

# OPP NET HERALD

Opportunity Networks Newsletter

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- Hear about jobsite experiences from our participants
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- On the job pictures of our participants!

What makes the ultimate fall? Ben digs into the topic on page 11.

Find a fun fall activity with our extensive list of local happenings beginning on page 5

Editor: Sadie  
Nick



Hear why fall rules! Turn to page 9 for Shawn's Musings



Flatbread pizzas? Find out more on page 2!

Follow us to page 10 to learn about personal growth through employment at Louisburg Square!

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

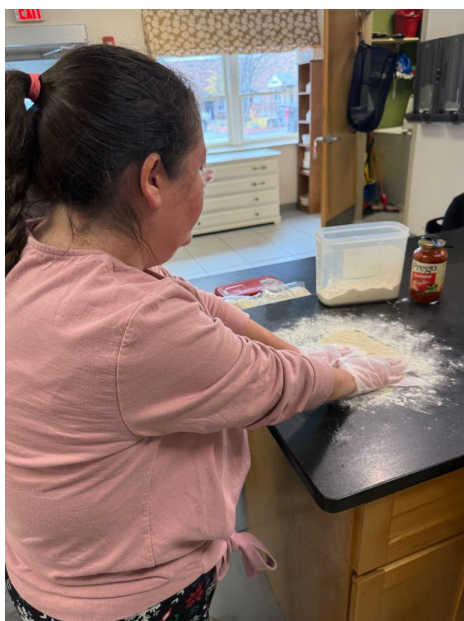
# Culinary Corner: Serving Up Some Fun with Homemade Personal Flatbread Pizzas

**By: Ashley**

I have been participating in cooking classes for a while and have always loved learning new prepping and cooking techniques. Recently, my cooking class made our very own homemade flatbread pizzas. We even got to use dough that our staff made at home the night before!

Before we started the class, we all sat down together to make a shopping list so we knew exactly what we needed at the grocery store. My friends and I chose onions, olives, tomatoes, and pepperoni. We had lots of fun picking out all the ingredients before leaving and making sure we had everything.

I was able to help with every step of the process and enjoyed independently slicing up onions and cooking them until they were perfectly caramelized. We also rolled out and kneaded the dough so we could have a flat surface to add all our toppings! The best part was learning how easy it actually is to make them, and I really enjoyed the whole process. I gave this meal a solid 7.5 out of 10, and I'm really excited to continue growing my knowledge in the kitchen with more recipes to come!



If you'd like to make this at home, here's a list of ingredients and steps we took to create this delicious meal:

## Flatbread Pizza Recipe

### Ingredients:

- Pizza dough – store-bought works well, but I preferred using the homemade dough!
- A large jar of pizza sauce

- Shredded mozzarella cheese (you can also substitute your favorite cheese)
- All the toppings you want! Here's what we used, plus a few other suggestions that could take your recipe to the next level:
  - Caramelized onions
  - Tomatoes
  - Olives
  - Pepperoni
  - Bacon
  - Spinach, etc.

### **Steps:**

1. Preheat your oven to 375°F.
2. Place your pre-made dough on a surface lightly covered with flour (this prevents it from sticking).
3. Begin kneading the dough with your hands — add a little flour to your hands, too, so the dough doesn't stick.
4. If you're using caramelized onions like we did, chop the onions into small pieces.
5. Heat a pan on the stove with a bit of olive oil, then add the onions. Stir and cook until they turn golden brown, then set them aside.
6. If using olives, slice them into smaller pieces as well.
7. Place the pizza dough on a greased baking sheet. Use a spoon to evenly spread pizza sauce across the surface.
8. Sprinkle shredded cheese evenly over the sauce.
9. Add your chosen toppings — as much or as little as you'd like!
10. Once the oven is preheated, bake your personal pizzas for about 15 minutes, or until the cheese is fully melted and the crust is golden brown.

