

August 19, 2026



OPP NET HERALD

Opportunity Networks Newsletter

In this issue:

- An inside view at NHETworks: an employment training program
- Ashley's restaurant review
- Shawn's Musings
- Community Partner Spotlight: FitFuzion
- Where is the best place to vacation in the U.S.A.?
- A fun summer recipe
- Tips and tricks to get prepared for fall

And more inside our new summer issue!!

Find out what our employment training program, NHETworks, is all about starting on page 2. Compliments of newcoming journalist Josh!



Dance your way on down to page 7 to hear Liz's community partner spotlight of FitFuzion!



Chief Editor:
Sadie

Hear how different weather patterns may affect your plants on starting on page 5

Hear from inside the mind of everyone's favorite muser, Shawn, on page 4

AND MUCH, MUCH MORE WITHIN
OUR SUMMER EDITION

From Learning to Earning: My Experience in New Hampshire Employment Training Works

By: Josh

Opportunity Networks gives people with disabilities the platform to improve their confidence and grow as individuals. This has been best highlighted to me through my time in NHETworks.

NHETworks is an employment training program for adults with

disabilities I have been able to participate in this spring and summer. It gave opportunities to learn job skills and resume building. Opportunity Networks was able to run this program after being selected as the only recipient in New Hampshire for the Citizen's Bank Champions in Action. This large scale grant made a program like this possible.

We learned some essential life skills. This included cleaning skills such as cleaning bathrooms, cleaning walls, and we learned how to run and operate a vacuum. We even went to some jobsites to practice some of the skills we acquired on site. We learned some essential tips about resumes, including different types of resumes. It was helpful;

we learned a resume of a certain type may be better for applying for a certain type of job. I used what is called a functional resume. I went with that style because I had some valuable skills but also some large gaps in my employment. I had mostly worked privately doing some odd jobs and lots of volunteer work, so this style of resume could highlight those things for future employment. We also



learned how to fill out job applications. We filled one out just before we started working at Second Chances Consignment, which was the location for the field part of the training program. We also worked on filling out our timesheets, and they were important to learn about. The resumes, practice applications and timesheets all got stored in our individual business binders that we put together.

Second Chances is a non-profit consignment shop in downtown Goffstown, NH. We've worked there over this summer, and it's been a fun experience putting the skills we've acquired to the test.

There were so many skills we learned. We sorted clothes by size, color, and pattern. We needed to practice, so we set up an exercise at our Bedford office to get more repetitions. Putting stuff on hangers, folding clothes, and removing expired clothing were all tasks we developed as well. A huge part of the job is time management and holding a schedule.

There were also a lot of social professional skills we worked on. I learned to ask for help when I needed it. Prioritizing the customer was a skill we worked on; even something as simple as saying excuse me when you were walking through the aisle.

The experience of this training program has been outstanding. I didn't think I would be able to develop this many skills as early as I did. I have learned how much I value independence, and it has caused me to reevaluate my plans for my future. It has helped my self confidence, and it has empowered me to be more confident in myself. When I first started at Opportunity Networks about a year ago, I never thought I would be able to have a job so soon. Look at me! I'm able to work, I'm able to follow through on tasks, and it makes me feel very happy and proud of myself.



Shawn's Musings

By: Shawn

In the heart of summer, I believe it doesn't truly begin until the Fourth of July and it wraps up on Labor day. I don't believe in the solstice calendar. It's all about the vibe of what is really summer. Once it's Labor Day, I'm ready to be done with the dog days of summer. My favorite season is fall, so I do not like those September 85 degree days.

I just got back from a short vacation at the decent local spot of Hampton Beach. I bring these musings to you wearing my new banana button down shirt.

Bananas are my favorite fruit, and I like the color. It tells people that I'm cool and casual, and it sets the tone for good summer vibes. I had my all time favorite pizza, Mediterranean style, while at the beach. We sat down and ate it at the Seashell Stage right on the beach. Talk about a cool place to eat a slice. Next time you're in the area, I would highly recommend.

