

Lindsey Schust's New Single *Sugar Shock* Airs January 20

Country and pop with a tropical island feel.

Press release

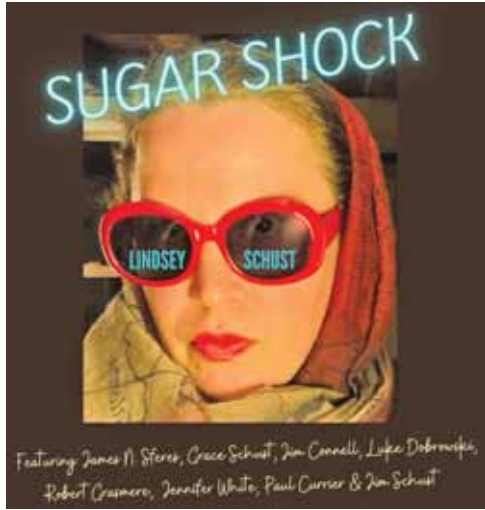
Andover-based singer-songwriter Lindsey Schust will release her new toe-tapping single, *Sugar Shock*, on January 20. Listeners can stream the song on all music platforms (including Amazon Music, Spotify, Apple Music, and YouTube). *Sugar Shock* combines country and pop with a tropical island feel. The song was

recognized *Sugar Shock* as their traditional show closer, which gets the audience singing along with the chorus, when they sing "Hey!" The recording features local musicians including family members Grace Schust and Jim Schust (her parents), Robert Grasmere, Luke Dobrowski of the Dobros, Jim Connell, Paul Currier, Jimmy Sferes, and Jennifer White. For direct links to stream *Sugar Shock* starting January 20 visit lindseyschust.hearnow.com/sugar-shock.

"Listening to Lindsey's music takes me to a different place. It's very happy there!" says Maureen Simpson, a New Hampshire singer.

Lindsey Schust is a composer, singer-songwriter, pianist, and drummer. She grew up in Andover to the beat of African drums. Her family started the Timbre Drums company and brought international percussionists to rural New Hampshire through their non-profit Arts Bridge the World. She learned African drumming as a youngster from her mom (Grace Schust) and learned classical piano from Margo Coolidge. At Proctor Academy she studied jazz-rock with guitarist and bandleader Keith Barrett. Lindsey has a BA in music from Brandeis University and an MA in music from Tufts University. In addition to being a songwriter, performer, and music teacher, Lindsey is a certified ADHD and Professional/Life Coach.

To contact Lindsey, email schustmusic@gmail.com; follow her on Facebook at [facebook.com/lindseyschustmusic](https://www.facebook.com/lindseyschustmusic); or visit lindseyschustmusic.com



Lindsey Schust's new single *Sugar Shock* will be available for streaming on all music platforms on January 20, 2023. Photo: Lindsey Schust

recorded in Andover by Jimmy Sferes at Hummingbird Studios and mastered by Gerry Putnum at CedarHouse Sound and Mastering in Sutton. This song is the second single from her full-length album *Country Way*, to be released online in spring 2023.

Dedicated fans of Lindsey Schust and the Ragged Mountain Band will rec-



Andover resident, Paul Currier, far right, works with other local KNP volunteers to stack wood for delivery to families in need for heating this winter. Many hands make light work! They stacked 7 and 1/2 cords in 90 minutes! Caption: Cindy Benson. Photo: knph.org

KNP Continues to Help Neighbors in Need

Immediate help and underlying issues

Cindy Benson
Kearsarge Neighborhood Partners

Three years ago, Kearsarge Neighborhood Partners was born as an organization where Neighbors can help each other flourish, and where people in need have some hope of moving away from crisis, and toward wholeness and stability in their lives. A group in the Kearsarge region realized that much of the charity available to people deals with meeting a crisis. We began to look into the root causes that lead people to have to seek emergency help again and again, and created a non-profit where we could both attend to people's immediate needs, and begin to address the bedrock issues at the base of their emergencies. Volunteers are matched with needs through an efficient database and email system, which sends requests based on a volunteer's interests when a specific need arises. There is no time commitment or pressure to respond, only a willingness to consider helping out if it fits your schedule and skills.

KNP serves the area of the Kearsarge, Andover, and Sunapee school districts, with a small reach into the surrounding towns. We take the "Partners" in Kearsarge Neighborhood Partners very seriously! We have three levels of partnerships:

- Neighbors to Neighbors: Volunteers can help with a small home repair, a load of heating wood, groceries or a hot meal, or a simple phone check-in for someone who is isolated.
- Neighbors to Organizations: Our Advocates work with people longer-term to help them access social services and government assistance, food resources, jobs, transportation or medical care.
- Organizations to Organizations: We collaborate with other organiza-

tions to do an analysis of needs in the region, then work together to address them. Colby-Sawyer College, the New London Hospital, Warner Connects, Town Welfare Offices, the Kearsarge Food Hub and KREM are among our active community partners. Together, we have worked on systemic issues such as housing, heat and food security, creating a web of support for the Kearsarge Region.

Two local volunteer organizations, Kearsarge Neighborhood Partners (KNP) and Kearsarge Regional Ecumenical Ministries (KREM), joined forces on a much-needed venture to help folks in the Kearsarge community access transportation. The partnership, Kars for Kearsarge: Paving the Road to Independence, has three goals:

- Obtaining used vehicles gifted from community members, to transfer to people in need
- Helping people buy dependable, affordable used vehicles
- Partnering with local garages to help people evaluate and access repairs on existing vehicles

A vehicle can mean all the difference in someone's ability to work or to seek a job, and to live independently, and we're proud to say that in the past 11 months through Kars for Kearsarge, six families now have safe, reliable transportation.

Andover resident Paul Currier has been involved in KNP since it first started three years ago. "Volunteering with KNP has enabled me to get involved in people's lives who need help," says Currier. "The kinds of things I've done include minor home repairs, yard work, wood stacking and transporting people to doctor's appointments and things like that. I've become the regular ride for one Andover neighbor, who I've gotten to know better over the course of

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KEARSARGE UNITARIAN UNIVERSALIST FELLOWSHIP

A Liberal, Open and Welcoming Congregation

Every Sunday at 11:00 am

December 4, 2022: Rev. Nancy Pellegrini

December 11, 2022: Traditional Christmas

December 18, 2022: Martha Woodward

SATURDAY, December 24, 2021: Rev. Dick Dutton

January 1, 2023: Roger Wells

January 8, 2023: Betsy Woodman

January 15, 2023: Rev. Merry Stockwell

January 22, 2023: Rev. Dick Dutton

January 29, 2023: Rev. Mellen Kennedy

Services held online & at the Stone Chapel. Visit website for information.
FOR INFORMATION & INQUIRIES: 603 526-8213 – www.kuufnh.org

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