# Fall Weather Report

**By: Matt**

According to the Farmer's Almanac, fall activities and outings may be a bit warmer this year. We also should be prepared for below-average rainfall. But certain areas like the High Plains and the Pacific Northwest, should keep their umbrellas near at all times! Hurricane season runs through November, and the Farmers Almanac predicts above-normal activity, with a high count of named storms.

The Northeast regional forecast predicts cooler and drier conditions than usual. Look for scattered showers, brief warm moments, and overall somewhat chilly weather. Hey kids, do you like snow days? The snowiest month will be mid November.

Hey Ladies and Gentleman are you planning to head over the river and through the woods to grandmother's house? If you are, you might need to listen up. Snowy conditions in the Northeast are expected, so grease up your shovels. Hey, bundle up if you go outside because nobody wants to go back to school/college/ work at Opportunity Networks with a cold or flu. Don't be Surprised if you start singing I'm dreaming of a White Thanksgiving.

## **Fall tips you should learn and they are 100% True.**

1. You Can't Fight Mother Nature.
2. Stay Home from Work/School/ College if you are sick.
3. Get a flu shot during flu season — In whichever arm you choose.
4. Take Frequent Breaks when you rake your yard/property.
5. Get the humidifier going! Cold air is dry because it holds less moisture than warm air. Breathing cold, dry air can cause respiratory ailments like asthma, bronchitis, sinusitis and nosebleeds.
6. Don't let Daylight Savings get you down. The mid-autumn arrival of Daylight Savings Time can bring exhaustion, grogginess and grumpiness.
7. Perform balance and strength training exercises. Many factors contribute to why you're more likely to fall during your advanced years, but one of the most prevalent risk factors is the body's natural aging process.





# Fall Activities Around the Area

By: Annie

## 1. Mack's Apples

Mack's Apples is located at 230 Mammoth Road in Londonderry. To purchase a small bag to go apple picking it is \$12.00. They offer a variety of fruits to pick like apples, strawberries, pears, peaches and they have pumpkins to choose from.



The best month to go apple picking is October for late season apples like Fuji, Granny Smith, and Braeburn! They also have a farmers market where they sell the star of the show Apple cider donuts! I have visited many times, it is one of my favorite

fall activities!

I would rate Mack's Apples a 10, because I think it is a fun place for children and adults to go to in the fall. The apples are easy to reach and there are so many to choose from. They taste so sweet!

## 2. Elwood Orchard

Elwood Orchard is also in Londonderry, at 54 Elwood Road. It has been a family owned business since 1910! They have apples, peaches, yellow plums, pumpkins, and cherries to pick! A corn maze is available for visitors from 8am to 6pm daily. During halloween season, they have "Hellwood's Cursed Forest,



which is a haunted corn maze. They have "Fright Night" on Friday October 17th, 24th, and 31st from 7 to 10pm and Saturday, October 18th, and 25th from 6 to 10pm. They also do a "Fright Light" for a more child-friendly experience during the day on Friday October 17th, 24th, and 31st from 6 to 7pm. As well as Saturdays on October 11th from 11 to 3pm, the 18th and 25th from 6 to 7pm, October 12th, 19th, and 26th from 11 to 3pm. This haunted experience is 100% volunteer based and 100% of the proceeds go to charities such as Manchester Girl Scouts, Future in Sight, and Nashua Soup Kitchen!

My rating for this Orchard would be a 9, I have never been but I think the Fright Night is freaky and cool. I also think it is awesome that they donate 100% of their proceeds to charities.

## 3. Concord Fall Craft Fair

Concord is holding a Fall craft fair on Saturday, November 22nd and Sunday, November 23rd at the Bow High School. The hours for Saturday are 9am to 4pm, and on Sunday 9am to 1pm. It is a free entry but if you are looking to take crafts home from vendors the prices may

vary! The vendors who attend are people who create their own crafts to showcase and sell, so there is a large variety of crafts for people to browse or purchase.



My rating for the Fall Craft

Fair would be a 5. Even though I like crafts, I have never been to a craft fair and I don't think I would enjoy walking around browsing for a long time.

