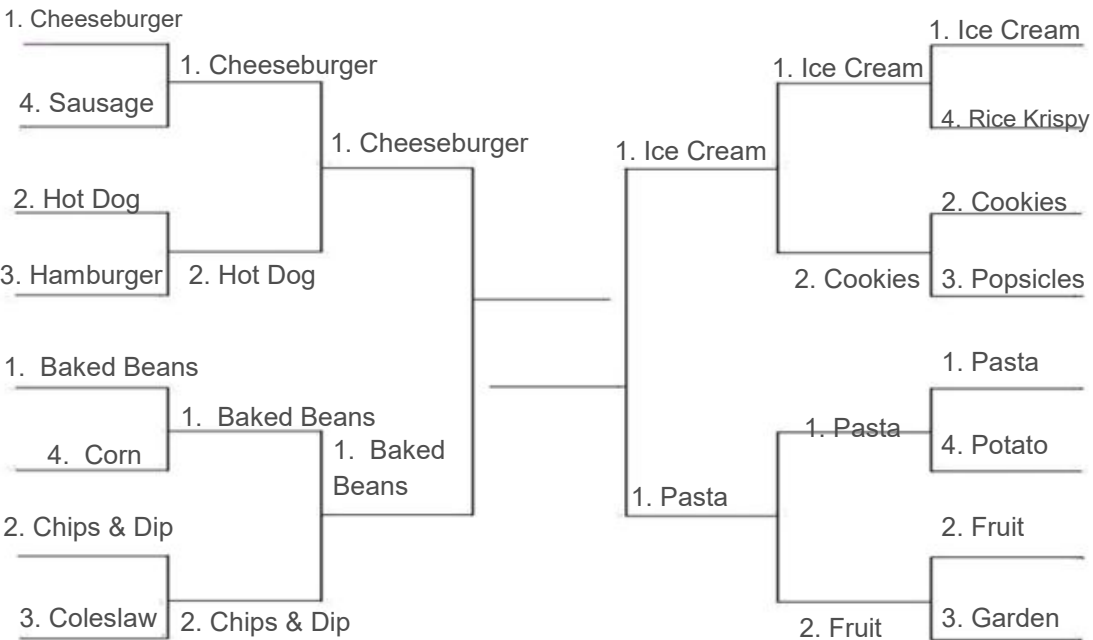
- 1.Ice Cream vs. 4. Rice Krispy Treats: Rice Krispy's are too sticky and messy. Ice Cream cruises to victory
- 2.Cookies vs. 3. Popsicles: You can eat more cookies, without the brain freeze! Cookies move on.

### Salad Bracket:

- 1.Pasta Salad vs. 4. Potato Salad: Too much mayo, on the Potato Salad. Have to take the Pasta Salad here.
- 2. Fruit Salad vs. 3 Garden Salad: Fruit is better than vegetables, It's that simple. Fruit Salad advances.

Entrees

Desserts



Sides

Salads

# The Elite 8 Match Ups

## Entrée Bracket:

1.Cheese Burger vs. 2.Hot Dog: Cheese continues to hold strong in round 2. Cheese Burger keeps dancing.

## Sides Bracket:

1.Baked Beans vs. 2.Chips & Dip: Beans will fill you up more. Easy victory for them.

## Dessert Bracket:

1.Ice Cream vs 2. Cookies: We’re looking to stay cool on a hot summer day. Have to go with Ice Cream

## Salad Bracket:

1.Pasta Salad vs. 2. Fruit Salad: Pasta Salad has too many options when you add meat and cheese.

Pasta Salad has too much and wins going away.

