



P. 12 Volunteer opportunities abound

P. 15 Misconceptions about home care

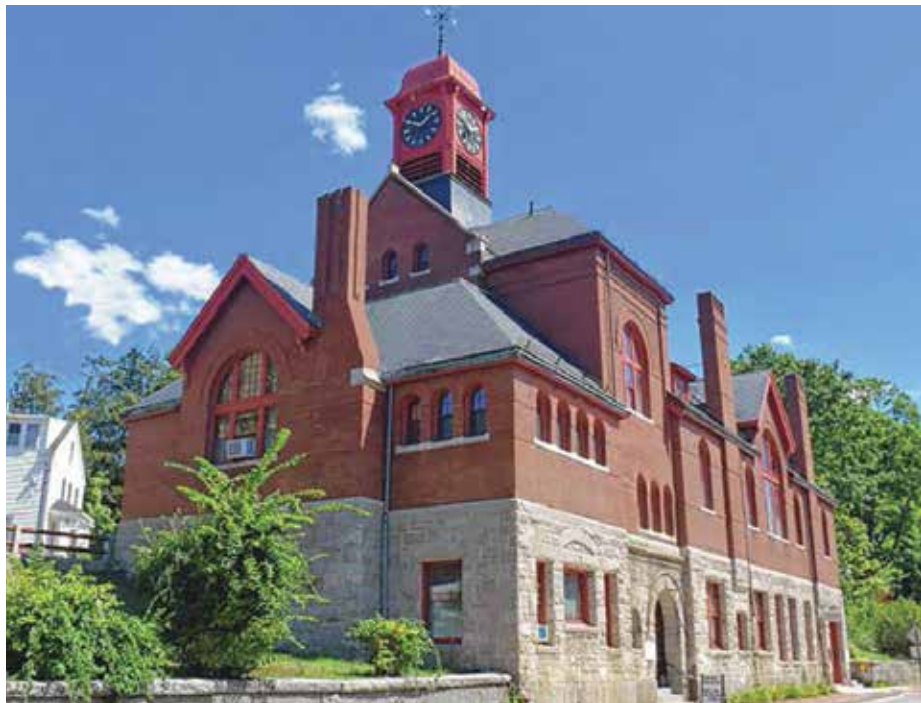
# Granite Senior Journal

MAY, JUNE & JULY 2022



*A Quarterly Dedicated to Senior Issues and Living*

## FILM FANATIC



*The Town Hall Theatre is located at 40 Main St. in downtown Wilton, on the upper level of the town's 1886 red brick municipal building.*

## It's a wonderful life

*Owner of Wilton theater will soon celebrate half-century at the helm*

By Jeff Rapsis  
Associate Publisher

It's a story that would make a good movie.  
Boy grows up in small town. Boy

takes high school trip to New York City, is dazzled by what he sees — especially the glamour of Radio City Music Hall.

Boy then returns to small town to devote his life to bringing that same the-

atrical magic to others day in and day out for half a century.

Yes, it would make a heart-warming movie — perhaps directed by Frank Capra. But Jimmy Stewart would not be needed, for this picture has always starred Dennis Markaverich.

Markaverich, longtime proprietor of the Town Hall Theatre, is the Wilton boy whose 1964 high school visit to the Big Apple led to a life giving back to his hometown.

It's a story with all the ups and downs you'd expect in any hit movie.

But in the end, it's a tale of devotion — to the craft of showmanship, to the art of cinema, and to the belief that bringing the life-changing magic of the movies to one's home town is something worth doing.

So we now present "The Dennis Markaverich Story." It's been running for nearly 50 years at Wilton's Town Hall Theatre, with no end in sight. But for thousands of movie-goers throughout the region, that's just the way they like it.

### Humble beginnings

Markaverich grew up in Wilton, where his parents moved during the Great Depression when his father got work at the Abbott Machine Co. as an engineer. The family lived in a camp on Holt Road that was gradually rebuilt as

CONTINUED ON PG 4 ►

## Mustard man

By Rob Levey

For Steven Cybulski, owner of Blackwater Mustard Co. in Contoocook, his foray into mustard began when his oldest son, Jake, showed him how to make it.

"He got a recipe from his aunt, who got it from a friend, and we really liked the mustard," he said. "We would throw it together every once in a while, and we enjoyed it and developed it from a hobby into a career."

This career began in 2006, at which time he also co-founded the Contoocook Farmers Market, in part to help promote his mustard.

"There was someone selling plants and someone selling pies, and I was doing mustard," he explained.

At the time, though, mustard was not his only venture, as Steven was also raising organic pigs.

"We started with one pig — it always starts with one, but they do better if you have two to three," he said. "Having three pigs is the best so they can compete and all 'beat up' on each other."

It eventually got to the point where he began to raise pigs for others, too.

"Instead of buying piglets, we then got three sows and bred them," he said. "It was a good hobby."

But it was not a hobby he felt he could necessarily continue alongside his mustard business.

"By then I had been raising pigs for 10 years," he said. "I miss it, but you can't do both. I had to pick one or the other, and raising pigs was a lot of work physically."

The physical nature of raising pigs was made more difficult after he had both his hips replaced in 2010.

CONTINUED ON PG 8 ►

## Healthy competition NH Senior Games open for registration

In support of healthy aging, the New Hampshire Senior Games is pleased to announce that registration for the 2022 Games is now open.

"We're excited to kick off our 35th year

of providing healthy competition to older adults," said Glenn Graham, Chairman of the Games. "2022 promises to be a momentous year of fitness and fun!"

Graham thanked and saluted Martin's

Point Health Care for their longtime support of the Games.

"They've been a wonderful partner in wellness, and we are very grateful for their amazing support," he said.

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# Granite Senior Journal

May, June & July 2022

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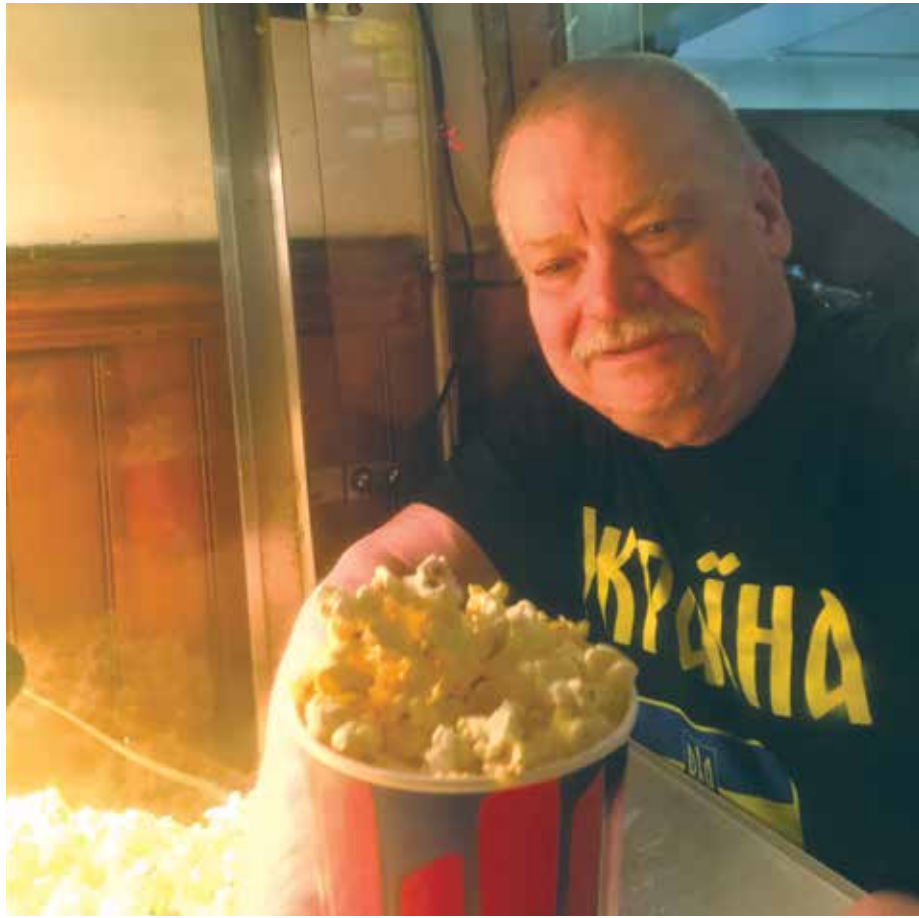
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Dennis Markaverich, long-time owner/operator of the Town Hall Theatre in Wilton, N.H. checks the concession stand's popcorn machine.

◀ WILTON CONTINUED FROM PG 1

a year-round residence. Dennis was born on Veterans Day, Nov. 11, 1946.

As a young boy, Dennis especially enjoyed attending movies in the very same theater he would later manage. At the time, the Abbott family operated the theater at the Town Hall, where films had been shown on and off since 1912. In the early 1950s, admission was 30 cents (children 10 cents), with two screenings a week, on Thursdays and Sundays.

Dennis frequently went with his mother, absorbing a steady diet of the “Ma and Pa Kettle” comedies and other family fare. His moviegoing horizons expanded further during trips to visit relatives in Nashua, where he and a cousin frequented the city’s two big theaters: the Daniel Webster and the State, both on Main Street.

Early on, he developed a taste for big, serious films, which was unusual among his peers.

“Instead of *Beach Blanket Bingo*, I preferred epics like *Lawrence of Arabia*,” he said.

In April 1964, the Wilton High School senior class trip to New York City and Washington, D.C., proved fateful for the young Markaverich.

The first morning in Manhattan, Den-

nis left his classmates at the Warwick Hotel to attend the early show at Radio City Music Hall — and promptly had his mind blown.

“My life changed,” he said. “It was the most magnificent theater I’d seen in my life.”

On the bill that day: the original *Pink Panther* movie starring Peter Sellers as Inspector Clouseau, shown on the biggest screen he’d ever seen, followed by the traditional Radio City stage show, complete with the high-kicking Rockettes, all of which also made quite an impression on the teen from Wilton.

Before noon, Markaverich had started a love affair with New York City that continues to this day.

“I didn’t want to leave,” he said. “To this day, New York to me makes everything seem like Lyndeborough.”

But the life-changing experiences were just beginning.

The class trip then took him to Washington, D.C. Once again Dennis broke away from his classmates to duck into a theater, this time to one in the Georgetown neighborhood where the Italian comedy *Yesterday, Today, and Tomorrow* was playing.

“It was my first foreign-language film — with subtitles! I’d never seen any-

thing like it,” he said.

Also new to the young Markaverich: Italian bombshell Sophia Loren, whose on-screen presence affected him as much as Radio City Music Hall did.

“She’s still my gal,” he muses today, savoring the discovery decades later.

The class trip finished off with another big event on the way back through New York: seeing the gigantic (and widely panned) epic *The Fall of the Roman Empire*, also starring Sophia Loren, in 70mm at the enormous DeMille Theatre on Times Square.

The experience (and Loren) impressed the teenage Markaverich even as he recognized the movie was no masterpiece.

“I hate to say it was god-awful, but god was it awful,” he says with delight nearly six decades later.

After high school, Markaverich took electrical engineering classes in Concord, intent on learning a trade. But by then he was already caught up in the movie business, working shifts in projection booths at local theaters and drive-ins and becoming a member of the Projectionists’ Union.

At the time, it was hard work: Heavy film reels had to be changed every 20 minutes, and high-intensity carbon arc lighting was in need of constant adjustment as the rods spluttered and burnt down inside their silver-mirrored chambers.

But Markaverich was hooked. The world of magic he’d experienced as an audience member was now something he was bringing to others. The pattern was set.

