

Arts & Entertainment

Traditional Arts Exhibit Opens in Concord

CONCORD – The N.H. State Library in Concord will be hosting an exhibit to celebrate traditional arts in the Granite State from June 11 through July 20, 2012. Traditional arts include crafts, music and dance that are passed down from one generation to the next within families and communities. In New Hampshire, traditional arts reflect the many cultures that settled in what is now the Granite State, including the indigenous Native American Abenaki, early English colonists, French Canadians, Europeans and, more recently, peoples from African and Asian countries.

Entitled “Shaping Our Heritage,” the exhibit honors traditional artists who have participated in N.H. State Council on the Arts’ Traditional Arts Apprenticeship grants over the past 16 years. Apprenticeship grants help to preserve living heritage by providing modest funding for master artists to teach experienced apprentices in one-to-one sessions. With continued support from the National Endowment for the Arts, New Hampshire has funded Traditional Arts Apprenticeship

grants since 1995, providing support for total of 172 teams and more than 32 art forms.

“Shaping Our Heritage,” is an opportunity for the public to learn more about the important traditions that form the collective heritage of the state and the community-based artists that make a commitment to preserving them. It will feature more than 100 examples of crafts and more than 100 photographs highlighting art forms such as blacksmithing, boat building, braided and hooked rug making, cooperage, decoy carving, dog sled making, fly tying, Contra dance and French Canadian fiddling, furniture making, Native American ash basket making and beadwork, Shaker oval box making, tinsmithing, and Scottish accordion and bagpipe playing.

“Traditional arts form the deep and enduring roots of our cultural life,” said Lynn Martin Graton, N.H. State Council on the Arts’ acting director and traditional arts coordinator. “While they belong to us all, the skills needed to keep them alive, to create them with the greatest pro-

ficiency and imbue them with the greatest artistry, are usually mastered by a few individuals. Traditional Arts Apprenticeship grants are a modest public investment that helps preserve our living heritage.”

A variety of public programs will be offered during the six-week exhibit to expand opportunities to learn more about traditional arts in New Hampshire. A lunchtime series of craft demonstrations will be held State Library on Wednesdays from 11 a.m. – 2 p.m. featuring traditional artists from around the state who will be on hand to demonstrate and discuss their craft traditions:

June 13 - Western Abenaki basket making by Sherry and Bill Gould from Bradford;
June 20 - Decoy carving by Fred and Brendan Dolan;
June 27 - Fly tying by Bob Wyatt and Larry Antonuk;
July 11 - Rug hooking by Pam Bartlett;
July 18 - Decorative painting by Beverly Nemetz and Russian iconography by Marina Nazarova Forbes

For more information on all activities, visit: www.nh.gov/nharts.

Business

Local Expert Offers Career Change Boot Camp

MANCHESTER – Sandy Demarest of Demarest Career Directions in Amherst announces the first ever Career Change Boot Camp, on Saturday, June 23 from 8 a.m. to 3p.m. at the Nackey Loeb School of Communications on 249 East Industrial Park Drive in Manchester. An active member of the Souhegan Valley Chamber of Commerce, Ms. Demarest has a well-established track record of helping people change careers, climb the career ladder and get back to work in Southern New Hampshire.

The one-day Career Change Bootcamp will consist of nationally recognized speakers sharing proven strategies for breaking into a new field of work. Featured speakers include National Speaker Association member and accomplished business coach with over 16 years experience Debby Hoffman Adair in addition to business leader Tom Raffio, CEO of Northeast Delta Dental, not-

ed among the top 25 businesses to work for in America.

Demarest Career Directions have also booked several other local business experts with the knowledge and tools to support individuals looking to change careers and land new jobs.

Regarding the current job market Sandy Demarest is noted as saying, “In today’s competitive job market job seekers and career changers need to arm themselves with the tools necessary to stand out from the crowd. Gone are the days of submitting a resume online and getting a call back for an interview. Seekers must stand out, and we will show them how...”

Workshop and session topics include: Skills assessment – discover your true value, How to make your resume stand out, How to sell yourself and close the deal and Kick-start your networking.



Sandy Demarest

To register visit the registration page at www.DemarestCareerDirections.com/register or call Demarest Career Directions at 801-6689.