#### 4. Concord Car Show at the Fall Food Truck Festival

Concord is hosting a car show at the Fall Food Truck Festival on Saturday, November 15th, 11am to 4pm located at Rollins



Park. It is only \$1.00 per person, kids under 5 and dogs of all ages are free.

You can just attend or bring your antique or unique car to display. All cars will be displayed in park- no revving or idling. They award 1st, 2nd, and 3rd prizes.

While you are attending,

you can also enjoy the food truck festival, live music, markers, vendors, holiday shopping, dog businesses of all kinds, kid zone, and dog watching. This event is dog friendly and there will be special markers set up to keep the dogs at a safe distance from the cars. All dogs must be well-behaved and leashed! The kid zone includes hay rides and even a petting zoo.

I would rate this event a 7! It sounds like fun and pretty cool to see the cars and who they compete with. I definitely would like to go to the car show and try out the different foods from all the different trucks. I think that it is considerate of them to allow owners to bring their dogs.

#### 5. Sunny Crest

Sunny Crest Farm is also located in Londonderry on High Range Road. It offers a pick-your-own apples, pumpkins, strawberries, blueberries, and cherries, farmer's market, and a bakery. With apple

season coming to an end, they are starting pick your own pumpkins at their pumpkin patch! They also offer hands-on farming and harvesting of



your very own crops in their pick your own fields. They have a season for everything at Sunny Crest, whether it's harvesting your own crops in the summer or picking blueberries in July, to picking your own pumpkins in October! They also have a small animal farm where you can feed and pet the goats, sheep, and sometimes a pig.

I rate this farm an 8, I have never been, but after researching it I would love to go there to pick apples and pumpkins. I can see myself visiting in the fall rather than the summer. In the future, I want to make plans with my friends and go as a group!

## 6. Screeemfest Canobie Lake Park

Screeemfest at Canobie Lake Park is another great activity for those brave enough! It is located at 85 N. Policy Street in Salem, New Hampshire. Screeemfest starts September 20th and goes till November 1st. The park organizes a haunted experience, with actors all throughout the park and haunted houses. The prices vary, on Fridays and Sundays it is \$49.00 and \$59.00 on Saturdays, and between \$30.00 to \$40.00 for general admission. The park stays open and operates all of it's rides like usual, if you want to experience the haunted houses you have to purchase separate tickets from general admission. They offer five different haunted houses, live shows, and they only do this during the night.



I rate Screeemfest a 9, because I like scary Halloween nights and I also enjoy rides and good amusement park food! I would really like to visit here while they do the Screeemfest! All their rollercoasters and rides stay open while Screeemfest happens, which is cool because If I get too scared I can always avoid the actors by going on the rides.

## 7. Fright Kingdom

Fright Kingdom is another haunted attraction located at 12 Simon Street in Nashua, New Hampshire. Tickets purchased online are \$38.00, but if you purchase them in person at the ticket booth, they are \$45.00. They offer different Halloween themes throughout different months- "Halfway to Halloween" in May, "Hardly Haunted" in October, "In the dark" in November, and "Fright before Christmas" in December. Each theme offers five different haunted attractions to walk through. This attraction only offers haunted walk-





through, no rides. It does not seem to be very kid friendly, unless they are brave! They are only open Fridays and Saturdays from 7 to 10pm.

I rate Fright Kingdom an 8. I like how they do different themes throughout the months, and it seems pretty scary! I would like to maybe go here at night and experience the haunted attractions. I just hope it wouldn't be too scary! I wish they had other attractions like rides or games.

## 8. Nightmare New England

Nightmare New England is a very popular haunted attraction, located at Mels Funway Park (454 Charles Bancroft Highway, Litchfield, New Hampshire). They offer four different haunted attractions, one being the award-winning haunted hayride that takes you through 80 acres in the woods of Litchfield. They are the number one annual event in New Hampshire! Not only do they offer the haunted attractions but they also have a pre-scare party, fire pits, pumpkin bar, zombie paintball, axe throwing, beer garden, go karts, mini golf, gift shop and so much more. General admission is \$44.99, and VIP tickets are \$69.99. They are open Thursday to Sunday, 6 to 10pm.