He got in the business just in time to see local theaters in Manchester and Nashua still operating at their post-World War II peak. Theater owners took pride in what Markaverich calls “showmanship,” a long tradition of giving patrons a memorable experience at the movies, with elegant décor, comfortable seats, curtains that pulled back on cue, top-quality picture and sound — the works.

In 1966, facing the draft, Markaverich enlisted in the U.S. Air Force to work as a communications specialist. Although the Vietnam War was in progress, he was never deployed overseas; instead, Markaverich was eventually assigned duty at Pease Air Force Base in Portsmouth, N.H., then a key Strategic Air Command facility.

This fortunate posting led him to resume moonlighting as a projectionist in local theaters and drive-ins around southern New Hampshire and northern Mass.

Even while on active duty, he picked up a lot of side work in the evenings.

After leaving the service in December 1972, Markaverich found himself in demand as a top projectionist when the job still required skill and expertise. He took all the booth opportunities available in Nashua and Manchester — and an unusual one back in his hometown.

## Coming home

The Town Hall Theatre, where a young Markaverich experienced his first movies as a toddler, had been closed since 1967. Selectmen were now looking for someone to restart it. Markaverich took on the challenge.

After getting the projectors working again and cleaning up the place, he opened in grand style in March 1973 with a reissue of the all-time classic *Gone With the Wind* (1939). That set the tone for what was to come: With Markaverich as chief (and only) programmer, the new Town Hall Theatre would reflect his tastes and preferences.

In the ensuing years, he kept working booths for other theaters and drive-ins, at one point taking on the management of a busy Peterborough moviehouse.

For a long time, he would also augment his moviehouse jobs by working overnight as a dispatcher for the Milford Police Department. This imposed a nocturnal pattern to Markaverich’s life that he follows to this day, doing odd jobs around Town Hall during the wee hours, long after the movie patrons have gone home.

Through it all, he gradually built up the Town Hall Theatre into something unique, selecting films he thought deserved to be on screen. He also gradually installed features such as working curtains and comfortable seats (some from the old movie palaces he’d worked in, now demolished) to replicate something of the magic he felt as a teenager at Radio City Music Hall.

One early major improvement was air conditioning, which the Town Hall Theatre had never had before, and which allowed it to operate year-round, including during the lucrative summer season.

Over time, the Town Hall Theatre became Markaverich’s personal statement of what cinema could be: all the glamour he remembered, somehow recaptured and brought back to a small town.

People noticed. The Town Hall Theatre began making appearances as the “region’s best movie theater” in Yankee

Magazine and other publications.

At the theater, a spirit of community prevailed. On Saturday afternoons, it became a tradition to screen a classic film from Hollywood's Golden Age, along with short comedies featuring Laurel & Hardy or the Little Rascals.

No admission was charged, but attendees were encouraged to donate money to an array of glass jars representing good local causes. Funds were raised for many worthy groups.

Other traditions evolved: The Saturday closest to the Fourth of July always brought the big-screen version of the musical *1776*, mostly because Markaverich loves the film. The Christmas season always brought screenings of *Miracle on 34<sup>th</sup> Street* and, significantly, *It's a Wonderful Life*, Frank Capra's classic about living a meaningful life in a small town.

"I'm not looking for a medal or anything," he said, reflecting on the theater's long record. "I just think it's a way of providing a service."

He converted a back room to another theater in 1988, turning the Town Hall Theatre into a two-screen operation. At busy times, Markaverich hired

local people to help, and everyone got to know regular patrons by name — something that continues to this day.

Gradually, as other theaters closed and the movie business changed, Markaverich began devoting all his time to the Town Hall Theatre, seldom working other booths anymore. He took to manning the

theater 364 days a year, even while still working overnight police dispatching.

Queen Anne style, complete with clock tower) is owned by the town, which gives Markaverich a generous rent discount for the theater in exchange for handyman services, which includes taking care of said clock.

ing about the movie business. That's because as operated by Markaverich, the two-screen independent venue defies just about every rule in the book.

For starters, the theater isn't part of any chain or group. Instead, the building in which it resides (a sprawling red brick municipal center built in 1886 in elegant of odd jobs," he said. "I could not do this with a lease in a mall."

So in that sense, the Town Hall Theatre is almost like a public utility, not subject to the same market forces as the typical multiplex. Also, forget about high-tech conveniences like advance online ticketing. At the Town Hall Theatre, you pay cash at the counter and get an old-time paper ticket. And the theater's website is currently down due to technical difficulties, but no matter — call 603-654-3456 for current shows, or check Facebook.

And how about this for defying convention? The well-stocked concession stand offers high-quality snacks at *low prices*. The popcorn, made fresh for each showing using coconut oil and real butter, is universally acclaimed as the best anywhere.

It's a far cry from how concessions are handled at other theaters. Markaverich knows — at the old General Cinemas (at the Nashua Mall), they had "a popcorn room" and one of his jobs there was to make the popcorn *once a week*.

When the cost of coconut oil recently spiked, rather than switch to something

*"I'm not looking for a medal or anything. I just think it's a way of providing a service."*

— Dennis Markaverich

### Improbable operation

To understand how the Town Hall Theatre operates, it helps to know noth-

"I do a lot of things in lieu of rent, a lot

CONTINUED ON PG 6 ▶



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cheaper, Markaverich swallowed hard and raised popcorn prices — by 50 cents on all sizes, except for the largest, which went up a whole dollar, to \$6 a bucket.

But of all the factors that have contributed to the Town Hall Theatre's half-century run, it's the movies themselves that have set it apart.

## Not your usual movies

No Marvel Comics blockbusters here. For decades, Markaverich has cultivated an audience for art house films that usually play only in big cities. He's aided by booker George Mansour of Boston-based Cinema Selections, one of the nation's last local film distributors, still going strong in his 80s.

For first-run screenings, prices are low: \$7 a ticket. In March 2020, the pandemic forced the theater to temporarily stop showing new films, although Markaverich hopes they'll eventually return.

Studios are currently demanding too much money for an independent house such as the Town Hall Theatre to make a go of first-run films, which would be "like shoveling money into the boilers of the Titanic," Markaverich said.

Since the pandemic, Markaverich has turned to classic features from Hollywood's Golden Age down to more recent times. Private parties and screenings also help keep the theater open for business.

"I'm doing whatever I can to keep the theater visible," Markaverich said.

One surprising attraction has been screenings of silent films from 100 years ago, presented with live music. (Full disclosure: The author of this piece is the theater's silent film accompanist.)

## Bumps and milestones

In its half-century of operation, the Town Hall Theatre has ridden waves of change that over time have completely transformed the movie business, both behind the scenes and at the box office out front.

Markaverich reels off the challenges with the memory of a battle-scarred veteran.

In the 1980s, it was the switch from carbon arc lamps to xenon projection bulbs, which led to film prints being "platterized," or spliced together on one huge horizontal reel to run continuously through one projector, eliminating the time-honored booth tradition of switching machines several times in mid-film.

Later, the early 2010s saw 35mm



Dennis Markaverich showed the 1970s re-release of *Gone With the Wind* (1939), which to mark the start of his tenure as owner/operator of the Town Hall Theater.

film replaced by digital cinema, forcing Markaverich to raise tens of thousands of dollars to make the conversion, which required him to remove his beloved 35mm projectors. (He still keeps one in place just in case.)

"I used to hate digital," said Markaverich, who held out for several years before taking the plunge. "But now I like it because all I have to do is press Play."

On the box office side, the 1980s brought the first big wave of home media in the form of video cassette recorders, which at one point prompted him to come within a week of closing the Town Hall Theatre for lack of business.

"1985 was the year that everyone got a VCR for Christmas," Markaverich said.

But in 1986, the hit movie *Peggy Sue Got Married* starring Kathleen Turner hit cinemas, packing the Town Hall Theatre with sold-out shows for weeks. The home video threat receded.

"Everyone got videoed out," Markaverich said.

More recently, the pandemic brought something of a reckoning for the Town Hall Theatre and many smaller independent houses.

The rise of streaming at-home media had already been eroding traditional cinema attendance. But the forced shutdown of theaters in March 2020 created a point of no return, at least for smaller independent theaters.

When allowed to reopen in July 2020, Markaverich found virtually no audi-



*It's a Wonderful Life* (1946) is shown each holiday season at the Town Hall Theater in Wilton.

ence for first-run films. Many mid-week screenings of the few films available, such as *Irresistible* starring Steve Carell, drew not a single patron. After a half-hour, he'd simply turn off the projector.

Hollywood then started moving any potential hits to streaming, at the same time demanding high rental fees that independent cinemas simply couldn't afford. So after three weeks, Markaverich pulled the plug on first-run films. He hasn't run any in nearly two years.

## Which brings us to today

It's early spring, a typical Sunday at the Town Hall Theatre. About 25 people have just finished watching an afternoon showing of the silent film version of *Othello* (1922), including a couple who drove all the way from Rhode Island to see the rarely screened flick with live music.

On the other side of the lobby, a screening of *Titanic* (1953) starring Barbara Stanwyck drew three patrons.

Why *Titanic*? Perhaps a reference to his oft-repeated comparison of trying to show first-run films today as "shoveling money into the boilers of the Titanic"?

No — Markaverich says he ran it because this was the weekend closest to the anniversary of the Titanic's sinking in 1912, and he thought the film should be on a screen somewhere.

These days, he gets the biggest kick out of running movies he recalls seeing as a

child in the very same theater. On his list: *The Long, Long Trailer* (1954), a lavish MGM comedy starring Lucille Ball and Desi Arnez, then at the peak of their *I Love Lucy* television show, and which Markaverich saw when he was 8 years old.

He recounts his most recent visit to New York City, made by bus just before Christmas. He made a pilgrimage to Radio City Music Hall, of course, where he was amazed as always. Afterward, he lingered, helping the ushers pick up trash just to stay in the theater a little longer.

"I know that place better than some of the tour guides," he says, recounting how as a projectionist, a career highlight was when he once got a chance to thread film through the venue's battery of 70mm machines.

Today he looks back, and sometimes wonders if he might have done things differently.

"I never made the time for relationships" said Markaverich, a lifelong bachelor, in a rare moment of personal reflection. "I don't think I have regrets, but there are times when I do feel lonely."

"Maybe I had the wrong priorities," he said, looking back at a life of long nights bringing the wonder and magic of cinema to countless thousands of friends, neighbors and total strangers.

"But when I was doing it, I loved what I did," he said, getting back to work.

And so the Town Hall Theatre soldiers on, powered not by the usual Hollywood metrics of ticket sales and concession revenues. These days, it seems to run mostly on a mix of nostalgia and love of community and just sheer good will.

The whole place is slowly closing in on its 50th anniversary, which will come next March. Will he show *Gone With the Wind* again to celebrate?

He's not sure — not just yet. Markaverich, who turned 75 last November, knows there will come a day when his Town Hall Theatre itself will be "Gone With the Wind."

But for now, he's content to think of operating the Town Hall Theatre as his own personal version of *It's a Wonderful Life*.

Fade to black. The End.

*Jeff Rapsis is Associate Publisher and co-owner of HippoPress LLC, which publishes the Granite Senior Journal. He is executive director of the Aviation Museum of New Hampshire and moonlights as a silent film accompanist.*

# Staying the course in the face of a crash

Forest fires are a terrifying spectacle of nature. Thousands of square miles on fire. Homes and human life in harms way. Any rational person in proximity is certain to have their flight response triggered: Flee! Danger! Run! Get away!

Fire is one of mankind's oldest contradictions. It is both friend and foe. With it we heat our homes and bake our bread. But when it goes beyond control it consumes and destroys with unquenchable thirst. We live, however uncomfortably, with this dichotomy given fire's necessity in our lives. We take the good with the bad. Interestingly enough, fire's destructive qualities are not all malignant.