# The Final 4 Match Ups

## Entrées vs. Sides

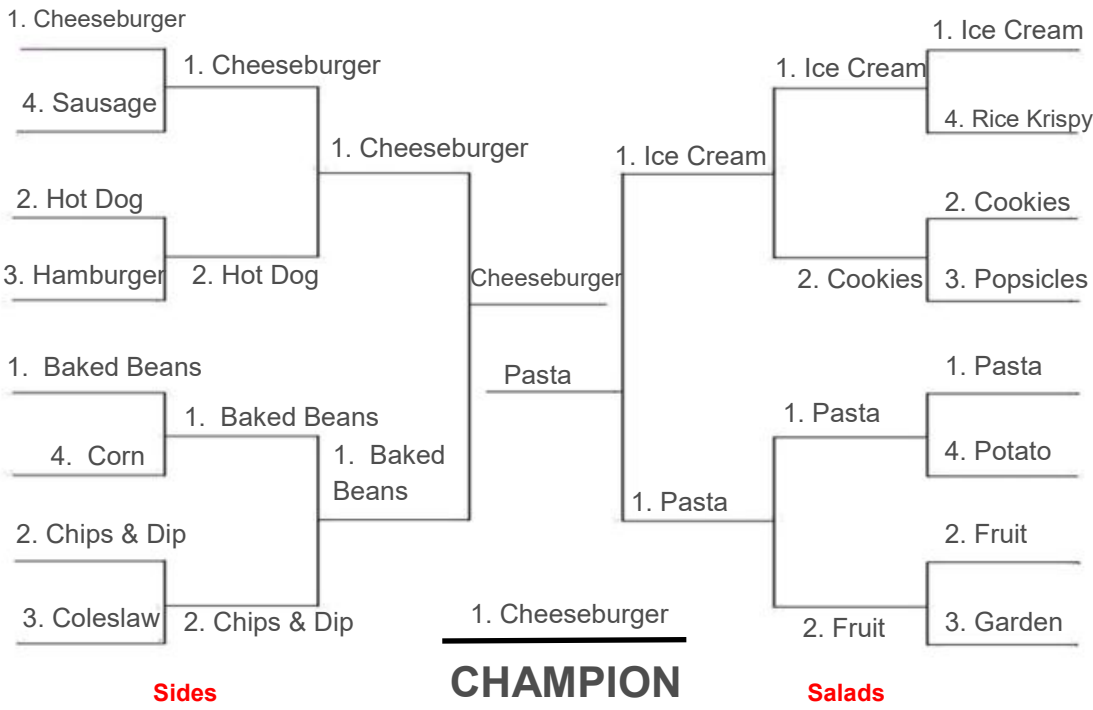
1.Cheese Burger vs. 1.Baked Beans: Cheese Burger is just too filling. Cheese Burgers advance to the finals

## Desserts vs. Salads

1.Ice Cream vs. 1. Pasta Salad: Ice Cream is just too re-freshing on a hot summer day. Ice Cream wins!

Entrées

Desserts



The Championship

Entrées vs. Desserts:

1.Cheese Burger vs. 1. Ice Cream: A tough match up in this battle. Ice cream is a strong contender but doesn't have enough to win this one.

The Cheese Burger is the Ultimate Cook Out Food!

# Jamie's Culinary Corner

**By: Jamie**



## Warm Tortellini and Roasted Vegetable Salad

Sick of the same boring salad you bring to every year's cookout? Well we at Opportunity Networks Cooking Class have just the thing for you! A warm and delicious creation that will be sure to make you “that” relative who brings delicious food!

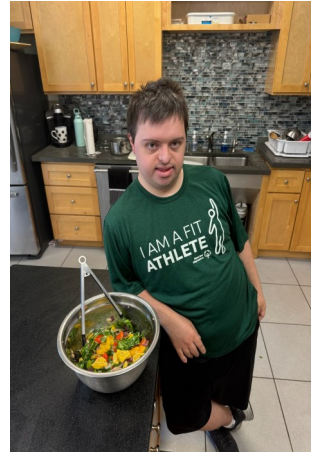
### Ingredients:

- 2 bell peppers (1 red, 1 yellow) cut into thick strips
- 1 small bulb fennel (anise), halved, cored and thinly sliced
- 1 red onion, slice into ¼ inch thick half rings
- ¼ cup plus 2 tablespoons olive oil
- Salt and pepper
- 1 9-ounce package cheese tortellini
- 1 5-ounce package of baby spinach
- 4 cloves of garlic
- 2 tablespoons of white wine vinegar
- ½ cup torn fresh basil