I would rate Nightmare New England a 8. I like the idea of haunted houses and going there at night. It seems like it is scarier than some of the other attractions, and it is said the hayride is the scariest!! I think it would be fun to go with a group of friends. I have talked about going with some friends in the past. I would like to do the day's activities like mini golf and go karting first, and maybe if I am feeling brave enough, hit Nightmare New England later in the night with family or friends to take on the haunted adventure with!





# Shawn's Musings

By: Shawn

I love fall! I like everything about it! The foliage, the views, and the gatherings with family make it such a great time of year. When I think fall, I think bright colors like red, orange, and brown, and leaves falling from the trees.

October is my favorite month because it is so beautiful, and it has one of the best holidays: Halloween! I also love that October is breast cancer awareness month. I really appreciate everything people do to raise awareness and show support.



When November comes around, I start thinking about Thanksgiving. My favorite Thanksgiving dish is, and always will be, cranberry sauce! I don't mind homemade, but I would eat the canned version year round. I'm also a big pumpkin pie fan, especially with a little whipped cream. I love talking and laughing with my family while we gather to eat together. One of my favorite traditions is watching the Macy's Thanksgiving Parade with my family, it's something I look forward to every year.

Fall is also a great time for sports! My favorite team is the Boston Bruins, and I always enjoy watching hockey in the fall. I don't mind football either. My favorite football team is the San Francisco 49ers. I also like seeing soccer games and high school football and basketball games.

**Let's bring this one home with a few of my favorite fall knee slappers!**

Who won the skeleton costume contest? No body

Why did the tree giggle? It heard acorn-y joke

What did the pumpkin say to its carver ? Cut it out with the jokes

# Jobsite Spotlight: Louisburg

By: Justin

In this edition, I will touch on Louisburg Square. At this jobsite we clean common areas in the apartment complex. The team has been there for just under one year. Team members note they enjoy working as a team, and they are willing to help each other with any task. They also respect the way their job coach works along side them rather than only giving verbal instructions. Bhaba told us, “it helps me learn better!”



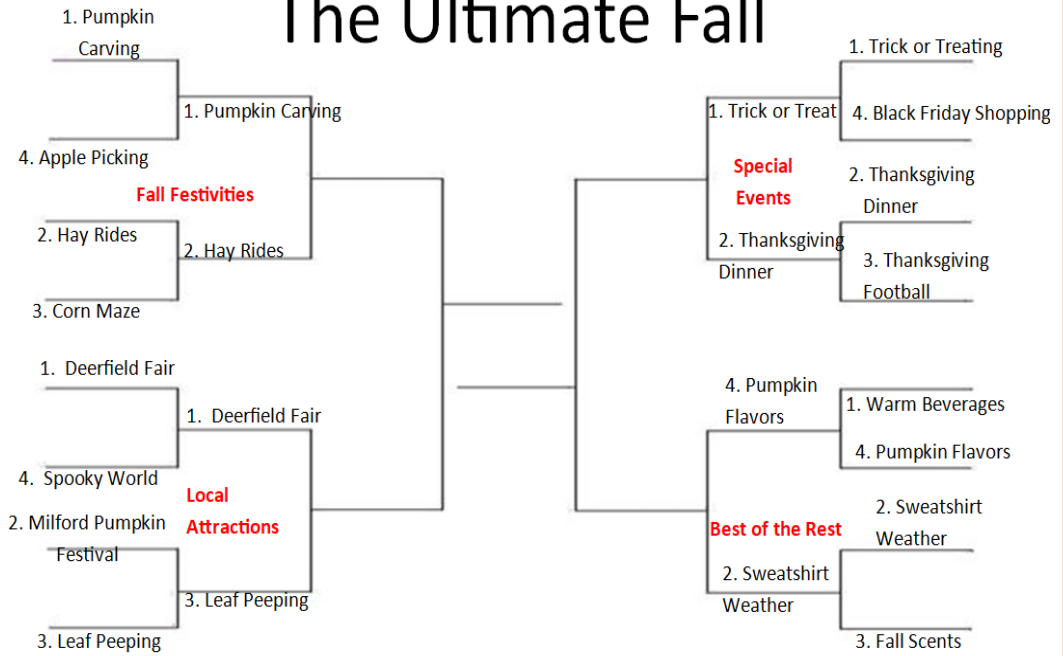
There are a lot of stairs, and it can get hot in the summer. This is part of why the teamwork is so important. It's a physically demanding job, but the pay makes it worth it! Bhaba likes saving his money, especially for new, expensive electronics. Darren told us how much he is proud of having his own money to pay for things he likes and likes to do.