We stayed at the Grand View Motel, which has a great owner. She was a really nice lady and she even helped us bring our stuff to our room. That's what I call good business. We could see the fireworks from our deck, which was perfect. It was an amazing view. There were some decent concerts too. I enjoyed the Pop Divas. Usually I like dancing, but I sat down and enjoyed the show. I did not want to show anybody up with my excellent dance moves. I took pictures and videos of the trip, but let me tell you, I do not like the flash. Thankfully it was sunny, so I didn't need the flash going off in my eyes!

While it was a good vacation, I would pick another beach, like York, over Hampton. Too many crowds at Hampton. And I will tell you, a lot of people who are rowdy. I don't like rowdy. People also just weren't following instructions, like smoking in the non-smoking area. That pushes my buttons like it's getting paid to.

I did a good cleaning of my room recently. I admit it's not my favorite thing to do, but I like my room clean. Although for me there's a method, the more you move stuff, the more you lose stuff. Take note on that one.

One thing that is tough this time of year, is what type of jacket to wear or to wear one at all. I go with a lightweight jacket with a hood. You have to have the hood in case it rains. If I don't wear the jacket, I make sure to have a hat. That way the water drops down in front of my face, instead of on it. You always have to be prepared.



Matt's Weather Advisory

By: Matt

For the rest of the month of August look for the biggest temperatures likely, the temperatures will be hotter for the people who like to cook their food or breakfast on the black top.

As late August and early September roll around the corner, you can expect cooler nights... often requiring sweatshirts, turning the air conditioner off and opening the windows. If you are able, give your air conditioner a vacation to Belize.

Some Plantlife Tips: These forecast patterns influence your yard, garden, and landscaping —

Hot and Dry: this causes water stress for plants, shrubbery and trees. That also means water deeply but less often, or you might as well throw your plants in the ocean or lake!

Hot and Rainy: this causes intense growth but can also lead to fungal disease and insects/bees. Improving air flow and avoiding over watering can help improve things. Otherwise give your plants a straw to use to breathe!

Cool and Dry: this causes slower growth and delayed ripening. Water as needed and expect a longer time for plants to grow, like the traffic on I93 South between 133 in Andover to 129 in Reading!

Cold and Rainy: this causes a higher risk of rot. To avoid, don't use compacted soil. Kindly space plants for airflow, water less to avoid rot and plant flooding, and use a lighter mulch. No joke here, this is serious business!

Summer Tips:

What to wear: Try a breathable base layers like a lightweight white tank top to let heat escape. Kindly wear fluid silhouettes or a simple midi dress, balloon trousers that don't fly away or Bermuda Shorts.

How to do Home and Energy Savings: Check your air filters in your air conditioners regularly. Please do not take your air conditioner to the doctors office/Hospital. Seal gaps by Caulking and replacing old weather stripping around doors and windows to keep out unwanted guests like Jon Taffer; Shut it down!

Some Personal Tips on How to do Travel and Entertaining

- Yes this will be on the Quiz!
- Keep backyard get-togethers simple with grilled favorites and easy refreshments.
- Plan short-haul getaways or look for shoulder-season rates at resorts. Don't throw your money down the toilet.
- Leave room to relax on your trips rather than over scheduling with rigid itineraries.
- Do drink water not soda.
- Keep tissues with you at all times because allergies and sneezing can happen at any time day or night, rain or shine.



MATT'S WEATHER ADVISORY

YOUR FORECAST FOR WHAT'S AHEAD!

WEATHER DISCUSSION, PREDICTIONS & WHAT TO EXPECT LEADING UP TO FALL:

STAY INFORMED. STAY PREPARED. STAY AWESOME!

 For the rest of the month of August look for the biggest temperatures likely, the temperatures will be hotter for the people who like to cook their food or breakfast on the [black top](#).

 As late August and early September roll around the corner, you can expect cooler nights... often requiring sweatshirts, turning the air conditioner off and opening the windows. If you are able, give your air conditioner a vacation to [Belize](#).

HOW THE SUMMER WEATHER IMPACTS YOU

These forecast patterns *influence your yard, garden, and landscaping.*



HOT & DRY

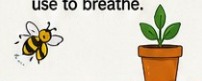
This causes water stress for plants/shrubby/trees. That also means water deeply but less often or throw your plants in the ocean/lake.





HOT & RAINY

This causes intense growth but can also lead to fungal disease and insects/bees. Improving air flow and avoiding over watering can help improve or give your plants a straw to use to breathe.