According to the California Department of Forestry and Fire Protection (CDFFP) fire is of vital benefit to our wildlands.<sup>1</sup> Fire clears weak trees, underbrush, disease, and overgrowth allowing younger, healthier trees to grow stronger and flourish. The needs of forest and fire are not then in opposition, but actual part of a complex, complimentary cycle. A beautiful, yet terrifying, display of death and rebirth. Forests are stronger after they burn.

Considered this way, are market crashes not similar? Isn't there a near identical balance between risk and return? You absolutely cannot have one



without the other. Understandably, we take to the hills when the forest burns but is flight the appropriate response when markets are ablaze? The conclusion of countless studies warns against such practice. When we get emotional with our investments, we introduce an old albatross: market timing.

Getting in and out of the market at the 'right' times may see achievable in theory but is near impossible in practice. In the last 15 years, had you just missed the 40 best days in the market, you would have missed out on nearly 90% of the market's upside!<sup>2</sup> Getting emotional, even for just the briefest moment, can set you back years or decades.

Consider that markets crashes are also part of delicate cycle. Bad companies, executives, ideas,

legislation, and more are exposed and laid to waste. In the moment, a crash is every bit as terrifying as a fire. But what remains? The good companies, executives, ideas, and legislation. The market is stronger after a crash. After every crash in history the US stock market has gone on to new highs. If your exposure to markets is long-term in nature, why panic? Therefore, it's always advised to keep some funds outside the market's reach. In the short-term, a little safety can tide you over until the flames subside.

The CDFFP reminds us that change is important to a healthy forest. Believe it or not, some fauna is dependent on fire. As example, some trees have fire resistant bark and cones that require heat to open and release seeds for regeneration. Some plants encourage fire by producing leaves covered in flammable resin. Isn't that

astounding? Nature has turned fire to its advantage. We can do the same with risk if we master our emotions.

As human communities have expanded, we've expended tremendous energy to fight and prevent forest fires. What's healthy for a forest is devastating to a street full of houses. Today, 98% of fires are stopped before they get bigger than 300 acres.<sup>3</sup> But this effort is not without consequence. Starved for a cleansing fire, protected forests get older and denser with undergrowth. This is a recipe for disaster. Fires that burn beyond our control have significantly more fuel to burn. These fires are wilder, bigger, scarier, and far more destructive. Instead of periodically dealing with a series of smaller monsters we instead set loose Godzilla.

What's the lesson? Don't fight nature. Doing so turns small, manageable problems into ones several magnitudes larger. We must accept that periodically forests will burn, and markets will crash. Staying the course, however challenging, will set you up for success after the smoke clears. ●

1 <https://www.fire.ca.gov/media/5425/benefitsoffire.pdf>

2 <https://www.putnam.com/literature/pdf/II508-ec7166a52bb89b4621f3d2525199b64b.pdf>

3 <https://www.vox.com/2015/9/17/9347361/wildfire-management-prescribed-burn>



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◀ MUSTARD CONTINUED FROM PG 1

“It was too much work to take care of the pigs, and I was in and out of the hospital,” he said.

Deciding in 2012 to focus his full attention on Blackwater Mustard Co., Steven said his business has grown slowly, which he considers fortuitous, as he could keep up with demand. Due to changing regulations, he and his wife, Jill, eventually moved to a new location and turned what had been their home into a mustard manufacturing facility.

Once the company was fully established, breweries began to call him to develop mustards for them. 603 Brew-

ery and Budweiser are two breweries for whom he has developed mustards.

“Henniker Brewing Co. asked if we could make a beer mustard for them for their Working Man’s Porter,” said Steven. “It is a private label, but we still make it for them.”

Blackwater Mustard Co. also works with Lithermans Limited Brewery in Concord.

“We use their red ale and do a double whole seed mustard,” he said. “Working with breweries is great. They are really great to work with and are great people.”

Blackwater Mustard Co. also currently makes one mustard for The Everyday Cafe & Pub in Hopkinton and three mustards for Tuckerman Brewing Co. that



Steven Cybulski. Courtesy photo.

are served with hot pretzels and beer tastings in their pub.

“One mustard is made with stout, one made with pale ale, and one with head-wall, which is a German brown ale,” he said. “Each mustard features a different texture and different heats and flavors. One is smooth, one is stone-ground, and one is a double seed mustard.”

He said they also make two different apple cider mustards for Gould Hill Farm with their apple cider.

“These are good cross-promotional opportunities,” added Steven, who said their Smoked Jalapeno Mustard is featured at Georgia’s Northside Southern Kitchen & Beer Market in Concord.

As for his favorite mustard, he said it all depends on the application — named after his wife, Jilly’s Dilly Mustard is best on hot dogs.

“I hadn’t eaten hot dogs in a number of years, and then once I tried that mustard on a hot dog it was all over — like here comes the hot dogs,” he laughed. “Our Garlic Mustard is good, too, and works out well with a tuna melt.”

Named after his grandfather, AJ Cybulski’s Polish Mustard, a vegan and sugar-free double whole seed spicy mustard, is another favorite of Steven’s.

“My grandfather was born on the boat on the way over from Poland and was an interesting character to say the least,” he said. “He did well for himself considering his humble beginnings and limited education.”

Blackwater Mustard Co.’s mustards have proven popular with judges at numerous competitions. Their first foray into competition was at the behest of Barry Levenson, curator of National Mustard Museum in Wisconsin, who called Steven and said he should enter the World-Wide Mustard Competition in 2011.

“I mailed in my mustard to enter the contest, and I got the Gold Medal for the Hot and Sweet Mustard,” said Steven. “I also got the Silver Medal in 2016 with Chocolate Stout Mustard, which is a hot and sweet mustard made with a chocolate stout reduction.”

Other awards include runner-up awards for both their Maple Mustard and Pope Poupon, the latter of which is a honey mustard.

The growth of the business and the accolades have not come without some challenges, especially in the past two years with the pandemic.

“Before the pandemic the most challenging part used to be distribution, but



in the last year it has been supply-chain issues,” he said.

These issues impacted aspects of the business he said he formerly took for granted.

“It is stuff like not being able to purchase jars, or I can find jars but not the lids,” he said.

Noting most culinary mustard is grown in Saskatchewan, Steven cited other challenges have included recent crop failures due to drought.

“The mustard supply is down two-thirds of what it was from a couple of years ago,” he said. “Hopefully, we will be OK until October. So far we have been able to produce what we need, but we will see. I have half a year’s supply of mustard seed and hopefully that will get us through.”

Costs have risen sharply, too.

“Price is up on everything,” he said. “The shipping is through the roof, and jars have doubled in price along with mustard doubling or tripling in cost.”

Steven does not face these challenges alone, however, as Blackwater Mustard Co. is a family-run operation. Aside from his oldest son, Jake, introducing him to mustard, Steven’s other son, Dan, helped in the production side of the busi-

ness before he moved to Denver.

“For flavors, I am now left to my own devices on that,” laughed Steven, who said new flavors of mustard generally take about three weeks to perfect.

Sometimes, things do not go according to plan.

“When something goes wrong, you try

ment of Health and Human Services — every flavor that I make has to go through the same process.”

His wife, who is a full-time science teacher, is involved in the business, as is their daughter Janna, whom he said “does everything.” Their other daughter, Sophie, helps Jill with events.

“The mustard supply is down two-thirds of what it was from a couple years ago. Hopefully, we will be OK until October.”

— Steven Cybulski

to put it behind you,” said Steven. “Once in a while, you burn something.”

When he does develop a new recipe, he said he must submit it for review.

“A university reviews it and gives guidelines on how to put it together and how to be safe,” he said. “It is required and regulated through the State Depart-

“It’s good both kids do a great job, and I am really lucky to have the help when needed,” says Steven, who said they no longer participate in farmers markets due largely to the pandemic.

“Deerfield Fair was always fun, and we were always there,” he added.

In addition to an online shop on their

website, Blackwater Mustard products can be purchased at various ‘mom and pop’ grocery stores, cafes and similar retail establishments. In total, the company features about 18 varieties of mustard, whereas at one time they had up to 25.

“The original Hot and Sweet Mustard outsells everything two to one still,” noted Steven, who said he expanded beyond this first mustard at the request of an elderly woman.

“She asked for something a little less spicy, so we ended up doing a cranberry mustard on her suggestion,” he said. “We then started to develop new recipes.”

As for where it all literally began for Steven, he was born and raised in upper Michigan on Lake Superior on the Keweenaw Peninsula. He discovered New Hampshire 40 years ago.

“I was teaching high school in 1981, industrial arts education, and came out to do a concrete summer job in New Hampshire with my brother-in-law,” he said. “He lived in Bradford, and I was in Wisconsin at the time.”

Noting the money was so much better with his brother-in-law than what he received as a teacher, Steven said he “decided to stick around.”



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▶ MUSTARD CONTINUED FROM PG 9

“I was married at the time when I moved out here,” he said. “I initially lived in the Bradford area for a while, then Henniker, and I have been in Contoocook since the mid ’90s.”

When he is not working on his mustards, he enjoys cooking and also playing a five-string banjo and singing in a band, Peabody’s Coal Train, an acoustic Americana six-piece band featuring strings and shared vocal harmonies.

“We do a lot of outdoor shows,” said Steve, who noted he also has an interest in antique motorcycles.

“I rode as a kid, and then I got married and had kids and had to put it away,” he said. “I started riding at age 12, and I have picked it back up in the last five to six years. It’s not hard to get back on at all — it’s like swimming or riding a bike.”

He looks for antique motorcycles online.

“I have friends that put stuff together and I have some myself,” he added. “There is never as much time as I would like.”



Simply Red Ale Mustard. Courtesy photo.

Noting he is 65 years old, Steven said he hopes he can continue to ride and play in his band. Regarding the former activity, he may have to go it alone, however.

“Jill rides with me reluctantly,” he laughed.

To learn more about Blackwater Mustard Co., visit [blackwatermustardco.com](http://blackwatermustardco.com). To learn more about Steven’s band, visit [peabodyscoaltrain.org](http://peabodyscoaltrain.org).

## RECIPES WITH MUSTARD

### Blackwater Grilled Salmon

- 2 pounds fresh salmon
- 1/4 cup Blackwater Hot Sweet Mustard
- 1/4 honey
- 2 Tablespoons fresh grated ginger
- 2 cloves fresh crushed garlic
- 2 fresh lemons
- 3 sprigs fresh dill

*Combine the mustard, honey, ginger, garlic and the juice of 1 lemon in a bowl and let stand in the fridge for 15 minutes.*

*With the salmon in aluminum foil, salt and pepper to taste, and apply mixture to fish. Slice the second lemon as thin as possible, and lay lemon slices on top on top of mustard mix. Add the dill on top of this, close up foil and grill for 12 to 15 minutes.*

### Brown Ale Braised Chicken

- 1 Tablespoon packed brown sugar
- 1/2 Tablespoon chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper
- 8 skin-on chicken thighs
- 1 Tablespoon vegetable oil

- 1 medium onion, sliced
- 2 stalks celery, chopped
- 8 small whole carrots with tops trimmed to 1 inch
- 2 Tablespoons all-purpose flour
- 1 12-ounce bottle of brown ale
- 1/2 cup reduced-sodium chicken broth
- 4 cloves garlic, peeled
- coarsely chopped celery leaves
- fresh thyme
- 2 Tablespoons Blackwater Mustard

*Preheat oven to 350 degrees. In a small bowl combine brown sugar, chile powder, salt, ground black pepper and crushed red pepper; rub into chicken thighs.*

*In an extra-large oven-proof skillet, heat oil over medium-high heat. Add chicken; cook until well brown on both sides and skin is crispy. Remove chicken from skillet. Drain fat, reserving 1 Tablespoon. In same skillet cook and stir the onion, celery and carrots in the reserved fat about 5*

*minutes or until tender. Stir in the flour and cook for about 1 minute. Whisk the mustard into the beer and broth and add. Bring to simmer. Return chicken to skillet, add garlic.*

*Cover and bake 40 min. Sprinkle with celery leaves and thyme. Serves 4.*



David Howes, M.D., CEO of Martin's Point, said his organization's legacy of support for the games is closely aligned with their mission.

