

OPP NET HERALD

Opportunity Networks Newsletter

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- Employee Spotlight— A 20 Year Anniversary!
- Spring Weather Forecast
- A Trip to Parker's Maple Barn
- Ashley reviews Teriyaki Madnesss
- Ice Cream Flavors Ranked!
- And Much Much More!



What is the ultimate ice cream flavor? Turn to page 8 to find out which ice cream is named champion in Ben's Ice Cream Madness!

Editors

- Sadie
- Nick



Spring Weather Tips on Page 5 --
What flowers to plant in your garden

Hear about Keesha's experience with Positive Street Art on page 2!

Follow the path to page 10 for Annie's comprehensive guide to some of her favorite hiking trails in the area

Shawn's Musings on Page 3!

I Positively Love Positive Street Art

By: Keesha

I have recently been going to our art program we do with Positive Street Art in Nashua. We make all kinds of art, and I thought it was cool I got to make my own canvas. I initially thought it might be boring, but now that I've gone more I really like it. I even brought my own supplies because I was so excited to participate. Some parts are hard, but everyone will help if I need it. Even I was helping with others with the staple gun, which I was surprised and shocked that I was able to learn myself, but it felt great to show them how to use it. It isn't easy because of how hard you have to push, but I learned.

Our teacher, Yaz, is very funny, talented, and she's awesome. All the staff are really helpful. When I come up with ideas, she will say nah or yay. She's very honest, and I appreciate that. People haven't always done that when they've helped me. I can get confused easy and I have some trouble understanding things, and they are totally ok if I keep asking questions until I understand. They break it down more and more the more I need help. That way I understand, and I won't be confused anymore.

I'm really looking forward to the art show on June 12. I hope the whole thing goes well. I'd really like to see my ideas turn to reality. Selling some of my paintings is another goal. I have never had an opportunity to do something like this before. I rarely do free hand stuff, but I have improved since starting this class.

I have been impressed with myself throughout the class. The more I learn new stuff, the better I feel about myself.

I am happy I decided to do it, and I feel inspired by the class as a whole. I hope people will see my work and I'll get lots of money for it!



Shawn's Musings

By: Shawn

I don't mind a spring rain, because it's not winter, and winter is worse. Autumn is my favorite season, and I'd rank spring third. I'm happy about the change in seasons, but it's still not my favorite season. I don't like the pollen, and I feel bad for people who have allergies even though I don't. Ultimately, spring is just whatever to me.



I don't mind Easter, and I enjoyed mine this year. I went to my brothers, and we had ham. I like ham, and that's how I prefer my Easter dinner. I don't eat candy as much anymore, but I still like Reese's. I like the Easter Egg version because there's more peanut butter. Speaking of eggs, I love them hard boiled. I like to decorate eggs, but once they're dry, I'm eating them.

I haven't gotten around to any spring cleaning. It's not my favorite.

I have been watching a lot of sports though, especially basketball. I'm hoping the Celtics make the finals again this year. I also like watching the Nuggets. I cheer for teams more than players because it's a team sport. I'm a big Bruins fan, but I haven't watched the NHL Playoffs since they aren't in it. I find baseball way too boring. When will it ever end??

Spring is too early to go to the beach, but I'm not a beach person. The sand is just no good. It just gets everywhere. Also, I don't like having to apply tons of sunscreen.

I love a good outdoor party. Food comes to mind first. A burger with a nice slice of cheese is king. I also like a little potato salad. Sometimes with mayo, but sometimes mustard is ok too. I love talking to people and seeing how their lives are going. I love Memorial Day because I love to support those who the holiday is for. They fought for our country, and I love that. I always wear my USA apparel.

To end, here are some jokes I wrote. I love telling jokes to make people laugh. Because laughter is the best medicine. I had a brain-storm; that's how I came up with these jokes.

