

# Business



(L to R): Janet Bamberg, Chairman of the Board of Hillcrest Manor, Inc.; Gary Zabierek, Hillcrest President/CEO; David Sherborne, Project Architect with Dennis Mires, PA; Roland Martin, Principal of Martin Construction Advisors; Steve Dydo, Construction Manager of Whitford Building and Development

## Hillcrest Terrace Celebrates Grand Opening of New Café and Tavern

MANCHESTER – On April 27, Hillcrest Terrace celebrated the grand opening of a beautiful new café and tavern. The Cobblestone Café and Milltowne Tavern are additions to the dining and hospitality choices already offered at Hillcrest Terrace, a retirement community for active retirees.

Residents can enjoy a casual dining experience at the café, which offers gourmet breakfast, sandwiches, soups and sumptuous desserts. The tavern is a great place to meet friends, watch a sporting event on TV, or enjoy before dinner cocktails

and hors d'oeuvres with fellow residents.

Traditional dining that offers a choice of several delicious entrees is offered in the formal dining room at lunch and dinner, but the beautiful new café also gives residents a choice of enjoying a lighter meal, a full breakfast, or grabbing beverages and prepared gourmet meals 'to go'.

These two new venues are part of a multi-million dollar renovation and expansion of Hillcrest Terrace which will include a stunning new

entrance and lobby, indoor pool, fitness center, and a neighborhood of cottages designed for seniors who seek greater independence.

Hillcrest Terrace is a not-for-profit senior living community known for its maintenance-free lifestyle, which offers gracious living accommodations and exceptional services. Find out more about the pleasure of senior living at Hillcrest Terrace. Call Maria Hutchings to request information or schedule a tour at 836-2226 or visit us at [www.hillcrestterrace.com](http://www.hillcrestterrace.com).

## BPW Presents “Doing It All Successfully -The Fine Balance between Business and Family”

Dr. Diane Shieh, a practicing orthodontist of 12 years at Amherst Orthodontics will share her perspective on the joys and challenges of balancing motherhood, fostering a multicultural background for her children, being a committed daughter to aging parents, and enjoying a fulfilling career. Dr. Di will speak candidly about her definition for success and her struggles to establish boundaries and

ask for help.

The luncheon takes place on Thursday May 19th, from 11:00 am - 1:00 pm at the Crowne Plaza, Exit 8, Nashua. The cost is \$16.00 for members and \$20.00 for non-members. An RSVP is not required. The meeting includes networking, buffet lunch, and speaker.



Dr. Diane Shieh

Readers, please be sure to let our advertisers know that you saw their ad in The Amherst Citizen.

## Computer Company Moves to Amherst

AMHERST – During one of the deepest recessions in recent history, why would anyone have the courage to open a new business? According to Matthew Bernard, president of Brinestone, the timing could not have been better.

Bernard is no stranger to ultimate challenges, and has the battle scars to prove it.

Upon graduation in 1995 from Alvirne High School, Hudson, he enlisted in the U.S. Army until he became inactive in 2000. Shortly after the attack of 9/11, he immediately reenlisted in the Army Reserves, National Guard and eventually volunteered for a mission in Ramadi, Iraq. In 2006, while on patrol, the vehicle he was riding in came under rocket attack. He earned the Purple Heart for his injuries. After returning to duty in less than a week, he was awarded his second Purple Heart when his humvee hit an IED, this time sending him to military hospitals in Germany and Bethesda, MD.

Following his recovery and rehabilitation, and then a short stint in 2008 as a military contractor in Afghanistan, Bernard set out to produce a documentary film about retraining injured veterans. With the help of financial incentives from the Department of Veterans Affairs, and operating out of a small office at Harbor Homes in Nashua, he started Brinestone, a computer consulting company that would hire and retrain New Hampshire veterans returning from Iraq and Afghanistan.



(Front): Matt Bernard, president of Brinestone; (L to R): Stephen Lewald, Kevin Potter, Matt Colaneri, Samantha Marcoux, and Max Miller. Other members were not available at time photo was taken.