COOL & DRY

This causes slower growth and delayed ripening water as needed and expect a longer time like the Traffic on I 93 South between 133 in Andover to 129 in Reading.





COOL & RAINY

This causes a higher risk of rot. To avoid, don't use compacted soil, kindly space plants for airflow, water less to avoid rot and plant flooding and use a lighter mulch or ask Joe Rogan to chop down trees to make mulch.



SUMMER TIPS!



WHAT TO WEAR?

Kindly wear breathable base layers like a lightweight white tank top let heat escape, sorry no tubetops allowed.



Kindly wear fluid silhouettes or a simple midi dress, balloon trousers that don't fly away or Bermuda Shorts.

Sorry no short shorts allowed.



HOW TO DO HOME & ENERGY SAVINGS

Check your air filters in your air conditioners regularly.

Please do not take your air conditioner to the doctors office/Hospital.

Seal gaps by Caulking and replacing old weather stripping around doors and windows to keep out unwanted guests like Jon Taffer.



HOW TO DO TRAVEL & ENTERTAINING



- ★ Yes this will be on the Quiz
- ★ Keep backyard get-togethers simple with grilled favorites and easy refreshments.
- ★ Do not invite Hyacinth's Sisters Rose and Daisy or her Brother in law onslow.
- ★ Plan short-haul getaways or look for shoulder-season rates at resorts.
- ★ Don't throw your money down the toilet/ lions and lionesses den.
- ★ Leave room to relax on your trips than over scheduling with rigid itineraries.
- ★ Do drink water not soda.





Keep tissues with you at all times because allergies and sneezing can happen at any time day or night, rain or shine.



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Community Spotlight: FitFuzion (Amherst, NH)

By: Liz

This month I would like to spotlight FitFuzion in Amherst, New Hampshire. FitFuzion is a fitness studio that offers a variety of dance and fitness classes. I attend the Zumba and Hip-Hop classes, which are taught by two wonderful instructors, Ray and Ashley. There are usually 12 to 15 clients who participate in each class.

When we get to FitFuzion, we all walk to the middle of the room, line up, and get ready to dance. The instructor puts on the music, and we follow her dance moves. During part of the class, we line up and each person gets a turn to go to the front and learn a new dance move.

I enjoy going to FitFuzion because I like the instructors and how organized they are. They work hard and enjoy helping everyone learn new dance moves. At the end of class, they always tell us we did a good job. I also like that we dance to many of the same songs each week because it helps me remember the dances.



They demonstrate all of the dance moves, and I follow along. They are always encouraging, generous, and make sure everyone stays focused. On hot summer days, they even give the participants popsicles after class, which is something we all enjoy.

This partnership is important because it gives us the opportunity to dance together, learn new skills, and be active in the community. FitFuzion helps Opportunity Networks participants feel happy, build confidence, and learn new dances. It also helps us become more independent by getting ready on time and participating in a structured class with our peers.

Thank you, FitFuzion, for offering such fun dance classes. We appreciate your music, encouragement, and the time you spend helping us learn and have fun together.