- What is Easter Bunny coffee order? - **Eggspresso**
- If April showers bring May flowers what do May flowers bring? - **Pilgrims**
- Can February March ? -**No / but April May**
- How does Kevin bacon escape from a bear trap ? -**He's gotta cut footloose**
- What do you call a lonely cheese ? -**Provolone**

A Trip to Parker's Maple Barn

By: Liz

The idea to visit Parker's Maple Barn, located in Mason, New Hampshire was inspired by conversations among peers. Many participants shared their excitement about the potential for a fun and educational outing, sparking interest across the group. While a few were initially hesitant, the enthusiasm of others helped build momentum and encouraged more people to join. Known for its delicious pancakes and signature maple syrup, Parker's Maple Barn also offers visitors a behind-the-scenes look at the maple syrup-making process.

Parker's has been a family establishment since the late 1960s, making maple syrup has been a family tradition at the barn for five decades. It began as just a small sugar house built by the original Parker family and has grown since to become a popular country-like restaurant, serving breakfast and lunch now run by the Roberts family for over thirty years. They are open from 8:00 am to 2:00 pm Thursday through Monday, and closed on Tuesdays and Wednesdays. It is important to note Parker's has always operated on a first come first-served basis!

Process of maple syrup- how is it made?

1. Tap maple trees to collect sweet maple sap. It is done 2-3 weeks prior to sugaring season. The typical season starts in March and lasts four to six weeks. Maple farmers use a cordless drill to drill an initial hole into sugar maple tree. Hole filled with spout from plastic tubing system.
2. The spouts connect to huge webs of plastic tubing that route the precious sap into large tanks.
3. Once the sap tanks are full of sap, it is taken to the sugar house to be boiled.
4. To prepare sap to be boiled, it runs through a reverse osmosis machine. It takes about 40 gallons of raw sap to make one gallon of maple syrup. The reverse osmosis machine makes it so that 5-7 gallons of sap are required to make a gallon of syrup instead.
5. Next, sap flows into an evaporator which boils it to approximately 219 degrees F. This boiling process forms the thick syrup by boiling away the water and caramelizing the maple sugars into the rich and robust flavor of real maple.

Spring Weather Forecast and Tips

By: Matt

Factors:

the axis of the Earth is increasing its tilt relative to the Sun, and the length of daylight rapidly increases for the relevant hemisphere

Temperatures:

Temperatures will range in the spread of the sixties and seventies.

The Old Farmers Almanac predicts warmer than average temperatures in April and somewhat below average rainfall in May- break out the shorts!

Precipitation:

Spring has started in the USA. Showers and Thunderstorms will be forecasted. A few storms could be on the strong to severe side with Damaging Winds in excess of 60 to 70 MPH, large hail, cloud to ground Lighting.

Regional Highlights for April & May:

Warmer temperatures are forecasted for the next 90 days. Cooler Temperatures at Night.

Spring means Gardening.....

1. Check for Local forecasted weather/the weather channel
2. Check flower seed packets for information on planting
3. Plan ahead
4. It's important to check long-range weather forecast.
5. Make your own gardening Schedule based off of weather/personal Schedule.

Some of the Flowers in New Hampshire that bloom include Geranium, Daisies, Daffodils, Tulips, hyacinths, and crocuses.

Spring Tips & Tricks

1. **Spring clean your whole house from top to bottom.**
2. **Wear bug spray.**
3. **Check yourself, children and Pets for ticks.**
4. **Make sure you get new gas for your motorize tools/ generator.**
5. **Buy a jump starter for your Automobiles/tractor trailer.**
6. **Buy lawn care products and fertilizer for your lawn at your hardware store/The Home Depot.**
7. **You can't fight mother nature.**



Two Decades, One Incredible Journey: An Employee Spotlight

By: Matt

Opportunity Networks is pleased to announce that Heidi Bowman is celebrating her 20 year anniversary here.