## Instructions

1. Preheat the oven to 425 degrees. Toss the bell peppers, fennel (anise), red onion, 2 table-spoons of olive oil along with salt and pepper on a baking sheet. Bake them in the oven for 25 minutes, stirring occasionally, until the vegetables are tender and slightly browned.
2. Meanwhile, bring a large pot of salted water to a boil. Add the tortellini and cook as the label directs: drain. Put the spinach in a large bowl and top with the warm tortellini and roasted veggies.
3. Heat the remaining  $\frac{1}{4}$  cup olive oil in a small skillet over medium heat. Add the garlic and cook, stirring occasionally, until it just starts browning, about 2 minutes. Remove from heat and add the

vinegar: pour over the tortellini mixture and toss to coat. Add the basil and season with salt and pepper to taste. Enjoy!



Jamie's Rating:  
"Like pasta red  
sauce with fish  
sticks, um  
yeah!" 10/10

# Firework Displays

By: Margaret

We celebrate the 4<sup>th</sup> of July because it's our nation's birthday and the day we declared independence from the British Crown. On July 4, 1776, the Declaration of Independence was adopted by the Second Continental Congress. Many people believe the Declaration was signed on July 4<sup>th</sup>. However, it wasn't signed until August 2, 1776. Another document relevant to the 4<sup>th</sup> of July is the Lee Resolution. The Lee Resolution contained three parts: a declaration of independence, a call to form foreign alliances, and a plan for confederation.

We celebrate Independence Day by having picnics, cook outs, going out to parks, going to coffee cafes, and eating out. For example, Opportunity Networks is having their annual cookout on July 3<sup>rd</sup>. In the evening, many people go out to watch fireworks. There are lots of places to go to see fireworks displays in New England such as beaches, lakes, and parks. Here are some 4<sup>th</sup> of July events that can be found around New England.

## Concord, NH - Celebration and Fireworks

When: July 4 6:00 p.m. Fireworks at 9:20 p.m.

Address: Memorial Field, 70 South Fruit Street, Concord, NH

The festivities will include food, vendors, and music followed by fireworks at 9:20pm.

## Exeter, NH - American Independence Festival

When: July 13th at 10 A.M to 4P.M.

Where: Downtown Exeter, 1 Governor's Lane, Exeter N.H.

Reading of the Declaration of Independence, military demonstrations, artisan village, and beer garden

## Merrimack, NH - 4th of July Celebration

When: July 4 at 7pm

Where: Merrimack High School, 38 McElwain Street, Merrimack, NH

There will be a DJ playing music from 7pm-9pm in the parking lot. Fireworks will start at 9:15pm



**Nashua, NH - Silver Knights Game & Fireworks**

When: July 4 11am to dusk

Where: Holman Stadium, 67 Amherst St,  
Nashua, NH

Game starts at 11am followed by concerts  
from 5:30pm to dusk. The fireworks start  
around 9:00.



**Manchester NH - Independence Day Fire-  
works**

When: July 4 at 9:30pm

Where: Manchester West Field, 9 Notre Dame Ave, Man-  
chester, NH

Requested donation of \$5 per family. All proceeds go to sup-  
port the Manchester West Football team.



**Boston, MA - The Boston Pops Spectacular**

When: July 4, 2024 at 8:00pm

Address: 47 David G Mugar Way, Boston, MA 02108

The fireworks start on July 4<sup>th</sup> at the Hatch Memorial Shell  
near the Charles River.

**Montpelier, VT - Montpelier Alive**

When: July 3, 2024 at 3:00pm

Address: 115 State St, Montpelier, VT 05633

The annual celebration takes place on the State House lawn.  
They will have fireworks and a concert, and a free museum  
day at the Vermont Historical Society.

**Portland, ME - Stars and Stripes Spectacular**

When: July 4, 2024 at 9:30pm

Address: Eastern Promenade, Portland, ME 04101

It is at the Eastern Promenade Park. The Portland symphony  
orchestra’s Patriotic Pops concert.