# The Ultimate Fall

By: Ben

## The Ultimate Fall



## The First Round Match Ups

### Fall Festivities

1. Pumpkin Carving vs. 4 Apple Picking: My apple allergy is not a factor in this match--up. Pumpkin Carving is better.
2. Hay Rides vs. 3 Corn Maze: There's not much better than ending a fall day at the farm with a corn maze.

### Local Attractions:

1. Deerfield Fair vs. 4 Spooky World: Rides, Food, Animals what more could you ask for? Deerfield Fair moves on
2. Milford Pumpkin Festival vs. Leaf Peeping: There's nothing better than a nature walk looking at the foliage.

### Special Events:

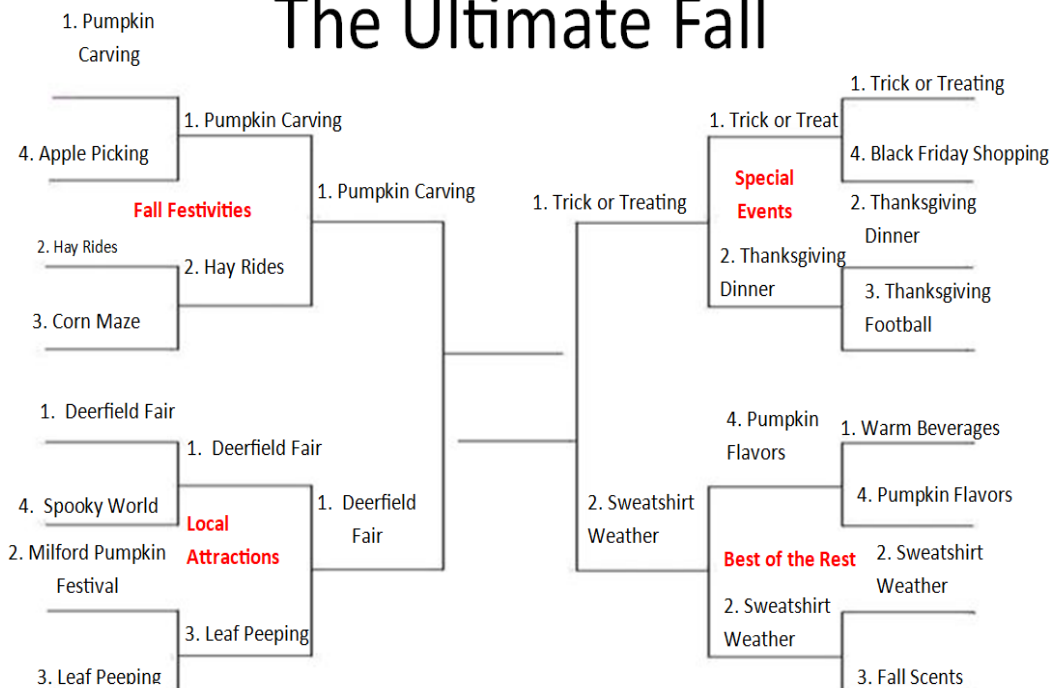
1. Trick or Treating vs. 4. Black Friday Shopping: I love candy, whether I'm giving it or receiving it.
2. Thanksgiving Dinner vs. Thanksgiving Football: The toughest match up of the first round. Both are great. Thanksgiving Dinner Moves on.