"Our daily goal is ensuring the health and wellness of those we serve across Maine and New Hampshire. The Senior Games not only support health and fitness for older adults, but they also foster vital social interactions — a key health factor."

Graham went on to say that starting in late June with a Candlepin Bowling Tournament and ending in September with a cycling event, NHSG will be offering 20 different sporting events. Further, the top three finishing New Hampshire athletes in each sport or event will qualify for the 2023 National Senior Games, held next summer in Pittsburgh, Pennsylvania.

He stressed that the games provide a healthy competition for the seasoned or new athlete.

"Our mission is to support people getting out and getting active," he said. "Whether one is a competitive athlete or trying a sport for the first time, all are welcome."

The Senior Games offers individual events, doubles competition in sports such as tennis and pickleball, and team competition in 3-on-3 basketball and volleyball. The New Hampshire games are open to age groups 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89 and 90+. New Hampshire is an "open" state, which means athletes from outside New Hampshire are welcome to compete.

Online registration is now open. Athletes can register online up to one week before their event. Same-day sign-up is available for selected events and can be done via check or cash. To learn more or sign up for the 2022 games, please visit [NHseniorgames.org](http://NHseniorgames.org).

The mission of the New Hampshire Senior Games, organized by the Granite State Senior Games, is to promote, organize and effectively develop physical challenges, as they relate to the New Hampshire senior athlete and the 50+ population of the state of New Hampshire, and



2017 NHSG Archery Event. Courtesy photo.

undertake related activities benefiting the well-being of adults as appropriate and focusing on the development of active and healthy lifestyles. This mission is accomplished by encouraging fitness and by providing athletic competition in a variety of sports, clinics and creative pursuits.

Founded in 1987, Granite State Senior Games, Inc. is a not-for-profit all-volunteer sports and fitness organization governed by a board of directors. We are New Hampshire's premier multi-sport event for the 50+ population. NHSG is the only organization in the state to be sanctioned by the National Senior Games Association (NSGA) to qualify senior athletes for participation in the National Senior Games held every two years.

### Fast facts about the NH Senior Games

- 2022 is our 35th year.
- We expect 700 to 800 athletes this year, which is a qualifier for the 2023 games in Pittsburgh, Pennsylvania.
- Beyond athletic pursuits, the games offer vital social interactions for older adults. When we paused in 2020 due to Covid, we surveyed the athletes and heard overwhelmingly that they'd miss the sports but especially friendships made on the field of play.
- Games are open to all, regardless of ability or skill level.
- 50 and older medal winners qualify for national games, but 40 and older can enter and play
- Games run from late June to September.

### NH SENIOR GAMES SPORTS AND EVENTS

Archery	Disc Golf	Shuffleboard
Badminton	Golf	Swimming
Basketball (3-on-3)	Pickleball	Table Tennis
Bowling (candlepin)	Power Walk	Tennis
Bowling (ten-pin)	Race Walk	Track & Field
Cornhole	Racquetball	Volleyball
Cycling	Road Race (5k/10k)	

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# Dig into a new volunteer gig

*Every day brings an opportunity to connect at AARP*

By Pamela Dube  
AARP NH Associate State Director of  
Communications

the coming weeks and months. Are you ready? If the pandemic has made you realize just how much we are all connected to each other and how much we rely on each other for support, this is a great time to return to volunteering or start a new volunteer gig.

We have a place for you at AARP NH! One of the greatest gifts you can give is your time. AARP New Hampshire has a wide variety of volunteer opportunities. Join our community of volunteers and share your time and talent — in person or from home — to improve the lives of older Americans and their families.

Our volunteers are committed to the work we do for the Granite State's 50+ population and we can't thank them enough. Simply put, we could not do everything we do without their help and dedication that manifests in ways that bring tangible impact to our 220,000

As with nearly all aspects of life, volunteering was definitely impacted by the pandemic. This had a big ripple effect among nonprofits in New Hampshire who depend on volunteers to embrace their mission. Did you know that according to the New Hampshire Office of the Attorney General the Granite State is home to well over 5,600 charitable organizations that rely on the talents, skills and efforts of dedicated volunteers?

AARP New Hampshire is one of those organizations. In response to the pandemic we quickly transitioned our volunteer opportunities to dovetail with the virtual space, but we are now very much looking forward to an in-person and hybrid approach to volunteering in



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To learn more, visit [aarp.org/caregiving](https://aarp.org/caregiving).

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members throughout the Granite State!

Volunteering is a great way to expand your social circle, make a difference in New Hampshire and have fun!

Every day, our volunteers advocate for issues that benefit our members such as lowering the cost of prescription drugs locally and nationally. They run local events for members that help increase awareness of AARP with a fun twist. They help to recruit volunteers so we can expand our offerings throughout the state. They willingly share their time and talent in the community conducting Speakers Bureau presentations. And, most importantly, they embrace the AARP mission to “enhance the quality of life for all as we age.”

If you are looking for a new volunteer gig, we hope you’ll join us!

## *Here’s how you can get involved:*

### **AARP Advocacy – Capital City Task Force**

At AARP, leading positive social change is key to our mission. As a member of the Capital City Task Force you will join a dynamic group of individuals who work to influence the content and outcome of important state and federal public policy that impacts the 50+.

### **AARP Community Presence & Livable Communities**

Help bring AARP to life in New Hampshire communities. As a community presence volunteer, and a member of the Community Planning Team, you will join a vibrant group of individuals who plan and carry out a variety of community events that are fun and educational. This group of volunteers also works on Livable Communities initiatives, such as transportation, housing, outdoor spaces and beyond.

### **AARP Speakers Bureau**

Do you like educating others and public speaking? Become a voice in your community! Via Zoom and in-person presentations, Speakers Bureau Volunteers educate AARP members and the public on a variety of topics from



safely aging in place, to preparing to become a caregiver, as well as scams, and leading a brain-healthy lifestyle. If you are more comfortable behind the scenes, we have roles for you too!

### **AARP Foundation Tax-Aide**

Our taxes get more complicated as we age at a time when we can least afford expensive tax filing ser-

administrative volunteer — you don’t have to complete taxes to get involved!

That’s a quick roundup of the different ways you can volunteer for AARP NH. Our volunteers tackle society’s challenges, build stronger communities and are a fiery force that transforms the world. We proudly shine a light on all of our volunteers for inspiring us and lending their voices to make a difference across New Hampshire. We’d love to have you join us!

To let us know you are interested, just fill out this quick form at our website: <https://bit.ly/VolunteerAARPNH>.

We commend your interest in serving your community through volunteer work. AARP NH would certainly value the opportunity to work with you, but if none of the above volunteer opportunities are of interest, we encourage you to visit [createthegood.org](https://createthegood.org) to find other volunteer opportunities in your area.

*To learn more, visit [aarp.org/nh](https://aarp.org/nh) or follow @AARPNH on social media.*

*“Volunteering is a great way to expand your social circle, make a difference in New Hampshire and have fun!”*

### **AARP Driver Safety**

AARP’s Driver Safety programs help older Americans remain safe and confident while on the road. Instructing Safe Driver Courses and providing We Need to Talk seminars are just a few of the ways you too can help.

vices. For over 40 years, AARP has offered free tax filing services through our volunteer-run Tax-Aide Program. Trained and certified by the IRS, Tax-Aide volunteers ensure you receive professional services and the best return, all free of charge. Have a knack for running things? Be a leadership or



# Exercise for mental health

These last two years have been long and difficult for many of us, and certainly for our seniors who have limited their social interactions. The coronavirus pandemic is taking a toll on public health, a toll that extends well beyond those who have been infected by the virus. Nearly all of us have experienced or witnessed the effects: increased stress, heightened anxiety, at least a bit of depression. These conditions are to be expected given the isolation and disruption to our daily lives.

These are conditions to be expected — but not to be ignored.

A survey conducted for the Centers for Disease Control in late June found that 40 percent of U.S. adults reported at least one adverse mental or behavioral health condition related to the pandemic, including anxiety or depressive disorders, substance abuse to cope with stress, and even suicide ideation.

The research is clear: Three or more periods of movement per week of aero-

bic exercise or resistance training for 45 to 60 minutes each can effectively treat depression, even chronic depression. That amount of physical activity is the amount recommended by the CDC and the World Health Organization to promote cardiovascular health and lower the risk of diabetes and other diseases associated with obesity. Working out and other forms of physical activity can definitely ease symptoms of depression or anxiety and make you feel better. Exercise may also help keep depression and anxiety from coming back once you're feeling better.

You can safely engage in physical activity by exercising with family, taking long walks, using online fitness resources, taking a virtual class, and setting exercise goals, for instance.

Another thing we know about exercise and mental health is that movement is self-rewarding — that is, even a small amount of exercise can create an upward spiral as it increases the body's

receptors of dopamine. The ensuing sense of reward persuades the brain that further exercise will also be rewarding. That means that, once started, the act of exercising becomes easier to sustain. When you have depression or anxiety, exercise often seems like the last thing you want to do. But once you get motivated, exercise can make a big difference. You'll probably enjoy exercising and look forward to it!

Exercise helps prevent and improve a number of health problems, including high blood pressure, diabetes and arthritis. Research on depression, anxiety and exercise shows that the psychological and physical benefits of exercise can also help improve mood and reduce anxiety.

Working out and other forms of physical activity can definitely ease symptoms of depression or anxiety and make you feel better. Exercise may also help keep depression and anxiety from coming back once you're feeling better.

Although it might be tempting to skip your workout during these challenging times, public health officials say that exercise — while undoubtedly important under normal circumstances — is essential to your physical health and mental well-being during the Covid-19 pandemic.

So bundle up, lace up your sneakers, bring together family and friends, and enjoy a beautiful walk to help ease the burden of pandemic-fatigue!

The YMCA of Greater Nashua offers guest passes for those new to the Y. There are many opportunities for physical activity and social connectedness at the Y. From group exercise classes to the indoor walking tracks, from mah-jong, to volunteer opportunities, there are ways to be active and social. Check out what's new at the Y: [nmymca.org](http://nmymca.org).

*For more information about the YMCA of Greater Nashua call 603-882-2011 or visit [nmymca.org](http://nmymca.org).*

## FIND YOUR PASSION. FIND YOUR Y.

At the YMCA of Greater Nashua we give you the support and encouragement you need to become a healthier, happier you. We offer a wide variety of programs and classes (many of them included with a YMCA membership), and a caring staff to help people of all ages grow in spirit, mind and body.

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# Misconceptions about home care

By Debra Desrosiers  
CSA, CADC



Since I work in home care, I see that the public is not always aware of what services are available and who pays for them.

What will happen if all of a sudden you cannot be left alone due to a physical disability and need help to the bathroom? Who will help you? Who pays for the services? How often will help be needed? Below is a guide I put together that will help the public understand the differences in home care options.

## Home Health Care

Temporary help in the home ordered by a physician. Services provided are nursing, physical therapy, occupational therapy, speech therapy, home health aide and social work services. Services are typically paid under Medicare guidelines and some health insurance policies.