# Summer Weather Report

**By: Matt**



Summer officially Began on Thursday June 20, 2024 at 4:51PM, that is the earliest start of summer in 128 years!



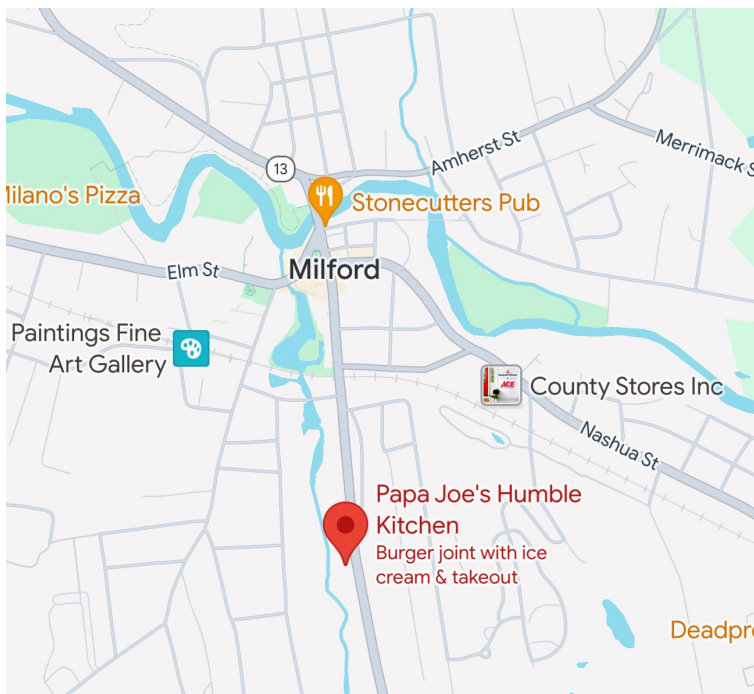
According to the Farmer's Almanac we will be expecting Sultry and Soggy Summer much like last year's. Consequently That means we will have a warm, hot and muggy summer. As such we are expecting lots of moisture and thunderstorms that could be strong to severe.

## Summer Tips and Tricks:

- Keep Food safety in Mind when out grilling or Picnicking.
- Be careful with Fireworks.
- Get plenty of rest and stay hydrated.
- Take advantage of Summer Fruit and Veggies.
- Take advantage of the Summer weather, get moving and be active!
- Keep your skin protected from the sun, use sunscreen.
- Don't let bugs ruin your summer fun, use Bug Repellent

## Papa Joe's Restaurant Review

**By: Ashley**



Papa Joe's humble kitchen started out making meals people can buy & heat at home. Today they make burgers, chicken sandwiches and multiple different sides. They take particular pride in making their burgers fresh every morning. I had the opportunity to go there and try one of their famous burgers.



The burger I tried was Kelsay's Buffalo burger which has buffalo sauce, cheddar cheese, lettuce and their famous blue cheese dressing. Papa Joe's also has a burger called the Spartan burger that is dedicated to the Milford high school basketball state champs. Where Milford high school students can purchase at a discount. The Spartan burger is made with barbecue sauce, half a hot dog, onion rings, bacon cheddar cheese & lettuce. I liked the burger I had. It was delicious & the staff was very nice & provided me with really good service. I would go back & try something different.

# Summer Music Opportunities

**By: Shawn**

In the summer people like Events such as concerts and festivals. They allow people to enjoy music and have fun with friends & family. Every summer New England has many concerts. It is easy to travel and there are better weather conditions. Here are some music events that are taking place in New England this summer, both big and small.

## **Two Roads Summer Fest 2024**

*June 21 – 22 Stratford, CT*

*21+ Connecticut, New England, Northeast US*

*2- Day festival*

They have music local bands, food trucks, games and tattoos and much more. Their bands are Alex Cano, Get Lit, Jelly the Band, Julai and the Serotones, and Rum Runners.