### Best of the Rest

1. Warm Beverages vs. 4. Pumpkin Flavors: More variety with pumpkin, donuts, coffee, pie. Easy choice here.
2. Sweatshirt Weather vs. 3 Fall Scents: My apple allergy strikes again, Sweatshirt weather is the easy choice for me.



# The Ultimate Fall



## The Second Round Match Ups

### Fall Festivities

1.Pumpkin Carving vs. 2. Hayrides: Nothing says fall like carving a pumpkin . Easy decision here, Pumpkin Carving moves on.

### Local Attractions:

1.Deerfield Fair vs. 3. Leaf Peeping: You can see the leaves change anywhere. There’s only one Deerfield Fair. Deerfield fair advances.

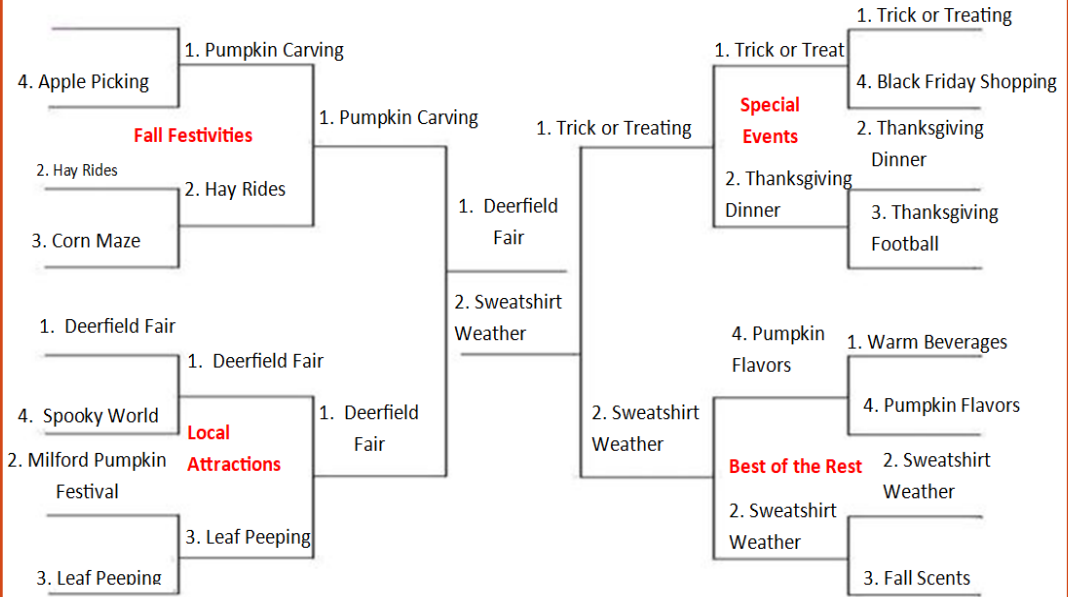
### Special Events:

1. Trick or Treating vs. 4. Thanksgiving Dinner . Doesn’t matter if your getting candy or giving it out. Trick or Treating is fall! Trick or Treating moves on to the Final Four.

### Best of the Rest

2. Sweatshirt Weather vs. 4. Pumpkin Flavors. There’s nothing better than throwing a sweatshirt on and going for a walk . Sweatshirt weather wins easily.

# The Ultimate Fall



## *The Final Four*

1. Pumpkin Carving vs. 1. Deerfield Fair: Deerfield fair, has so much more to offer and you don't have to clean up after. Deerfield Fair moves on.

1. Trick or Treating vs 2. Sweatshirt Weather: Tough match up, I love candy but I love sweatshirts more! Sweatshirt weather advances to the finals.

## *The Championship*

1. Deerfield Fair vs. 2. Sweatshirt Weather: Wearing a sweatshirt is great, but what's better than doing it while looking at animals, eating food and riding rides at the Deerfield Fair. The Deerfield Fair is the Ultimate Fall Activity!