Food Review: **By: Ashley**



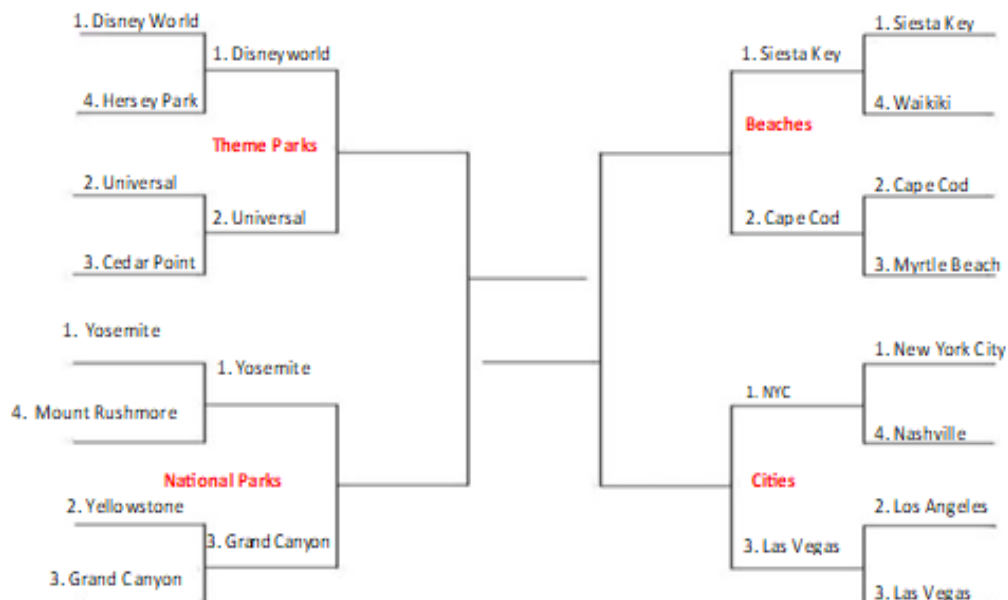
I will be reviewing the Greek salad with chicken from Bentley's roast beef in Amherst, NH. They make a pretty good salad there. The vegetables and feta cheese seemed very fresh. I got my chicken grilled. I did grilled chicken because I did not want the extra carbs or calories. I liked the marinade on the chicken. I never had Greek dressing before, and I thought it was good. I got a lot a of bang for my buck. It was so big I had to bring some of it home! For a healthy option this salad scored really well. I give it a 7.5 out of 10. Next time I am in the market for a healthy option this will be at the top of my list.



Vacation Madness

By: Ben

Vacation Madness



The First Round Match Ups

The Theme Parks Bracket:

- 1. Disney vs. 4. Hersey Park: Everyone loves chocolate but the magic of Disney is too much.
- 2. Universal vs. 3. Cedar Point: Universal Studios wins in a landslide.

The National Parks:

- 1. Yosemite vs. 4. Mount Rushmore: Vacation in South Dakota, no thanks. Yosemite wins
- 2. Yellowstone vs. 3. Grand Canyon: Hiking, rafting, site seeing all in one place. The Grand Canyon moves on

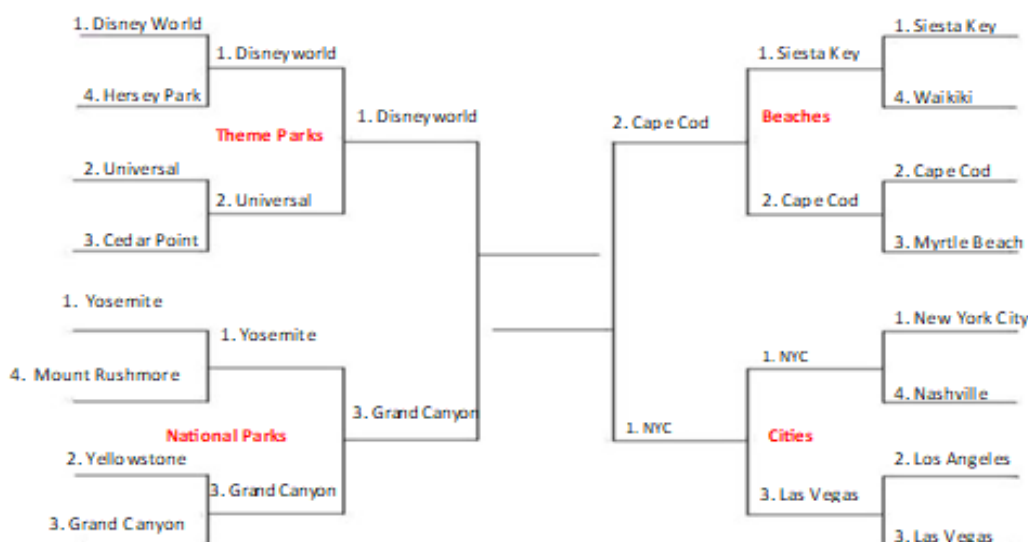
The Beaches Bracket:

- 1. Siesta Key vs. 4. Waikiki: Both are great beaches, Florida is closer.
- 2. Cape Cod vs. 3. Myrtle Beach: Beaches, Restaurants, Whale Watches. What more could you need. The Cape wins.