In March 2009, Bernard moved Brinestone to an industrial park in Milford, and hired his first employee, Stephen Lewald, a veteran looking for work in the computer industry. The young veteran-owned and operated company continued to recruit new hires with military connections to serve local businesses setting up networks and IT solutions. The company became part of the “Soldiers’ Angels” network by providing veterans throughout the U.S. with a PC, software and a thank you note for their service. Last November, Apple Computer

Company designated Brinestone as an “Authorized Apple Specialist”, one of 168 companies in the U.S. that can sell the entire Apple product line. Bernard felt more could be done to serve the local community with a retail environment to sell, service and provide data recovery solutions to individuals as well as local businesses. Brinestone moved and doubled its space and staff, now at the former Ceratec building, 116 Route 101A in Amherst.

To find out more, visit: [brinestone.net](http://brinestone.net), or call 673-6696.

One Life, One Story, One Reason

There is so much to say, I don't know where to begin. You see I was gaining a lot of weight. At 38 I went to see my doctor and I already was diagnosed with "old people diseases". Along with anti-depressants and other medications came a myriad of other problems. I was always out of breath. I had high blood pressure and high cholesterol and was pre-diabetic. To be honest, I had given up on myself.

And then it happened. A friend convinced me to join Integrity and start exercising. Walking through the door was frightening. I was literally uncomfortable in my own skin. At that moment I decided to give it my all. I would not measure my success by any number or size, but by virtue of following the program and being true to myself. Wow! It was amazing! In 6 months I literally melted away the excess fat.

Now, I can't believe all that I've accomplished. I've had the chance to work with some great coaches who believed in me, even when I didn't! For the first time in a long time I feel alive and free.

Shame and self-doubt have been replaced with pride and confidence. I have the body I never thought possible and the skills to maintain it. And as far as winning goes, I never realized the prize would be regaining my life.

Laurie G.

Before

After

8 week shape up \$99

Laurie from Manchester, NH  
40 yrs. old with 3 Children

Integrity

Fitness Training for Women

769-3388

integrityfit.com

199 Route 101 • Unit 5B • Amherst, NH 03031 (Next to the Post Office, across from Black Forest Cafe) Locations: Amherst, Bedford/Manchester, Londonderry

Health care designed around you means...

We're in your neighborhood.

Gateway Pediatrics – Pediatric Care with the Personal Touch

- Experienced, professional medical care
- Small, family-friendly office
- Speedy call-backs
- Conveniently located within minutes of home
- Plenty of free parking

Gateway Pediatrics is committed to our families and dedicated to providing exceptional care that is right for you and your child. We listen and work with you.

For more information or to make an appointment, call 603-249-9630.

William P. Lero, MD, FAAP | Gateway Pediatrics | Spruce Park Professional Center  
109 Ponemah Road (Rt. 122), #7, Amherst, NH 03031

GATEWAY PEDIATRICS

FOUNDATION Medical Partners

Proudly affiliated with Southern New Hampshire Medical Center.

HGTV HOME

FLOORING BY Shaw

COME SEE

HGTV'S First Flooring Collection by SHAW FLOORS

Laminate: Adorn - Paradise Birch  
Area Rug: Ikat Panel - Light Multi

You are formally invited to view HGTV's first collection of flooring products made exclusively by Shaw Floors. Get inspired, get educated, get ready to enjoy beautiful, new flooring.

Visit your authorized HGTV HOME Flooring by Shaw Dealer today and choose Shaw floors for beauty, comfort and lifetime warranties that protect against . . . life.

438 Gibbons Highway  
Route 101W  
Wilton, NH 03086  
654-5400

Tue-Fri: 10AM-6PM  
Sat: 10AM-4PM  
CLOSED: Sundays & Mondays

www.devineflooring.com

carpet | area rugs | hardwood | laminate | shawfloors.com/HGTV

HGTV HOME Flooring by Shaw is a trademark of Scripps Networks, LLC used under license to Shaw Industries, Inc.