We are thrilled to share this announcement with you. Heidi Bowman works as the Employment Services manager. She is a certified employment specialist through ACRE as well as APSE certification programs. Heidi has experience and background in Human Resources and Vocational Rehabilitation, allowing her to develop and maintain employment sites for the individuals Opportunity Networks serves.

She is working closely with partners in the community to develop new learning opportunities. Heidi enjoys working at Opportunity Networks because she likes to see everybody's smiling faces and finds the job to be fun. She finds great joy in supporting individuals with disabilities as well as providing opportunities and activities that promote success.



Heidi was a coach for the Merrimack Cardinals Cheer Team and helped the cheer team/ cheerleaders to the national championships several years running. Heidi has an adorable dog named Remy that everyone loves! On some Fridays, she brings Remy to the Bedford office, where we all get the chance to shower him with pets and treats.

Shawn: “Thank you Heidi for everything...thank you for bringing me into this program.”

Liz: “Thank you Heidi for the wonderful time.”

Kevin: “thank you Heidi for helping me budget and teaching me things.”

Teddy: “Thank you. She always helps me with everything I need.”

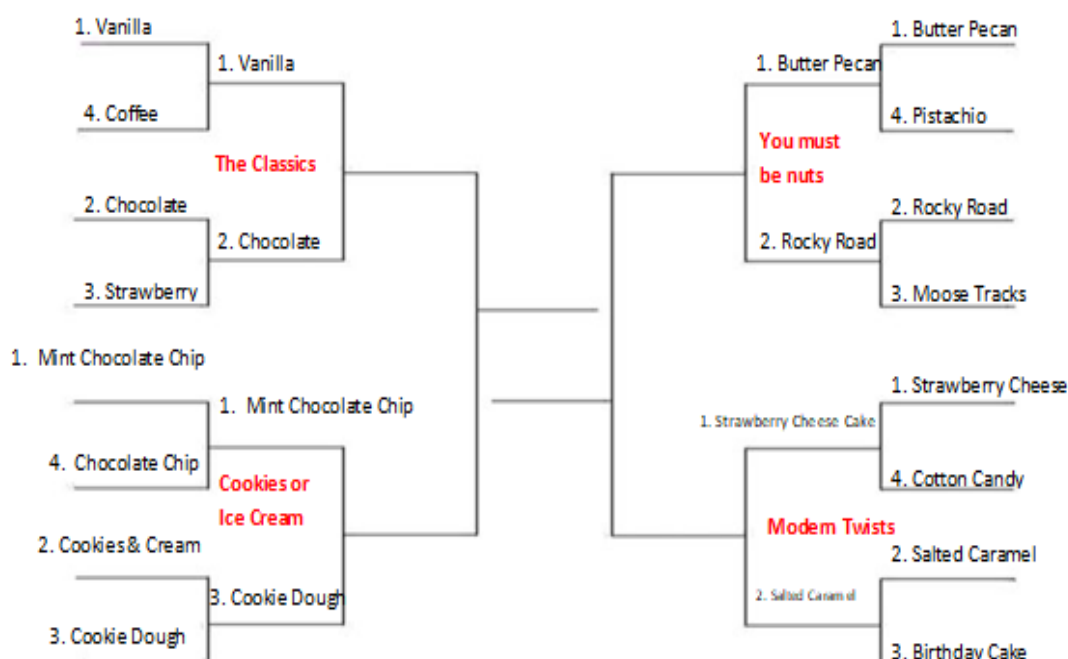
Justin: “She cares about people. I feel amazing that she helped me get my job. That job means everything to me.”