The Cities Bracket

- 1. New York City vs. 4. Nashville: There's more to do in NYC, clear winner here.
- 2. Las Vegas vs. 3 Los Angeles: Vegas has too much to offer for people of all ages. Easy win

Vacation Madness



The Elite 8 Match Ups

The Theme Parks Bracket:

1. Disney vs. 2. Universal: I love the Pirates of the Caribbean ride. Disney edges out Universal

The National Parks:

1. Yosemite vs. 3. Grand Canyon: Give me the desert heat all day. The Grand Canyon moves on.

The Beaches Bracket:

1. Siesta Key vs. 2. Cape Cod:

The Cities Bracket

1. New York City vs. 3. Las Vegas: If you haven't seen the Statue of Liberty you're missing out. Lady Liberty carries NYC to the final 4.

The Final 4 Match Ups

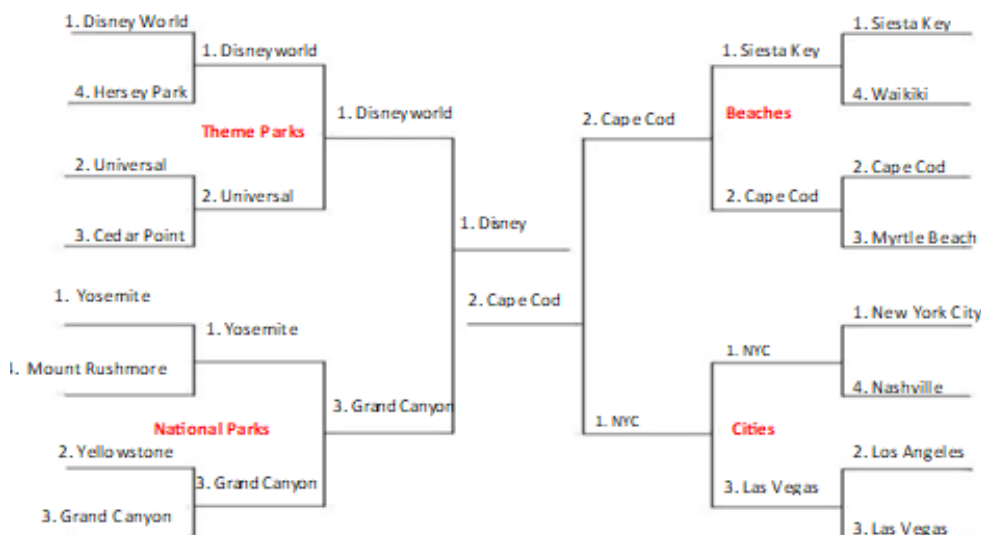
Theme Parks vs. National Parks:

1. Disney vs. 3. Grand Canyon: The different parks at Disney give it an advantage here. Disney is moving on.

Beaches vs. Cities

2. Cape Cod vs. 1. NYC : Both are great, but you can relax more on the Cape.

Vacation Madness



The Championship

Beaches vs. Theme Parks

1. Disney vs. 2. Cape Cod: I love them both but Cape Cod; has it all. Beaches, Whale Watches, Drive-in's and I don't have to get on a plane. Cape Cod is the best vacation destination.

Kernel of Truth: This Salad Is Delicious!

By: Annie

The Summer STREET CORN Pasta Salad!



INGREDIENTS

- 1 can of Corn
- ½ cup of Cottage Cheese
- 1 tbsp of Mayo
- 1 Greenpepper
- 1 container of Feta
- 1 box of Elbow pasta
- 1 tbsp of lemon juice
- Salt and pepper to taste

INSTRUCTIONS:

- 1 Cook pasta according to the box's instructions.
- 2 While you wait for your pasta to cook, wash your green pepper!
- 3 Dice your pepper using a knife into bite size pieces.
- 4 Next drain your can of corn.
- 5 Once the pasta is done cooking, add it to a large mixing bowl.
- 6 Add the green pepper and corn to the bowl.
- 7 Next add in a half container of Feta.
- 8 For your "dressing", add a cup of cottage cheese, 1 tbsp of mayo, 1 tbsp of lemon juice and stir everything together until everything is combined.
- 9 After tasting add salt and pepper to your liking.

ENJOY!