Has the patient had an acute health care crisis such as an unexpected illness, injury, surgery or diagnosis requiring a recent hospitalization?

Has the patient declined to the point they are homebound?

Does the illness, injury or diagnosis require treatment, or monitoring following hospital discharge?

Has the patient declined in functional status following hospitalization? Examples would be weakness, inability to walk or transfer safely, when they were fully functional prior to hospitalization.

Is a chronic illness being managed poorly, resulting in repeated hospitalizations or emergency room visits?

Does the patient have a primary physician who could write an order for home health care?

Has the patient just been diagnosed with a chronic illness that needs careful management and education, such as diabetes?

Is the patient preparing to be discharged from a rehabilitation facility, and is still in need of therapy? Remember the patient must be homebound.

## Private Duty Home Care

Considered non-medical assistance in the home. The care is considered

custodial care and does not require a physician's order and can be customized to meet the daily needs of the client. Services are designed to help the care recipient remain independent and safe in their home. Services are mostly paid for privately by families. Many families are now starting to benefit under long-term care insurance, veterans' benefits and Medicaid Waiver programs.

Have you or a family member had a recent illness, injury or surgery that left the patient less functional or independent?

Are you or a family member unsafe alone?

Do you have a family member experiencing noticeable memory loss or who has received a diagnosis of Alzheimer's or another form of dementia?

Do you or a loved one spend most of their time alone, inactive and socially isolated?

Have you or an elderly relative had to give up their driver's license yet still likes to get out to shop, visit friends and family, attend religious services, get their hair done, or go to events or activities?

Do you need someone to assist with grocery shopping or getting medications?

Do you or an elderly loved one want to remain in your home rather than move to a long-term care facility?

Is an assisted living facility where your loved one resides telling you they

are unable to provide care the resident needs, and you will probably have to move them into a nursing facility?

Are you a family caregiver who is exhausted, stressed out, and at the end of your rope?

Are you a family caregiver with no time for yourself, and need respite?

Are you a spouse or adult child facing being a family caregiver for the first time?

Do you need to take off work every time your elderly parent has a doctor appointment or medical procedure?

Do you have an elderly parent who lives alone and is eating poorly or having problems taking the right medications at the right time?

Are you spending countless hours at the bedside of a hospitalized family member, without getting sufficient rest?

Would you like some extra help with an elderly family member for a special event, during the holidays or so you can take a vacation?

Has a physician or other medical professional told you that you or your spouse, parent or loved one is not safe alone?

## Hospice

Palliative or comfort care for patients diagnosed with a terminal illness. Services are paid mostly by Medicare and most health insurance companies.

Have you or a loved one been diagnosed with a terminal illness that has no

or limited treatment available?

Have you or a loved one completed cancer treatments without any improvement and have run out of options?

Do you have an aging relative that has been diagnosed with failure to thrive or is experiencing significant weight loss, or a significant decline without any explanation?

Has a physician told you or a loved one there is nothing else they can do?

Do you have an aging parent or spouse with Alzheimer's or dementia who has also experienced a significant injury or illness?

Is your family having a difficult time with a loved one suffering in pain related to a terminal illness?

Do you need equipment or medications related to a terminal diagnosis that are causing a financial burden?

Would you or a loved one with a terminal diagnosis prefer to remain at home or stop dealing with doctors, hospitals, procedures and treatments?

Is your loved one in the hospital or long-term care facility dying and uncomfortable?

I hope these questions might help some individuals or families seek the right type of home care options for their needs.

*Debra Desrosiers, CSA, CADC  
Director of Visiting Angels of Auburn  
and Gilford*

*To contact her, call 603-483-8999*



# The gift of growing up active

By Rick Holder  
 Owner and CEO of Hampshire Hills  
 Athletic Club

Judy Shenk grew up in a small town in Pennsylvania Dutch Country. For Judy, while growing up back in the '40s and '50s, playgrounds were any outdoor space outside her front door. Organized play consisted of Mom opening the front door and saying, "OK, time to go outside."

From that time on (until mealtime), it was up to the imagination of Judy and her friends to come up with fun things to do. But play was instinctive, and neighborhoods and roadsides were far safer way back then.

As Judy grew up, most exercise in addition to yard play came from taking hikes with mom and dad, riding her bike, helping with the garden and later on learning to play tennis. Back then in Judy's town there were organized school sports for boys' teams to play against teams from other towns — but not for girls. It would be well into 1972 before Title IX would help diminish that inequity. Still, Judy recalls her childhood as being physically

active due to her parents' guidance. After graduating from high school Judy went off to Boston University to specialize in physical education. It was there where Judy fell in love with sports like lacrosse and field hockey. In the summers she would travel to Boston University's Sargent Camp in Hancock to study and participate in very high-level play of those sports specifically.

After graduating from college, Judy married Chris Shenk, her college sweetheart, and work took them to Columbia, Maryland. There in Columbia they found a city full of public sports activities, hiking and biking trails and athletic opportunities just perfect for raising their children. Later on Judy moved to Amherst, New Hampshire, and continued her love of outdoor recreation. Yet with her children's need to pursue gymnastics Judy decided to open a Gymnastics Academy and it (Gymnastics Village) became so successful she had to give up her tennis time to run the business. Now grown, Judy's children are running the business and Judy



Judy Shenk. Courtesy photo.

is back to the activities she loves including hiking, biking and tennis.

Still very physically active in her late 70s, Judy is forever grateful for her parents' dedication to garden-to-table nutrition and to their mentoring the pur-

suit of a physically active lifestyle as a marvelous way to live.

Have questions, comments, or want more information? Please email McKinley Shordone at [mcurro@hampshirehills.com](mailto:mcurro@hampshirehills.com) or call 603-673-7123.

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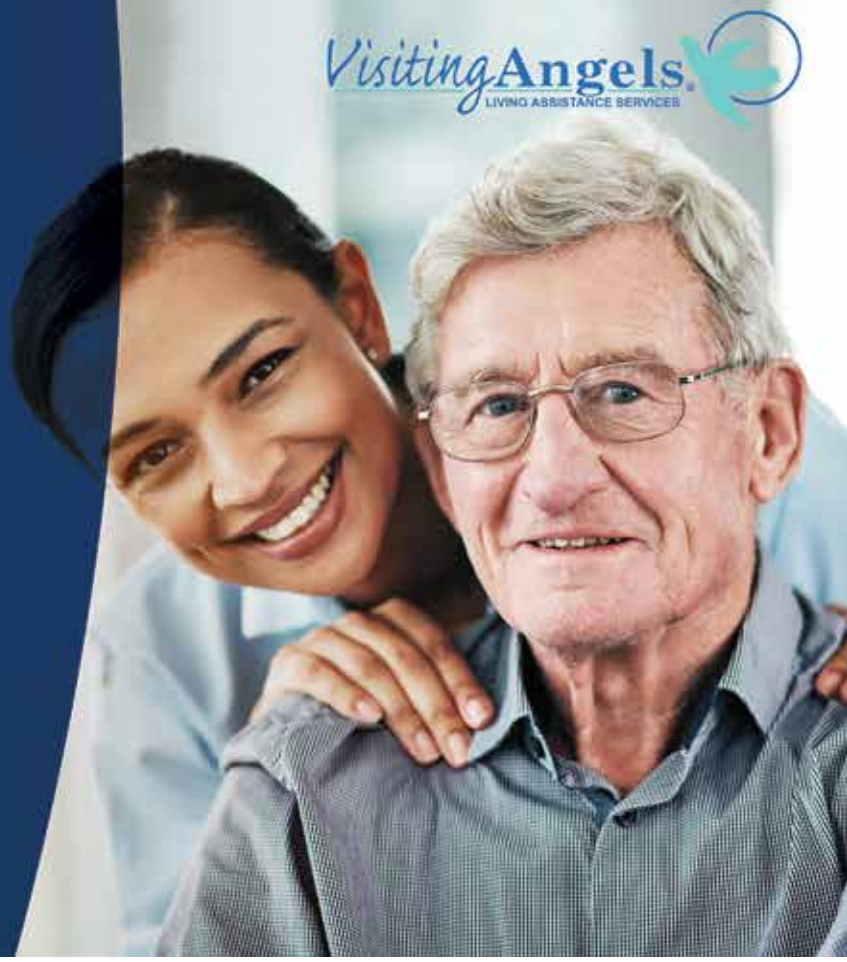
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# Tech for seniors



Nowadays, even the refrigerators and toasters are going high-tech, with options that are controllable with your phone.

The active aging industry in the U.S., which includes smart living tech, is expected to swell to a \$30 billion behemoth, the Consumer Technology Association says, with tech for seniors representing at least \$900 million. Here are a few of the gadgets and gizmos that might help make your life easier.

## Embodied Labs

This company offers an immersive program using virtual reality headsets that offer simulations in which caregivers take on the persona of an aging person facing a variety of illnesses, including Alzheimer's and Parkinson's disease. This will help caregivers develop empathy for their patients and improve the way they deliver care, the company's founder, Carrier Shaw, told CNBC.

## Intuition Robotics

This 2016 startup helps older people avoid loneliness and social isolation, two problems that can contribute to poor health. The ElliQ robot initiates conversation to help people stay in touch with family and friends and engage in healthy behaviors, including reminders to take medications. It can also check the weather, suggest activities and show photos sent by loved ones. Intuition partnered with Comfort Keepers, the

largest home care provider in the U.S., for distribution.

## Neuro Rehab VR

Another company using virtual reality in health care is Neuro Rehab VR. It uses virtual reality to tailor exercises for older patients undergoing physical therapy.

It records physiological and kinematic responses and makes the experience more like a game.

## VitalTech

This cloud-based connected care platform launched in 2018. It's an emergency and fall-detection watch that can also track vital signs such as heart rate, respiratory rate and oxygen saturation, as well as physical activity and sleep quality. The water-resistant, sweat-proof watch can also remind people to take medication and charges while someone's wearing it. An app lets others monitor vital signs and historical readings, manage fall alerts and view nutritional information.

## Ageless Innovation

Hasbro alum Ted Fischer developed a series of robotic pets under the name. These fluffy companions interact with people the same way a living pet would, offering companionship and promoting happiness. The company says the pets have been shown to be an effective intervention in addressing loneliness in older people.



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# BARRY D'ANDREA

## SHOE STORE OWNER

*Barry D'Andrea is the owner and operator of The Shoe Box, a family shoe store in Amherst.*

**Can you explain what your current job is?**

I pretty much do everything from buying products, hiring employees, selling, scheduling, marketing and advertising, maintaining the store website and email list and physical upkeep and maintenance of the building and property.

**How long have you had this job?**

I've been in the retail footwear business since 1974, so going on 48 years. I've owned and operated the Shoe Box in the Amherst location for the last 26 years.

**What led you to this career field and your current job?**

I met my wife of 45 years in high school, and her father was in the shoe business. This led me to get involved.

**What kind of education or training did you need?**

I attended UMass-Amherst for a year back in 1974. I took a long break after becoming involved in the family business. Mostly, my education was learning on the job and from my father-in-law, who was a great mentor and teacher. I then decided, later in life, to get a degree in business entrepreneurship.

**What is your typical at-work attire?**

Khaki pants and a dress shirt, or, on occasion, dress jeans.

**How has your job changed over the course of the pandemic?**

I was able to adapt and survive during the Covid shutdown. ... I provided home delivery and ... contact-free service by using my drive-thru window. I promoted [the store] on social media for being

the only drive-thru shoe store around. ... The pandemic continues to affect our business because of supply chain issues and employee shortages. This results in my having to buy much further in advance of when I need product. I'm buying product now to ship next fall. The shipping issue is also causing a much higher freight cost, which I haven't passed on to my customers.