Ice Cream Madness

By: Ben

Ice Cream Madness



The First Round Match Ups

The Classics Bracket:

- 1. Vanilla vs. 4. Coffee: Coffee is for drinking, not eating. Vanilla moves on.
- 2. Chocolate vs. 3. Strawberry: Fruit and Ice Cream. No thanks, Chocolate advances

The Cookies or Ice Cream Bracket:

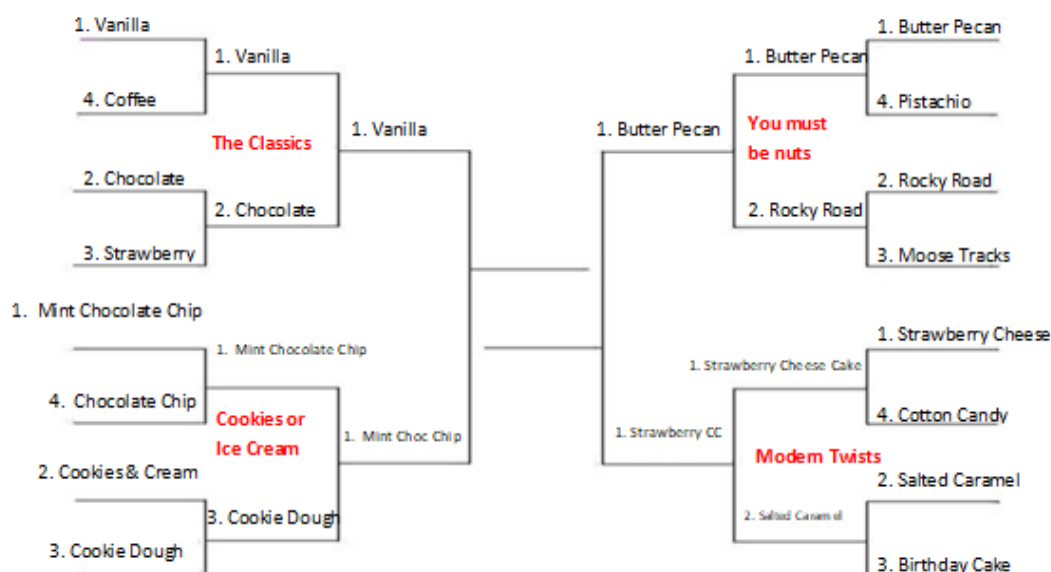
- 1. Mint Chocolate Chip vs. 4. Chocolate Chip: Two flavors in one? I'll take Mint Chocolate Chip
- 2. Cookies & Cream vs. Cookie Dough: A tough match up but Cookie Dough moves on.

You must be Nuts Bracket:

- 1. Butter Pecan vs. 4. Pistachio: Butter Pecan is the best period end of sentence.
- 2. Rocky Road vs. 3. Moose Tracks: Rocky Road wins in a close one

Modern Twists:

- 1. Strawberry Cheesecake vs. 4. Cotton Candy: Strawberry cheese cake moves on
- 2. Salted Caramel vs. 3 Birthday Cake: Salted Caramel has a little bit too much and advances.



The Elite 8 Match Ups

The Classics Bracket:

1. Vanilla vs. 2. Chocolate : In a battle of classics, Vanilla barely escapes

The Cookies or Ice Cream Bracket:

1. Mint Chocolate Chip vs. 3. Cookie Dough: Mint chocolate chip has a little too much in this match up.

You must be Nuts Bracket:

1. Butter Pecan vs. 2. Rocky Road: I love them both, but Butter Pecan advances.

Modern Twists:

1. Strawberry Cheesecake vs. 2. Salted Caramel: The dessert ice cream combo is too much. Strawberry Cheesecake moves on.

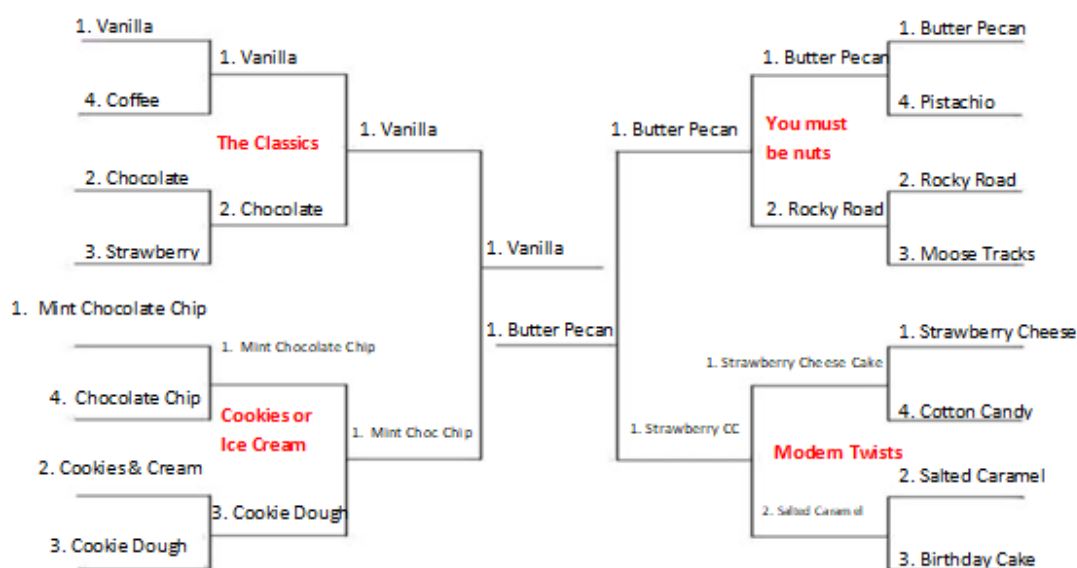
The Final 4 Match Ups

The Classics vs. Cookies or Ice Cream

1. Vanilla vs. 1. Mint Chocolate Chip: Vanilla is too consistent, they'll advance in a close one

You Must be Nuts vs. Modern Twists

1. Butter Pecan vs. 1. Strawberry Cheese Cake: Butter Pecan is the best of the best. We'll see them in the championship



The Championship

The Classics vs. You must be Nuts

1. Vanilla vs. 1. Butter Pecan: Vanilla is an all time classic and is just too consistent Vanilla is the Ultimate Ice Cream Flavor

Trail Mix: A Walk Through Nature's Local Offerings

By: Annie

Goffstown Rail Trail

The Rail Trail does not have a single address, the trail is a multi-use path that runs through Goffstown and parts of Manchester. The trail has multiple access points and parking areas-

Goffstown Town Hall Lot: for the Northern end of the trail park here on Elm St to access this area.

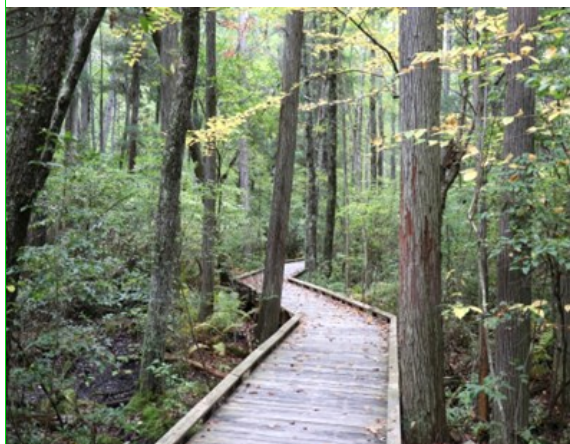
Sarette Recreation Complex: Located on Laurier St in Manchester for the southeastern end.

There are other access points and parking along the trail, including at the Parks and Recreation Center, Mast Road Trailhead, Danis Park Road, and Lynchville Park. It is well maintained and known for its safety - various stop signs at public road crossings. Dogs are allowed on the trail, and the trail offers waste bins for dog bags. Bikes are allowed and frequently on the trail. The trail can get busy with bike riders. Goffstown rail trail is a 5.5 mile path that stretches from the village of Goffstown to the Manchester City line. The trail is a flat and straight path, making the walk relatively easy and relaxing. The trail has views of Glen Lake at some parts of the walk.



