

Business/Health

GMNBR Welcomes New 2015 Leadership

BEDFORD – The Greater Manchester/Nashua Board of REALTORS® (GMNBR) is proud to announce their 2015 leadership team of Officers, Directors, and Committee Chairs installed Thursday, December 18 at the Manchester Country Club.

Installed as President was Jerome B. Duval of Manchester, NH. Jerome has been an active REALTOR® since 2005 and is the Broker/Owner of Red Door Real Estate also in Manchester. He has served the Board of Directors for the past 2 years, both as the Grievance Committee Chair and also as President-Elect. In addition Jerome has been significantly involved in the Board's Strategic Planning process for the past two years.

The installed officers for 2015 were:

Maggie Kerkhoff of Hollis as Vice President; Michele West of Hooksett as Treasurer; Michelle Gannon of Hooksett as Secretary; Theresa Grella of Amherst as the Immediate Past President; and Angie Kopka of Nashua, NH as a Lifetime Ex-Officio Member.

The following individuals were also installed as 2015 Directors:



The Greater Manchester/Nashua Board of REALTORS (GMNBR) announced their 2015 leadership team of Officers, Directors, and Committee Chairs

Robert Mongan of Manchester, NH; Effie Sorrentino of Manchester, NH; Janet White of Nashua; Cynthia Coughlin of Merrimack;

Kerri Sawyer of Weare; Mike Auger of Manchester; and Jason Duval of Nashua.

For more information write us or visit our office at 166 South River Rd., Bedford, NH 03110, Call: 668-1054 or visit www.gmnbr.org.



Tucked in Organics Opens in Salzburg Square

AMHERST – For those who are chemically sensitive, getting a good night sleep can be a challenge. Chemicals present in mattresses and bedding, such as solvents used for flame retardation or pesticides used to grow cotton, may trigger allergies and reactions for the chemically-sensitive. Our region now has a local source for organic and chemical free mattresses and bedding – Tucked In Organics, a new retail store located in Salzburg Square in Amherst.

Owners Emily Maillet and Jason Aborn are passionate about bringing a chemical-free options for bedding to the Souhegan Valley region. Emily was raised in Peterborough and went to school for health education. She worked at an organic bedding store in Raleigh, North Carolina, learning about PBDT and VOC's present in most bedding and their effect on some people. Chem-

ical sensitivity is a growing concern for many, causing an increasing interest in materials made without chemicals. "I learned so much from my time in Raleigh that it got me passionate about trying a similar store here," says Maillet. "I researched the best quality products that are toxin free and that's what we are offering in our store. We have tried hard to keep our items affordable also. Many people think that organic is much more expensive than regular products, but our prices are very much in line with what you would spend at a traditional mattress store." Brands include Savvy Rest, Suite Sleep, OMI (the organic mattress recommended in Oprah's "O" magazine), Nook, and Green Sleep.

Tucked In Organics is located in Salzburg Square, 292 Route 101 in Amherst. Phone: 562-8937. Information: tuckedinorganics.com.

St. Joseph Hospital Programs & Events

Blood Drive January 26

NASHUA - St. Joseph Hospital and the American Red Cross will hold a blood drive in the hospital's Carl Amelio Room on Monday, January 26 from 9:00 a.m. to 3:00 p.m.

At this time of year the Red Cross often receives fewer blood donations than what is needed for patients due to inclement winter weather forcing blood drives to cancel along with seasonal illnesses, like the flu, temporarily deferring donors. Your blood is needed more than you think. Every two seconds, someone in the US needs blood. Every day, men, women and children are diagnosed with various illnesses and injuries. Their treatments may include the transfusion of blood and blood products. Your blood dona-

tion can truly make a difference.

St. Joseph Hospital and the American Red Cross are issuing an open invitation to regular blood donors, donors who haven't given blood in a while, and, especially, to people who have never rolled up their sleeves to give the Gift of Life.

Anyone ages 17 or older, weighing at least 110 pounds, and in good physical health is a potential blood donor. Donors are eligible to give blood every 56 days.

The donation process usually takes no more than an hour, with the actual donation time only about ten minutes. Appointments are recommended; walk-in donors are encouraged. Parking is available.

For more information about donating, call 1-800-GIVE-LIFE. To make an appointment, visit www.redcrossblood.org. Enter Sponsor Code 3514.

redcrossblood.org. Enter Sponsor Code 3514.

Free Online Weight Loss Competition

Join up with the hundreds of individuals and over 120 teams who have already lost 6,500 pounds for a new year of Lighten Up Nashua with St. Joseph Hospital. It's the perfect time of year to push yourself and achieve your health and fitness goals. Lighten Up Nashua is a free, community online weight-loss program designed to motivate individuals and teams to focus their energy on achieving a healthy lifestyle.

LightenUpNashua.com is a resources tool to help motivate individuals in joining others in reaching their ideal weight or BMI (Body Mass Index). The program offers

access to free healthy recipes and cooking videos, exercise tips and information on local health events. Prizes are available for the top individual participants and the top 4-person team that loses the highest percentage of weight in the 16 week session. Registration is ongoing this year with the first session for prizes January 19 to May 8.

The community is encouraged to attend a Lighten Up Nashua Kick-Off Party on Thursday, January 15 from 5:30 to 7:30 pm at St. Joseph Hospital for health screenings, health and wellness information, healthy food samples and a FREE Lighten Up Nashua t-shirt. Learn more and sign up today at LightenUpNashua.com.

Wild Salamander
creative arts center

Winter Classes Jan 13 - Feb 20
Register Online Today

- New Classes •
- Parties for Adults & Kids
- ArtShop & Blog

30 Ash St Hollis, NH 03049 465-WILD (9453)
www.wildsalamander.com

Winter... the best time to plan for a new design!

Professional Landscape Design and Installation Services including:

- Water Features & Complex Hardscapes
- Patios, Walls, & Walkways
- New Lawns Established
- Foundation Planting
- Trees and Shrubbery

KNOTT'S LANDCARE, LLC ■ 521-7757 ■ 6 MANHATTAN DR ■ AMHERST ■ knottlandcare.com

Get a taste of Applewild!! (including our family-style lunch)

OPEN HOUSE
Saturday, January 24
11 AM

120 Prospect Street, Fitchburg

Learn more about

- New Hampshire AppleCore Scholarships
- Financial Aid
- Transportation from NH

www.applewild.org/openhouse

It's All Here!

Greater Nashua

HOME SHOW

SATURDAY, January 24th
10AM-6PM

SUNDAY, January 25th
10AM-5PM

Don't Miss It!

Radisson RADISSON HOTEL RTE 3, EXIT 1 NASHUA, NH

4 Exhibit Halls... Including NH's Largest Ballroom
Home & Garden Displays • Home Furnishings • Kitchens • Spas • Landscaping • Patio Rooms • Mortgages
Pools • Roofing • Crafts and Decor • Heating • Bedding • Windows • Siding • Gutters... Much More!
LOWER YOUR HEAT BILLS! PRODUCTS & IDEAS FOR: • Building • Decorating • Remodeling • Financing

FREE SEMINARS SATURDAY AND SUNDAY

FREE WITH COUPON (\$12 Value)
FREE PASS - ADMIT 2 ADULTS

GREATER NASHUA
HOME SHOW
RADISSON HOTEL • RTE 3, EXIT 1, NASHUA, NH

Saturday, Jan 24th • 10am-6pm
Sunday, Jan 25th • 10am-5pm

Additional Tickets: Adults \$6.00
Seniors 60+ (with I.D.) \$5.00
Children under 16 (with adult): FREE FREE PARKING
www.NorthernShows.com