**What do you wish you'd known at the beginning of your career?**

Retail has changed tremendously from what it was when I first began almost 50 years ago. I wish I knew how fast these changes would have occurred, especially just within the last 10 years. I believe some retailing strategy of old is quite relevant, but I wish that I had embraced some of the newer techniques and innovations sooner.

**What do you wish other people knew about your job?**

How difficult and demanding being a business owner is. There were many sacrifices and challenges throughout the years, building this business and to get where the Shoe Box is today.

**What was the first job you ever had?**

Where I grew up in western Massachusetts, there was an amusement park called Riverside Park. Six Flags is now located there. As a child, I loved amusement parks, and I applied for a job there back in the early 1970s. I thought it was great earning almost \$1 an hour. My first job was working at a concession stand at that park.



Barry D'Andrea. Courtesy photo.

**What's the best piece of work-related advice you've ever received?**

That customer satisfaction comes first, and the need to realize that they are why your business exists. Our company mission is to be honest with customers,

provide great product at a good price and to treat customers with respect. If you do this, your customers will be loyal. I have parents that I waited on when they were a child who are now shopping at my store with their own children.

## Five Favorites

**Favorite book:** Fictional history, especially the Jeff Shaara *Civil War* series

**Favorite movie:** *Planes, Trains & Automobiles*

**Favorite music:** Gospel

**Favorite food:** My wife is a great cook, so just about anything she cooks, especially scallops.

**Favorite thing about NH:** There's nothing like the landscape of New Hampshire, the four seasons, mountains, hiking and camping.



# Art Classes at the Currier

The Currier Museum of Art offers online and in-person art classes for all ages and abilities inspired by the museum's permanent collection and special exhibitions. Visit [Currier.org](https://www.currier.org) for full list of classes.



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## Painting with Pastels: Finding Beauty in the Urban World with Janet Schwartz

Online five week class  
Fridays  
May 13, 20, 27, June 3, 10  
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\$250 Non-Member  
\$225 Member



## Plein Air Painting: Rachael and John O'Shaughnessy Perkins Cove Ogunquit, ME

Off-site one day workshop  
Perkins Cove – Ogunquit, Maine  
Monday, May 16 (rain date May 23)  
10 am to 3 pm  
\$125 Non-Member  
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## Mixed Media: Aerial Map your Neighborhood with Jason Bagatta

In-person two day workshop  
May 21 and 22  
Saturday and Sunday  
10 am to 3 pm  
\$275 Non-Member  
\$247.50 Member



## Learn to Draw: Structure and Volume with Shading with Martin Geiger

Online five week class  
Thursdays  
May 26, June 2, 9, 16, 23  
6:30 to 8:30 pm  
\$250 Non-Member  
\$225 Member



## Dynamic Color for Watercolorists with Marjorie Glick

Online three-day workshop  
Friday, Saturday, Sunday  
June 3, 4, 5  
10 am to 12:15 pm and 1:45 to 3:30 pm  
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## Color Theory: A Crash Course with Amy Wynne

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## ART AND MEDITATION: Making Your Art Meaningful with Bernd Haussmann

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# Seniors and dating



Dating might seem like a young person's game, but with more seniors living more active lifestyles, it can be an older person's game, too. Here's some advice for getting back out there on the dating scene.

people. But that's not the only way to meet someone new.

Consider taking a class, volunteer for a cause that you're passionate about, join a church. All of these are great places to meet people with common interests.

Wherever you go, be present in the moment and not glued to your phone. Be ready to engage wherever you are.

## Dealing with Baggage

Older people tend to be more experienced, and that's generally a good thing. But sometimes that experience is traumatic, such as in the death of a spouse or a divorce. Modern Aging says that both experiences can lead to significant self-confidence issues. Before you start looking to find a loving partner again, work on loving yourself, the site says. Give yourself time to heal before casting your nets for another special someone.

## Staying Safe

Dating is exciting, but it can also be a scary place. Here are some tips for staying safe, from RAINN:

- Use different photos for your dating profile than for your social media pages. This makes it more difficult for someone to find you.

- Avoid connecting with suspicious profiles, such as those that only have one picture or no bio.

- Run your potential date through a search engine or ask a tech-savvy friend to do it for you.

- Beware of anyone who asks for money, even if it's for a sudden personal crisis of some kind.

- Don't give out your phone number or talk outside the dating app or site.

- Report any offensive behavior to the dating site immediately. This includes requesting financial assistance, requesting photographs, sending harassing or offensive messages, or any attempts to threaten or harm you.

## Be Selective

Make sure that when you're looking for someone, you're looking for the right someone. Make a list of the things you want in a partner and don't settle for anything less. Remember, you're not too old to date. And you're worth doing it right. Think of each date as a learning experience and refine your list as you go.

## How to Meet People

Dating these days is ruled by apps, if you believe the TV commercials, and there are plenty of apps out there, including those exclusively for older

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# Gardening with grandkids

By Henry Homeyer

By all rights, I never should have turned out to be a gardener. I tell parents that if they want their children to be gardeners when they grow up, they should never make them pull weeds. My parents made me pull weeds. We had a vegetable garden and we all worked in it. Gardening was considered a duty, not fun or a learning experience. They had lived through the Great Depression of the 1930s and had a deep fear that the economy would collapse once again. Growing vegetables was a hedge against hunger.

My grandfather saved the day by making gardening fun when I visited him. Grampy came over from the old country, Germany, in the early 1900s. He loved gardening, and I loved him, and we spent a lot of time together while he worked and I hung out with him. His wife died when I was in second grade, and my parents sent me off to spend part of my summer with him. And I did so every summer until he died on my 21st birthday. We had fun, and I learned to garden.

If you want to encourage your grandchildren to love gardening, I'd like to suggest that you give each child a piece of earth that is theirs to use as they see fit — to grow carrots or flowers, or even to use with toy trucks. The right size plot is probably, for smaller children, as big as they are — their height by their arm span. For little ones, that's three or four feet square. It could be a wood-sided bed, or just a corner of the garden marked off by string.

Help your grandkids pick things to grow that are easy and tasty. I think most kids will eat cherry tomatoes right off the bush. Sun Gold is the name of my favorite — it's delicious and highly productive. Buy a seedling and help your grandchild plant it. These tomato plants get big and tall and will need some support. I recommend using a tomato cage made of heavy wire. Pick the biggest cage you can — 54 inches tall and with four legs, not three. Later, you may have to add a tall wooden stake to help keep the plant from tipping over anyway, cage and all.

There really is magic in starting plants from seeds. Kids are fascinated by the idea of planting a seemingly inert speck

and getting fresh tomatoes or carrots some months later. But they need guidance and a certain amount of help. Carrot seeds, for example, are tiny and hard for small fingers to plant one by one. The solution? Buy pelleted seeds if you can find them. These are seeds that are coated with a layer of clay, turning a tiny seed into something almost the size of a BB. I had pelleted seeds for my grandkids to use when they were small, and it made a frustrating job fun. I ordered pelleted carrot seeds from Johnny's Selected Seeds (877-564-6697 or johnnyseeds.com).

Radishes, beets and beans are bigger seeds and easy to handle, but not necessarily tops on the list of favorite veggies for kids. I love green beans now, but as a kid I only ate them under duress. Corn is easy to plant, but requires more space than you might want to dedicate to it, and is a magnet for corn worms, which can be off-putting. Plus raccoons can eat the entire crop in one night.

If you are working with kids, you surely do not want to use any chemicals in their little gardens. Not chemical fertilizer, not weed killer, not bug killer. Their systems are much more sensitive to chemicals than ours. Chemical fertilizers are not poisonous, but can be harsh on young fingers and the dust should never be inhaled.

In my experience, nothing is better to plant with kids than potatoes. They are easy to handle at planting time, and the excitement when harvesting is remarkable. And I've never met a kid that didn't like eating freshly cooked mashed potatoes that they grew.

If you've never grown potatoes before, they're easy. Start potatoes from sprouted potatoes that are sold as seed potatoes at your local garden center. Don't try growing potatoes from grocery store spuds because many of those have been treated with chemicals to keep them from sprouting. You can plant whole small potatoes, or cut larger ones into two or three pieces, so long as each has two "eyes" that are starting to sprout.

For best results, each piece of potato needs to be placed in loose, rich soil that has been amended with some compost. The roots of your plants will grow down, and the new potatoes will be formed above the seed potato. Loosen the soil well and place your seed potatoes 3 or 4



Top: Casey's raised bed. Bottom: Harvesting with grandkids George and Casey in 2011. Photos by Henry Homeyer.

inches beneath the soil surface and a foot apart in the row. Cover with a thin layer of soil — an inch is fine. Then, after the spuds have sent up leaves, you can fill in the hole or the trench you have planted in. That's called "hilling" the potatoes.

Potatoes are remarkably productive. Each piece you plant will produce from one to five pounds of potatoes. And they come in a variety of colors — which kids find fascinating: get some purple ones or red-skinned ones to plant if you can. The variety called Kennebec is an all-white potato that is, in my experience, the most productive of all. Yukon Gold is another good producer, as is Red Pontiac, one of my favorites for flavor.

Maybe I became a gardener because,

like my parents, I feared that calamity would strike and I'd need to depend on my garden for food. It is true that I eat something that came from my garden nearly every day of the year — garlic, for example, or veggies from my freezer. And I don't mind weeding — I even enjoy it in moderation. So try to get your grandkids gardening. It's not too late to start, and I think you'll all have fun.

*Henry has two grandkids, George and Casey. George graduates from high school this year, and Casey in three years. Who knows if they will garden when they grow up? Time will tell. Reach Henry at [henry.homeyer@comcast.net](mailto:henry.homeyer@comcast.net).*



# Travel during the pandemic

When many people retire, the dream is to hit the road and travel.

Unfortunately the pandemic put the brakes on many people's dreams for more than two years now. And, as more places open back up for travel, the routines and procedures are different than they were before the coronavirus, even for those people who are vaccinated. Here's what you need to know about traveling during Covid-19.

## Get Your Shots

The U.S. Centers for Disease Control recommends getting vaccinated before you travel, which may include additional doses for those that are immunocompromised or booster doses as they become available. And that's for more than just Covid-19. Some other vaccines you may need, depending on your destination, include cholera, hepatitis A and B, Japanese encephalitis, malaria, meningitis, rabies, tick-borne encephalitis, typhoid fever, yellow fever and more. Also make sure you are up-to-date on

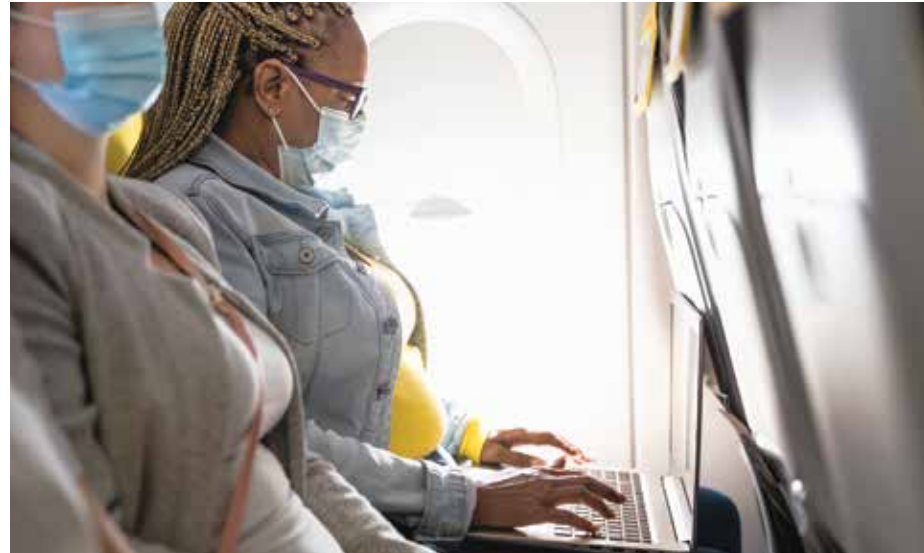
your vaccines domestically, too, including flu, tetanus and chickenpox.

