

# Business/Health

## Souhegan Valley Chamber Welcomes Anytime Fitness

Now Open in Amherst

AMHERST – Some people are early-birds, preferring to get their workout finished in the wee hours such as 3 AM. Others are night owls, finding that their perfect time to hit the gym is between 8 to 11 PM. And still others like the convenience of having a virtual class available on their schedule whether early-birds, night owls or somewhere in between. Enter the new Anytime Fitness, located at 123 Route 101A in Amherst, a 24/7 fitness club. The Souhegan Valley Chamber of Commerce recently welcomed this new concept of a fitness club with a ribbon-cutting.

Club owner Paul Zografos gave SVCC members a tour of the Functional Training Area and the On-Demand Virtual Classroom that boasts over 50 exercise class programs of varying skill levels while Manager Jon Haeck gave demos of the Hydro Massage Bed. Said Zografos, “the Anytime Fitness franchise really stands apart from other gym franchises because the model really allows us to take care of our members. We can spend one on one time with each one so they get the most benefit from their exercise plan. In other gyms, it’s just about the volume



Owner Paul Zografos cut the ribbon opening Anytime Fitness while Souhegan Valley Chamber of Commerce members and guests look on.

of people.” The ability to have fewer members and more quality time appealed to Zografos who has a BS in exercise science. “I had an opportunity to go into the family business

(several Dunkin Donut franchises in Massachusetts),” says Zografos. “But my parents encouraged me to follow my dream, saying that if you do what you love, it will never seem

like work. And for me, that is helping people reach their fitness goals.” For more information on Anytime Fitness, telephone 594-0066.

## Promoted to 7th Degree Black Belt

AMHERST – Jim Peacock from the Amherst Karate Studio was promoted to 7th degree Black Belt in American Kenpo Karate on Saturday April 25th by his Instructor Steve White from Manchester and Lee Wedlake from Round Rock Texas. The promotion came as a result of over 30 years of dedicated study.

Mr Peacock opened his Studio in Amherst on March 1st after being evicted without cause from a Town building in Mont Vernon for the past 23 1/2 years. The Town of Amherst has welcomed the Karate Studio with open arms and much support. Mr Peacock tries to live his life as he teaches his students – “ Things turn out best for the people who make the best of the way things turn out. ” - a saying made famous by the late great coach John Wooden.



## Win a Golf Foursome at Nashua Country Club

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Winning ticket will be drawn July 1st at Bridges 33 East Pearl Street, Nashua NH. Winner does not need to be present to win.

Participants must be 18 years or older to participate. Any tax liability is the sole responsibility of the prize winners(s). Bridges employees and their families may participate. All players must have a valid USGA handicap and must be able to play a golf round in four hours and fifteen minutes. Ticket sales end June 15th. Prize must be redeemed by November 15, 2015.

Permit #914 issued by the City of Nashua.

## Souhegan Valley Chamber of Commerce Donates \$20,000 to the Chaplain’s Emergency Relief Fund

AMHERST – The Souhegan Valley Chamber of Commerce presented the Chaplain’s Emergency Relief Fund (CERF) a check for \$20,000 as a result of their Vince For Vets benefit auction featuring Vince Wilfork, former team captain of the New England Patriots. The Vince For Vets event took place on April 10 in Nashua.

This is the eighth annual benefit auction organized by the Souhegan Valley Chamber of Commerce to benefit veterans’ organizations. To date, the Souhegan Valley Chamber of Commerce has raised \$120,000 over eight years to benefit worthy organizations such as Veterans First, Veterans Count and the Chaplain’s Emergency Relief Fund. In 2014, the Souhegan Chamber received the prestigious Seven Seals Award by the New Hampshire Committee for the Employer Support of the Guard and Reserve (ESGR), in recognition of their dedication to supporting veteran’s organizations with an annual auction fundraiser. The Seven Seals Award is given annually by ESGR to employers, volunteers or any person or entity that significantly advances the ESGR mission of promoting a cooperative culture of employer support for the National Guard and Reserve service. ESGR works with employers of National Guard service members to assist in conflicts that arise from an employee’s military commitment.

“ We were very honored to have received the Seven Seals Award and proud to have been able to give back to our veterans when they have



(L to R) Souhegan Valley Chamber of Commerce Executive Director Tracy Hutchins; Committee Chair Karen Keating of Granite Bank; NH National Guard Chaplain, Major Steven Veinotte for CERF; and Trent Blalock, of Edward Jones and Chair of the Souhegan Valley Chamber Board of Directors.

given so much for all of us,” said Karen Keating, past-president of the board of the Souhegan Valley Chamber and chair of the Veteran’s Benefit Auction for the last seven years. “We owe our veterans everything and to be able to help those who need it is very rewarding.”

The Chaplain Emergency Relief Fund provides New Hampshire military families with emergency needs primarily in the areas of rent, mortgage, utilities and medical bills. Funds are used to help families of deployed military personnel while their loved one is serving their country or veterans who need

assistance upon returning from deployment. Money for the fund comes solely from individual and corporate contributions.

The Souhegan Valley Chamber of Commerce promotes successful relationships for the business and civic community in the eleven towns of the Souhegan Valley. The Chamber supports economic development and growth, as well as valuable local information and referrals to businesses and the general public. For more information, visit [www.souhegan.net](http://www.souhegan.net) or telephone 673-4360.



Back Row (L to R) - Steven Suarez, Jessica Perry, Martha Cossey, Dennis Heidel, Gregory Hallerman, Neil Schelly, Rick Herrick, Scott Green, Shauna Green; Front Row (L to R) - Cheryl Liss, Cindy Boynton, Laurie Heidel, Hope Umanita

## Merrimack Motivators To Become Newly Chartered Toastmasters Club May 14th

MERRIMACK — A ceremony to officially charter a new International Toastmasters club, Merrimack Motivators, will be held at 7 a.m., Thursday, May 14, in the Matthew Thornton Room at the Merrimack Town Hall, 6 Baboosic Lake Road, Merrimack, N.H. District 45 leaders will attend the ceremony and make presentations. Light refreshments will also be available. The event is free and open to the public.

A Toastmasters meeting is a learn-by-doing workshop in which participants hone their speaking and leadership skills in a no-pressure atmosphere. “Each member of our club is a dynamic person in their own right,” says interim President Laurie Heidel. “But we can achieve even greater heights when we come together to learn and practice our presentation skills. We work on prepared speeches and impromptu

messages and make it a fun experience for both the presenter and the audience.”

Meetings are held every Thursday at 7 a.m. at the Merrimack Town Hall and are kept to one hour. Membership is open to anyone interested in working on their presentation and leadership skills. To learn more about Merrimack Motivators and how to join the group, contact Laurie Heidel at 801-9410.

**WELCOME – Open Enrollment Now Going on!!**

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