Tickets \$15 Friday & \$30 Saturday

## **Blink – 182**

*Tuesday July 23<sup>rd</sup> in Fenway park Boston, MA*

*6:30 p.m.*

Tickets/ Minimum \$101 Maximum \$872

## **Metallica M72 World Tour \*\*No Repeat Weekend\*\***

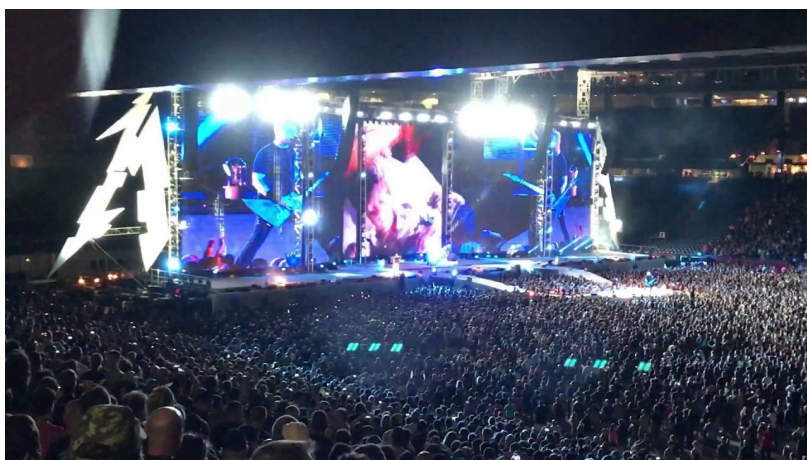
*Date: August 2<sup>nd</sup> 2024; Gillette Stadium, Foxboro, MA*

Tickets under the age of 16 are discounted

Bag policy. only 1 Pre- approved bag per guest will be allowed inside the stadium. Further bag policy information can be found on *Gillettestadium.com*

Mobile ticketing only. All tickets are all mobile download the Gillette stadium APP

Tickets are \$121 - \$550



## **Concerts On The Newport Common -**

*15 Sunapee St, Newport, NH, 6:00 - 8:00*

**June 23rd**     Jensen & Company

**June 30th**     The Flames

**July 7th**        Sirsy

**July 14th**     50 Shades of Blues

**July 21st**     East Bay Jazz

**July 28th**     Brooks Hubbard

**August 4th**    Shawna Jackson Band

**August 11th**   Brian Devenger

**August 18th**   MV19

**August 24th**   Pointless Culture *Sponsored by  
Newport recreation department*

**August 25th**   Cruzin'

## **2024 Summer Concert Series - Abbie Griffith Park**

*6 Baboosic RD. Merrimack, NH 6:00 - 8:00*

*(behind town hall)*

**July 10th**     The Reminisants

**July 17th**     The Slakas

**July 24th**     Shana Stack Band

**July 31st**     Tru Diamond

**August 7th**    Island Castaways Band

**August 14th**   Bedford Big Band

**August 21st**   Judy Pancoast

**August 28th**   Kier Byrnes & The Kettle Burners

*(Rescheduled from 6/19)*



# United Through Color

**By: Liz**

I recently participated in an art class through Positive Street Art. The art program ran for ten weeks. I went to a Positive Street Art class in Nashua, NH for this program, and we learned all different types of art. In this art class I work together in a group. The first thing I did in the art class was put paint down onto the paper. I used different colors such as pink, turquoise, and light pink paint. I blended the turquoise and light pink together. We did different types of art, like collages, drawing, and painting with pastels. Pastel is a type of paint.



There was a group of other clients we met up with to talk about the pastels. I personally painted with pastels on paper by using different colors. I learned about how to make designs out of the pastels. The next class I had I put the pastels on the painting. I blended different colors on the painting. I put water over it to make the picture be seen by the other clients. I learned a lot about myself because pastels were new to me and were something new to learn about.

At the end of the 10 weeks, we had a gallery night. The gallery night was planned by all of us as participants working together. We chose to have pizza and salad there for the everyone to snack on before presenting their art. I helped put up my painting with Yas, our instructor. I had three paintings put up on the wall



for the gallery. I gave a speech and I was nervous. I was proud of myself because I learned something about myself. I spoke very well at the art presentation and when I was there I was brave. I was brave to talk about the paintings.