## Check In

Before booking travel, check in with the CDC to determine the amount of concern about diseases in your destination state or county. Look for community spread of Covid-19 and be sure to talk to your doctor before you leave. Tell them about any chronic medical conditions you have, the destinations you will be visiting, the activities you have planned, the types of accommodations you will be staying in, the timing and length of your trip, and any medications you are taking.

## Cruising

Cruises are popular vacations for older adults, but the onboard environment is favorable for more than just ocean fun. It's an ideal situation for diseases to spread, including norovirus and respiratory illnesses. To keep from getting sick, the CDC advises to wash your



hands often onboard, especially before eating and after using the bathroom or before touching your eyes, nose or mouth.

## Plan for the Worst

Get travel insurance to cover you, especially if you're traveling abroad. Look for policies that cover travel

cancellation, health care, emergency evaluation and emergency evacuation. The CDC also suggests enrolling with the Department of State's Smart Traveler Enrollment Program to ensure that the U.S. knows where you are if you have medical difficulties while traveling internationally.

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# Knee replacements

## What's new and different in 2022

Kathleen A. Hogan, MD  
Total Joint Specialist

If you are considering having your knee replaced, you may be wondering if there is anything new or different. Although the implants have not changed much in the last decade, recovery after surgery is a completely different experience today than in the past.

Previously, knee replacement was an extremely painful experience for many people. The hospital stay averaged three to four days and patients often went to a rehabilitation facility for another week or two after surgery. Pain medication was needed for at least a month.

Today, recovery after a knee replacement is completely different. Many patients are able to go home the day of surgery. Pain medication is needed only for a week, if at all. Physical

therapy is no longer described as torture. Most people are able to walk with a cane by two weeks after the surgery and are back to "normal" in under six weeks.

What specifically has changed? Medications given during surgery decrease postoperative bleeding in the knee, significantly reducing pain. Aspirin is now used routinely to prevent blood clots instead of stronger blood thinners which caused bruising and bleeding in the joint. Nerve blocks and the use of spinal anesthesia reduce the pain during the procedure and immediately afterward. Specialized nerve blocks can "freeze" the nerves around the knee providing up to three months of pain relief. Getting out of bed and walking on the day of surgery is encouraged and this early movement also speeds recovery. If you can bend your knee to 90 degrees immediately

after surgery, physical therapy will no longer be so terrible. Anti-inflammatory medications and Tylenol also help control postoperative pain and inflammation.

Knee replacement surgery is also less invasive than in the past. Incisions are smaller. There is less injury to the tissues around the knee. Strengthening the muscles around the knee with physical therapy before surgery can also help to speed recovery afterward.

Robotic assisted knee replacement is a new technology that may improve outcomes after surgery. A CT scan is used to build a customized plan for surgery. A robotic guided saw helps the surgeon to accurately remove the bone in preparation for the implant. This decreases the need for soft tissue releases, making the knee feel more normal earlier in the recovery phase, and may also improve the longevity of

the implant.

If you have been putting off talking to a surgeon about knee replacement because you are afraid of the recovery, stop living in pain! If you have severe knee arthritis causing pain with daily activities and have tried non-operative treatments such as injections and physical therapy without success, you may be a candidate for a knee replacement. If you are considering joint replacement surgery, be sure to ask if your surgeon is fellowship trained. Surgeons who specialize in joint replacement surgery are more likely to be up to date on these latest technologies and techniques.

*Kathleen A. Hogan, MD is Total Joint Specialist at New Hampshire Orthopaedic Center. For additional information of orthopaedic care, go to to nhoc.com or call 603-883-0091.*



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# Navigating downsizing



A 2017 survey found that more than 10 percent of home buyers between the ages of 45 and 64 were downsizing, the National Association of Realtors said.

With rooms, wings or entire floors that older people no longer use, dumping the big family home for something smaller and easier to care for is a popular choice. Here are some tips for how to downsize without maximizing your stress.

## Make a Plan

You'll need to start thinking about downsizing well before you start planning your actual move. Downsizing and decluttering may even help you sell your current home more quickly and for more money by showing off its spaciousness.

Start off by deciding where you'll move. Closer to family? To a treasured vacation spot? Then pick what kind of space you want. Detached homes offer more privacy, but townhomes and apartments come with less responsibility. Evaluate your lifestyle — don't be afraid to ask friends and family for help — and decide what options are best for you.

Finally, make a timeline with achievable, reasonable goals. Pick a moving

date, then work backward, setting goals for booking a moving company (rule of thumb: the farther you're going, the more notice they'll need), finding a new place, selling your current home, and more.

## Start Small

Decluttering and getting rid of decades of memories is going to be tough. Start with small steps, like gifting cherished items to friends and family. Go room by room through your home, matching up your things to your new space. Tackle practical things, first, like kitchen and bath supplies, beds and other items that you have to have. Save emotional items for last; it may be easier to let things go if you've gotten into a decluttering rhythm.

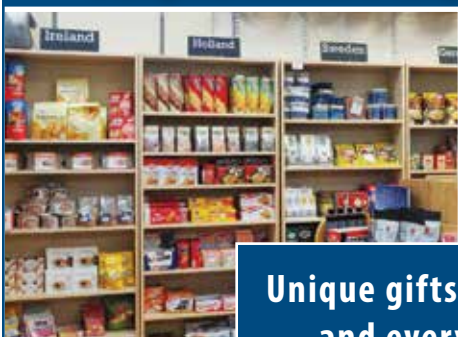
Sort things into piles: keep, toss and give away. Don't, whatever you do, fall into the trap of the maybe pile. Make a decision and stick to it to avoid hours of agonizing. Let go of multiple items (How many cookie sheets do you really need?) and take the time to thoughtfully process each item, especially the ones you're letting go. Keep an eye on what you're gaining in this move, not what you're losing.

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# VOLUNTEER OPPORTUNITIES

Looking to get involved in your community? Here are some area organizations looking for volunteers. Get your group included by sending all the details (including what your group does, what projects or events you are seeking volunteers for and how people should get in contact) to [graniteseniorjournal@gmail.com](mailto:graniteseniorjournal@gmail.com).

• **American Red Cross New Hampshire Chapter** (the Northern New England Regional Headquarters is at 2 Maitland St. in Concord; [redcross.org/nne](http://redcross.org/nne), 225-6697) report that their most needed volunteer positions are the shelter support teams (volunteers who help residents during large-scale disasters), disaster health services teams (for volunteers who are licensed health care providers) and disaster action teams (for smaller disasters, such as home fires), according to an April press release. The Red Cross is also seeking blood donor ambassadors who check blood donors in to appointments, answer questions and give out snacks, the press release said. The Red Cross also needs transportation specialists who deliver blood to hospitals from Red Cross facilities, the release said. The Red Cross provides training for volunteers, the release said. See [redcross.org/volunteertoday](http://redcross.org/volunteertoday).

• **Aviation Museum of NH** (27 Navigator Road in Londonderry; [nhahs.org](http://nhahs.org), 669-4280) is seeking volunteer mentors to help students at the Manchester School of Technology build a working, flying airplane, “a Van’s Aircraft RV-12iS two-seat light sport aircraft, a popular kit-based ‘home-built’ mode,” according to a press release. “Volunteer mentors aren’t required to have professional aviation or mechanical backgrounds, but should be familiar with basic shop tools and procedures. Training will be provided on more specialized

equipment and processes. Weekday availability is key, as the plane-build project takes place during school hours. Also, all volunteers must undergo school district background checks,” the release said. Contact Leah Dearborn at [ldearborn@nhahs.org](mailto:ldearborn@nhahs.org) or 669-4877.

• **Beaver Brook Association** (117 Ridge Road in Hollis; [beaverbrook.org](http://beaverbrook.org), 465-7787) has a variety of volunteer opportunities including building and installing nesting boxes on the Nesting Box Trail, building Little Lending Libraries for Maple Hill Farm, gardening, working with supplies, working at outdoor events, helping with trail maintenance, painting buildings and other facilities, and more, according to the website. Go online to fill out an application, where you can indicate interests and availability, or contact the office Monday through Friday from 9 a.m. to 3 p.m.

• **Black Heritage Trail of New Hampshire** (222 Court St. in Portsmouth; 570-8469, [blackheritagetrailnh.org](http://blackheritagetrailnh.org)) offers volunteer opportunities on specific projects or areas of expertise and with public interaction positions (such as event greeter and trail guide), according to the website, where you can submit a form describing your interests.

• **Black Ice Pond Hockey** ([blackicepondhockey.com](http://blackicepondhockey.com), [info@blackicepondhockey.com](mailto:info@blackicepondhockey.com)) helps out in advance of and during the annual three-day outdoor hockey tournament in Concord (usually in the January-February time frame). See the website to fill out the volunteer application to help with work in merchandise, sales, player check-in, shoveling, ice maintenance, scoring, setup and more.

• **Canterbury Shaker Village** (288 Shaker Road in Canterbury; [shakers.org](http://shakers.org), 783-9511) seeks volunteers to help out in the garden, give tours, offer administrative

assistance, help with special events and more, according to the website. Go online to fill out an application or reach out to 783-9511, ext. 202, or [jlessard@shakers.org](mailto:jlessard@shakers.org), the website said.

• **Capitol Center for the Arts** (Chubb Theatre at 44 S. Main St. in Concord, Bank of NH Stage at 16 S. Main St. in Concord; [ccanh.com](http://ccanh.com)) uses volunteers at events for “patron comfort and safety, before, after and during a performance” according to the website. Sign up online, where you can specify your volunteering interests and times of availability.

• **The CareGivers NH** (700 E. Industrial Park Drive in Manchester; [caregiversnh.org](http://caregiversnh.org), 622-4948), a program of Catholic Charities, offers transportation, help with grocery shopping and getting food, visits and reassurance calls to elderly and disabled people in the greater Manchester and Nashua areas, according to the website. Volunteers are needed to provide transportation and deliver food as well as to help with administrative work and in the warehouse, the website said. Go online to download the volunteer application and to see detailed frequently asked questions.

• **CASA of New Hampshire** ([casanh.org](http://casanh.org)), “a nonprofit that trains volunteers to advocate for children who have experienced abuse and neglect,” is holding a virtual information session on Monday, May 9, at 12:30 p.m. focusing on Merrimack and Hillsborough counties when staff members and an active volunteer will provide information and answer questions, according to a press release. Other virtual sessions are available (see the schedule at CASA’s website) and you can also register to watch a recording of a session if you can not attend it live. Volunteer advocates participate in a 40-hour training course

and are then supported by a peer coordinator and program manager, according to the website, where you can apply and find information on CASA fundraising events.

• **Educational Farm at Joppa Hill** (174 Joppa Hill Road in Bedford; [theeducationalfarm.org](http://theeducationalfarm.org), 472-4724) has a variety of animal-specific volunteer opportunities (“chicken caretaker” and “duck docent” for example) as well as positions related to gardening and farm maintenance (“Marvelous Mucker”), fundraising and more; see the website for the listings, which include the specific person to contact for each position and a rundown of the responsibilities.

