Amoskeag Quilt Guild and Souhegan Valley Quilters' Guild

In April, nationally known Quilt Instructor Karen Combs arrived in NH from Nashville TN. She was brought here through a joint effort by Amoskeag Quilt Guild and Souhegan Valley Quilters' Guild. She presented a terrific Trunk Show of her Optical Illusion Quilts in Bedford on Friday. On Saturday she taught a class for Amoskeag Guild and then on Sunday she taught Patchwork Illusions to the Souhegan Valley Quilters' Guild at Quilted Threads in Henniker.
For more information about SVQG, please go to www.nhquilts.org.

Wilkins Students: 3rd Grade History Week

Amy Bettencourt gives students a pottery lessons.

Mrs. Richardson's class joins in a potato sack race.

Mr. Don Betts talks about a 15 foot NY Whitehall rowing-sailing boat.

Barnstormers Theatre Presents Fred Marple and "Frost Heaves"

TAMWORTH – Fred Marple, star of the Internet hit "Yoga for Yankees" brings the award-winning Frost Heaves comedy show to The Barnstormers Theatre on Saturday, May 28 at 7:30 p.m.

The show features Yankee humor and music from the mythical town of Frost Heaves, including such nonsense as: How to Talk like a Yankee, the curse of friendship bread, a cantankerous Yankee GPS, and commercials for Big Dog Home Security Systems, Mother's Spit (the all-natural cleanser), and Grammatically Correct Pop Songs (your favorite tunes without all those egregious errors). Fred Marple (aka Ken Sheldon, the show's creator) presents the news from Frost Heaves, which is trying desperately to get back on the map since, "You can't get there from here."

The Speed Bumps band provides musical support and plays oldies, "almost as good as the originals," says Marple. "Maybe better, depending on your frame of mind."

Frost Heaves appears Saturday, May 28 at 7:30 p.m. at The Barnstormers Theatre in Tamworth, NH. Tickets are $15 for adults and $10 under 12, available at the box office, The Other Store in Tamworth, by calling 323-8500, and online at frostheaves.com. Visit The Barnstormers at www.barnstormerstheatre.org for more information.

Nashua Symphony Brass Choir Joins Spartans Drum & Bugle Corps

NASHUA - Each summer the Spartans Drum and Bugle Corps travels throughout the United States performing for thousands of fans. This year they will travel over 5,500 miles, but one of their most unique events of the season will take place at home in Nashua. On June 25th the Spartans are joined by the Nashua Symphony Orchestra Brass Choir at the annual Summer Music Festival held at Stellos Stadium, 7 Riverside St., Nashua.

Founded in 1955, the Spartan Drum and Bugle Corps is an organization dedicated to teaching lifelong learning skills through marching music and to providing opportunities for young adults to participate in competitive performing arts activities. They strive to make these opportunities extremely accessible to students of all economic and ability levels. This is the theme of the annual Summer Music Festival. This boisterous event features an all-day music and marching clinic lead by Spartans, followed by a free concert showcasing the performance groups in evening. The NSO Brass Choir was thrilled to be invited to take part in such an exciting community activity.

"This opportunity was something we couldn't pass up; partnering with the Spartans is perfectly in line with our mission to bring first-rate music to the people of greater Nashua. Our musicians enjoy playing a variety of styles, and pairing the Symphony Brass Choir with the Spartans will provide a rare treat for the audience," said Nick Adams the Director of Operations for the Nashua Symphony.

The NSO Brass will begin the evening performance at 6:00 pm and then they will be joined by the Spartans Drum and Bugle Corps around 6:30 p.m.

The evening Music Festival is FREE and open to the public. The daytime clinic is $10 and includes lunch. You can make your reservations online at http://www.spartansdbc.org or by calling 603-883-DRUM.

2nd Annual Battle of the Bands Competition

Granite State Blues Society announces our 2nd annual Battle of the Bands Competition. The winner of each category will represent the Granite State Blues Society at the annual International Blues Challenge Competition held in Memphis, Tennessee in January 2012. The competition has two categories. The band category includes bands consisting of three or more members. The solo/duo category for individual and duo acts. Semi-Finals will be held Thursdays, June 2nd and 9th at The Village Trestle, Goffstown NH. Finals will be held Saturday, June 18th at Tupelo Music Hall, Londonderry NH. Bands or Solo/Duo acts looking to compete do not have to be from NH. Winners also get a slot at the Barnful of Blues Festival on August 6th in New Boston. The Barnful of Blues Festival is produced to raise money for The Webster House for teens in Manchester. For more information on rules, regulations, and application process see www.granitestateblues.org

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

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