I ended up feeling confident standing up in front of a crowd of people. Talking to the other clients about my paintings made me feel smart because I knew the technique of my painting. I got to walk around and see the other paintings. My paintings were different from the other paintings. My paintings were colorful. Even though there was a lot of people there I still felt shy because at first I didn't know what to expect. I felt shy and it was my first time presenting the art portrait. I felt good when I did a good job on the three paintings. I did a good job because my paintings were abstract. And I sold a painting. It was a painting where I used pastels and made a commission of it for \$55! I think about fifty people attended the gallery of art.

The program was funded through a grant by the NH council on Developmental Disabilities. I wanted to thank Yas and the other art professionals that taught me how to paint with art. Yas and the group taught me how to draw another persons face. I wanted to thank them for all their help. Thanks again.

# Opp Net Summer Olympics

**By: Keesha**

At Opportunity Networks we do our own version of the Summer Olympics every year. Clients get teamed up with other clients to compete in the activities. When you participate in the activities you receive points. You get different amounts of points for different activities. You will get points for things like when participate in the activity, you bring a set of gym clothes and bring water to the activity. You could go on hikes, and the longer you walk the more points you get. Whoever gets the most points wins and takes home the trophy for the year. Staff member Grace noted, "The Opportunity Networks Summer Olympics is a fun and creative way to promote physical activity and healthy lifestyles for our clients." One of the reasons the summer olympics exist is to encourage people to try new things. When trying new things you'll never know what could happen.

Both my friend Cassie and I started working out at the gym and started to love it. We don't go to the same gym, but we have had similar experiences. When I first started going to the gym off of program days with boyfriend, I wanted to see if it'll help with my back issues that I have. I also wanted to prove to myself that I could do it and achieve my goals. It also gives me something to do rather than stay at home being bored. This is why I decided to make this new goal because I figured it would help me get stronger and more active. I've been doing alot of stomach exercises, arms and legs. I've spent a lot of my time going on the treadmill and spending maybe 30 minutes. Sometimes I would go longer than 30 minutes even for a few hours depending on the day, and it depends if I decided to lift before I do the treadmill. Sometimes I would go uphill and increase the speed. The faster I go and the more uphill I do the more calories I burn off. When I do lifting I start with whatever weights I'm comfortable doing. Ever since I started going to the gym I've become more active and stronger than I was before I started.



Cassie also has started working out a gym recently. She noted to me that she's excited to try new machines at the gym and to start expanding her workout routines. She loves going to the gym for herself and it's a way to help manage her stress. She feels happy and joyful and she knows she can do anything. She feels unstoppable for her when she's at the gym.

I'm excited to learn things about many different activities and for my friends that will be willing to try different things as well. Hopefully others will find healthy activities that they love too during the Summer Olympics at Opportunity Networks this year. I'm excited about who will end up winning the big prize this year so hopefully it'll be my team. But...All that matters is that we all have fun doing the activities and try our best doing the activities. It doesn't matter who wins the prize all that matters is the effort you put into the team and in yourself.

# 33rd Souhegan Valley Golf Classic Review

**By: Matt**



Opportunity Network held their annual Golf Tournament on Thursday June 6th, 2024 at Amherst Country Club with shotgun start at 8:30 AM. It was a beautiful day, and for the most part the weather held.

Some of the auctions items were 2 rounds of golf at Lake Winnepesaukee Country Club, Jason Aldean Concert tickets, Quarter Side of Homegrown Steer/Cow, and a Portable Pizza Oven.



Hole in one Prizes Included a Car/Suv/Truck and a 4 wheeler/ATV.



Thank you to those who attended. Let's do it again next year.



**We like to thank the following Sponsors:**

- |  |                              |
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|  | <b>19. Control Air</b>       |
|  | <b>20. Santo Insurance</b>   |

**We like to thank the people who donated to the  
Learning Exchange:**

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