• **The Franco-American Centre** (100 Saint Anselm Drive, Sullivan Arena, in Manchester; 641-7114, [facnh.com](http://facnh.com)), which promotes French language, culture and heritage, seeks volunteers for work including marketing and communications, social media and grant research/writing, according to the website. Some French language skills are helpful but not required, the website said.

• **International Institute of New England** ([iine.org](http://iine.org), 647-1500), whose mission “is to create opportunities for refugees and immigrants to succeed through resettlement, education, career advancement and pathways to citizenship,” according to the website, offers volunteer opportunities including help with Afghan refugee and evacuee resettlement, English for speakers of other languages support, youth mentoring and career mentoring. Go online to fill out the volunteer form.

• **Intown Concord** ([intownconcord.org](http://intownconcord.org), 226-2150) has volunteer opportunities including working within the Intown organization and helping with special events. Go online or contact [info@IntownConcord.org](mailto:info@IntownConcord.org). Currently, Intown Concord is looking for volunteers to help with Market Days, both during the event (Thursday, June 23, through Saturday, June 25) and with marketing and setup in advance of the event, according to an April newsletter. See [marketdaysfestival.com](http://marketdaysfestival.com).

• **Jetpack Comics** (37 N. Main St. in Rochester; [jetpackcomics.com](http://jetpackcomics.com), 330-9636) has volunteer opportunities for Free Comic Book Day, the annual celebration of comic books usually held the first Saturday in May, which Jetpack organizes in Rochester as a multi-location event. (Perks to volun-



## Fun for the 55+ crowd

The William Cashin Senior Activity Center offers an array of classes, activities and educational programs including Tai Chi, Qi Gong, line dancing, bingo, book club, Zumba, adult coloring, scrabble, Mah Jongg, chair yoga, pinochle, knit & crochet, cribbage, bridge, and many more! All seniors 55+ are welcome to join. For more information please call 603-624-6533, [manchesternh.gov](http://manchesternh.gov), or visit us on Facebook at [facebook.com/ManchesterNHSeniorServices](https://facebook.com/ManchesterNHSeniorServices).

*Know of an organization offering activities, assistance and other resources for 55+ Granite Staters? Let us know at [graniteseniorjournal@gmail.com](mailto:graniteseniorjournal@gmail.com).*

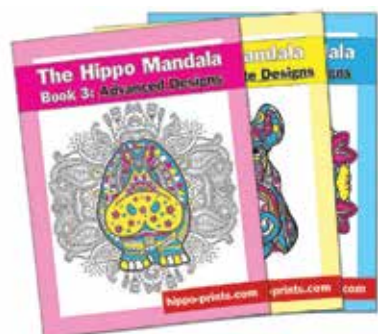


# Fun for the Grandkids!

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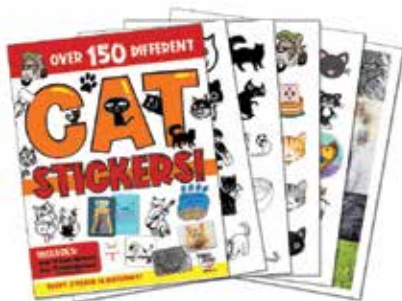
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Decorate notebooks, bottles, and more! Each book has 10 8.5"x11" sheets of dog stickers, totaling 150+ stickers per pack.



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teers who help out all day include all the special comics released that year, a patch, food and more, according to the website). Jetpack has other volunteer opportunities throughout the year as well; contact [jetpackcomics@gmail.com](mailto:jetpackcomics@gmail.com).

- **John Hay Estate at The Fells** (456 Route 103A in Newbury; [thefells.org](http://thefells.org), 763-4789) offers volunteer opportunities including working at the Gatehouse office, helping the education department with historical and art exhibits, working at the shop or the main house, maintaining the facilities, gardening and working on special events, according to the website, where you can find a detailed description of some of the gardening and other work. Call the Fells, ext. 3, to speak with member services.

- **Lowell Summer Music Series** ([lowellsummermusic.org](http://lowellsummermusic.org)) is seeking volunteers to work for the series director doing ticketing, admissions, customer service and audience relations, usually from 5 to 10 p.m. (during shows), according to an April email. Go online to fill out a volunteer form. The concert series also has several paid positions open for the season, which is currently slated to start Saturday, June 18, with a performance by The Mavericks.

- **Manchester Historic Association** (Millyard Museum is at 200 Bedford St. in Manchester, Research Center is at 129 Amherst St.; [manchesterhistoric.org](http://manchesterhistoric.org), 622-7531) offers volunteer opportunities including working at the front desk and gift shop at the Millyard Museum and helping with programs, tours and events, according to the website, where you can download a volunteer application. Call or email [history@manchesterhistoric.org](mailto:history@manchesterhistoric.org) with questions.

- **McAuliffe-Shepard Discovery Center** (2 Institute Drive in Concord; [starhop.com](http://starhop.com), 271-7827) has opportunities for volunteer positions including school group educator, docent, helping with events, exhibit maintenance, grounds maintenance (including gardening) and more, according to the website, where you can also find volunteer perks. Contact [kthompson@starhop.com](mailto:kthompson@starhop.com) for information.

- **Mt. Kearsarge Indian Museum** (18 Highlawn Road in Warner; [indianmuseum.org](http://indianmuseum.org), 456-2600) has volunteer opportunities including giving tours, organizing events, and doing office work and grounds work, according to the website. Contact [volunteer@indianmuseum.org](mailto:volunteer@indianmuseum.org).

- **NAMI NH** ([naminh.org](http://naminh.org), 800-242-6264) has volunteer opportunities related to advocacy, support groups and fami-

ly-to-family programs as well as work on events, such as the NAMI Walks NH 5K, according to the website, where you can find applications and more details for specific programs (including the specific program's contact). Or reach out to [volunteer@naminh.org](mailto:volunteer@naminh.org) or 225-5359, ext. 322.

- **New Hampshire Film Festival** ([nhfilmfestival.com](http://nhfilmfestival.com)), which will be held Oct. 13 through Oct. 16 in 2022, is taking volunteer applications. "All volunteers will receive tickets to screenings, an NHFF T-shirt, and the staff's undying gratitude!" — so says the festival's website. Volunteer opportunities include positions working on the prep as well as the execution of the event. Fill out the application, where you can indicate your desired level of volunteering, or contact [team@nhfilmfestival.com](mailto:team@nhfilmfestival.com) with questions.

- **New Hampshire Food Bank** (700 East Industrial Drive in Manchester; [nhfoodbank.org](http://nhfoodbank.org), 669-9725) has group and individual volunteer opportunities, which include working at mobile food pantries, working at the food bank's garden April through November, working at the Saturday morning food drops at JFK Coliseum in Manchester and working at the food bank facility, according to the website, where you can sign up to volunteer and see a calendar of when and where help is needed. Or contact 669-9725, ext. 1131, or email [volunteercoordinator@nhfoodbank.org](mailto:volunteercoordinator@nhfoodbank.org).

- **NH Audubon** ([nhaudubon.org](http://nhaudubon.org)) has several volunteer positions posted on its website, including volunteer gardeners at the Pollinator Garden at the McLane Center in Concord (contact [ddeluca@nhaudubon.org](mailto:ddeluca@nhaudubon.org)); a New Hampshire Bird Records office assistant in the Concord office (contact [rsuomala@nhaudubon.org](mailto:rsuomala@nhaudubon.org)); a Backyard Winter Bird Survey project assistant (contact [rsuomala@nhaudubon.org](mailto:rsuomala@nhaudubon.org)); an eBird data assistant (contact [rsuomala@nhaudubon.org](mailto:rsuomala@nhaudubon.org)); wildlife volunteer field surveys; the grant program research assistant and a publication assistant, according to the website.

- **NH Boat Museum** (399 Center St. in Wolfeboro Falls; [nhbm.org](http://nhbm.org), 569-4554) offers volunteer opportunities including working at special events and fundraisers (including the Alton Bay Boat Show), office work, working with the exhibits, helping with educational programs, building and grounds care and maintenance and more. Sign up online, where you can select your areas of interest, or contact [programs@nhbm.org](mailto:programs@nhbm.org).

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• **NH PBS** (nhpbs.org) has several volunteer opportunities including auction volunteer, creative services volunteer, membership department, and NHPBS Kids Writers Contest and Our Hometown Program Development manager, according to the website. Go online to fill out a volunteer form that includes designating your availability and special skills and interests.

• **N.H. Preservation Alliance** (7 Eagle Square in Concord; nhpreservation.org, 224-2281) needs volunteers on an occasional basis to help produce educational events and to help with public programs such as tours, barn heritage celebrations or on-site preservation trades demonstrations, according to an email from the group's executive director. Contact admin@nhpreservation.org to indicate what you'd like to help with and whether you are comfortable in both indoor and outdoor settings, the email said.

• **NH State Parks** (nhstateparks.org) has volunteer groups that hold volunteer work days throughout the year, according to the volunteer program director at the state's Department of Natural Cultural Resources' Division of Parks and Recreation. Find groups that work on

specific parks at nhstateparks.org/about-us/support/volunteer (such as the Derry Trail Riders who work on Bear Brook State Park or the Surf Rider Foundation, which works on Hampton Beach State Park). Or contact volunteer@dncr.nh.gov.

• **The Northeast Organic Farming Association of New Hampshire** (nofanh.org) seeks volunteers with planning their annual Winter Conference, assisting with spring bulk order pickup, and committee and board membership, according to the website. Go online to fill out a volunteer form or contact program coordinator Laura Angers at info@nofanh.org.

• **Park Theatre** (19 Main St. in Jaffrey; theparktheatre.org, 532-9300) has volunteer opportunities for ushers as well as work in concessions, parking, office work, fundraising, marketing, stage production and more, according to the website, where you can fill out an online application where you can indicate your interests and availability. Call or email info@theparktheatre.org with questions.

• **Pope Memorial SPCA of Concord-Merrimack County** (94 Silk Farm Road in Concord; popememorialsPCA.org, 856-8756) holds regular volunteer

orientations (pre-registration is required) with volunteer opportunities including small animal care and socialization, dog enrichment, dog park assistance and workroom assistance, according to the website. Go online to submit a volunteer application or to ask questions of the volunteer coordinator.

• **Special Olympics New Hampshire** (sonh.org) volunteers can serve as coaches, trainers, event organizers, fundraisers, managers and unified partners who play alongside some athletes, according to the website. Volunteers can work at an event or with a team, the website said. For more information contact specialolympics@sonh.org or call 624-1250.

• **United Way of Greater Nashua** (unitedwaynashua.org, 882-4011) is seeking volunteers for its Pop Up Pantries; specifically it is looking for someone to help distribute food on Tuesdays from 11 a.m. to 12:30 p.m. at River Pines Mobile Home Park in Nashua, according to an April press release. The United Way also has volunteer opportunities related to one-day events or fundraisers, work on committees within the organization (such as on finance or marketing) and in groups such as the Stay United group, a 50+

volunteerism group, according to the organization's website. The organization also helped to put together a website, volunteergreaternashua.org, featuring volunteer opportunities from other area nonprofits.

• **Young Inventors' Program** (unh.edu/leitzel-center/young-inventors-program) uses volunteers to support its annual Northern New England Invention Convention event (held this year in March), according to program director Tina White, whom you can contact at Tina.White@unh.edu (or see unh.edu/leitzel-center/young-inventors-program/connect/volunteer). The program is a partner of the University of New Hampshire and UNH Extension, where there are more opportunities for volunteers interested in STEM youth programming, she said. See extension.unh.edu/educators/4-h-stem-docents for information on the 4-H STEM Docent program, which builds and trains volunteers to help with educating New Hampshire K-12 youth in science, technology, engineering and mathematics projects, White said in an email. Contact Megan.Glenn@unh.edu for more information on that program.

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