All Persons Trail

Country Side Blvd, Manchester, NH 03102



All Persons Trail is located at Manchester Cedar Swamp. Dogs are not permitted, unless they are licensed service dogs. This is to ensure the safety of all walkers. The trail is 1.8 miles long. Bikes are not allowed on the trail to keep walkers safe. The trail is a popular walk, however it never gets too busy. It is a relatively easy walk, with no steep hills and a flat boardwalk like path. The trail stays clean. Volun-

teers at Opportunity Networks help pick up sticks and clean the trail once a week at All Persons Trail to ensure safety of others and cleanliness. The trail is designed to be used by those with adaptive devices like wheelchairs and strollers.

**“We believe equity and diversity are laws of nature”
- Mark Zankel**

Kelly Falls

50 Electric St, Manchester, NH 03102.

Bikes are allowed on Kelly Falls trail. Dogs are allowed to walk the trail. The trail is a flat, straight path that stretches through Manchester. The trail offers waste bins however some litter is present. It stays somewhat quiet making the walk more peaceful and relaxing. The trail includes the Kelly’s Falls Highway Bridge and the Irving and Bernice Singer Pedestrian Bridge which connects the rail trails in Manchester and Goffstown and forms a scenic route between the two towns. A scenic 8 miles long!

Pulpit Rock

596 New Boston Road, Bedford, NH 03110

338 acres- stretches from pulpit rock through Amherst to Joppa Hill. No wheeled vehicles are allowed at pulpit rock. Dog friendly as long as they are kept on a leash. Special Features are waterfalls, gorge, ledge, mill dam, and forest land. different trails that are marked based on difficulty. The trails range from easy to difficult. Pulpit rock is considered clean; it has designated waste areas. The trails to get busy in the summer and weekends.



Lake Massabesic

The Lake Massabesic Rail Trail does not have a single address. One common access point is on the south side of the traffic circle at the intersection of Candia Road and Londonderry Turnpike in Manchester.

It is well maintained and clean- efforts are made to preserve water quality. Bikes are allowed and there are various biking trails. Dogs are welcomed but must be on leash. It is a 25 mile trail. It connects Manchester to Newfields, NH. It is an easy walk, however it can get muddy after rainfall. It gets busy during the summer months. It generally takes about an hour and 13 minutes to complete. There are views of Lake Massabesic as well as fields and forests. A senior walk was held here, where cops and senior citizens organize different trails each week to take a walk.



Rock Rimmon Trail

264 Mason St, Manchester, NH

Not considered very clean. The city and volunteers have ongoing cleanup efforts however, broken glass, litter, and some vandalism are present especially at the summit. Bikes are allowed. It is dog-friendly, but they must be leashed Approximately 0.4 miles long, with an elevation gain of 100 feet. It is a short trail, but It is a challenging trail. It is more of a hike than a walk. It has a steep incline, and is not accessible for everyone. The trail tends to remain quiet and not too busy. Once you get to the top, it offers a great view of the city of Manchester.

Manchester Police Senior Walks

The Manchester Police Senior Walks allow seniors to get outside, enjoy some fresh air, and experience the beauty of Manchester! The Police Officers organized these walks at different trails of Manchester weekly last fall, and they are doing it again this Spring. Some participants of Opportunity Networks have taken the initiative to join these walks and participate in the community

Food Review: Teriyaki Madness

By: Ashley

I went to Teriyaki Madness in Nashua today for lunch. I had never been, and I had seen it driving by. The food sounded good, so I wanted to try it. It is a made to order meal. I got the spicy chicken teriyaki bowl you got to choose white rice brown rice fried rice or noodles and vegetables or not. There were a few tables for two so you can dine in if you choose. The staff was very nice and it was clean. It was a little pricy at \$14.00/ 15.00, but the portion was big and it was enough for two meals. I thought it was delicious and worth every penny.

Ashley's Final Rating: 8.6/10