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If everyone ate a nutritious and balanced diet of high quality foods there would be no need to supplement. The reality is our foods today have lost the majority of their nutrients. This is due to the poor element density of the soil, chemicals such as fertilizers and pesticides, and mass-production farming techniques.

On top of that, many of the food choices we make lack the essential nutrients that our bodies need to function at an optimal level. The combination of these issues has lead to wide spread nutritional deficiencies and the rapid increase of degenerative diseases. This is why supplements have become a major health topic and a billion-dollar industry.

We are having trouble with our health care system in America, primarily because people were never taught HOW to achieve good health; instead we are lead to believe that there is an effortless way out. The truth is, it is relatively simple to accomplish great health once you know how and what to do.

Ask yourself these vitally important questions:

- Is my health a priority?
- Am I willing to do what it takes to gain ultimate health?
- Am I willing to do things differently to achieve my health and fitness goals?
- Do I matter enough to invest in a healthy lifestyle?
- Do I want to feel and/or look differently?

All of the answers to these questions should be YES! If you answered NO to ANY of these questions, you should take some time to reflect why that is....

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For more information visit: www.integrityfit.com, call 603-769-3388 or to take a tour, visit Integrity at The Meeting Place, 199 Route 101, Unit 5B, Amherst, NH (Next to the Post Office, across from Black Forest Café). Integrity also has two other locations in Bedford/Manchester and Londonderry. All Integrity Health Coaching centers are available to members 24 hours a day so that whatever your schedule, no matter how busy you are, you will always be able to fit in your workout.

Right now, Integrity is offering new members a 30 day risk free trial for only \$19. This includes a health coach, custom designed fitness plan and full use of all equipment for 30 consecutive days.

Boyd & Boufford Insurance Agency and Moulton’s Market Celebrate the Summer Solstice on the Village Common

AMHERST – Boyd & Boufford Insurance Agency and Moulton’s Market are combining efforts to showcase their businesses on Thursday evening, June 21st.

This is the longest day of the year (the summer solstice), and it will give people plenty of daylight hours to meet the owners and their staff, hear about their history and sample their wares. The Souhegan Valley Chamber of Commerce is sponsoring the event and is affectionately calling it a ‘Block Party on the Village Green’. Being that it’s the time of year when the earth is tilted furthest on its axis, Rick Boyd (a partner in Boyd & Boufford Insurance)

and Steve Yurish (the owner of Moulton’s) are going to test the theory that eggs can stand on end. Needless to say, they want plenty of witnesses to verify (or falsify) the theory.

Boyd & Boufford and Moulton’s are two very visible businesses in Amherst Village and a lot of people might be unaware of everything that they have to offer. Both have interesting histories and offer products and services that might surprise a lot of people that live in the area. Although they might appear to be small business operations on the outside, there are a lot of big things going on behind the scenes.

Boyd & Boufford has just opened a new office in Bedford, and Moulton’s has been hosting wine tastings and is now serving some of the best pizza in the area.

Please join Boyd & Boufford Insurance Agency and Moulton’s Market in their celebration of the longest day of summer while their owners and staff entertain you and tell you about their businesses. Festivities will begin at 5:30pm and should end sometime between 7pm and 7:30pm.

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CAREER CHANGE BOOT CAMP

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Nackey Loeb School of Communications, 249 E. Industrial Park Dr., Manchester, NH

Workshop and session topics include:

- Skills assessment – discover your true value
- How to make your resume stand out
- How to sell yourself and close the deal
- Kick-start your networking

To register for this life changing workshop with nationally recognized speakers visit our website: www.DemarestCareerDirections.com/register or call Demarest Career Directions: 603-801-6689.

Employment - Information Technology

Computer Programmer Analyst Amherst, NH

(Bachelor's deg. w/ 5 yrs. exp. or other suitable qualifications)

Job entails working with and requires experience to include: SAP, ABAP, ALE, EDI, SQL Trace, LSMW, IDOCS, BADIs, BDC, HTML, JavaScript, JFC SWING, Applets, RMI, JSP, Servlets, JDBC, ODBC, Oracle, PL/SQL stored procedures and triggers. Relocation and travel to unanticipated locations within USA possible.

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