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Keyword: George Mosher

15-60 Word Biographies

1. **George Mosher: The Benefits of Youth Art Instruction**

Like many other young adults, George Mosher benefitted significantly from taking art classes in his youth. Children and teenagers who attend art classes develop a keener sense of confidence and independence. They also learn to diligently plan ahead and stick to a set schedule, which requires a strong ability to focus and to tune out distractions. Young art students also learn to be very patient, as some art projects take time to complete.

2. **George Mosher: Variations on Art**

George Mosher, like other young adults, was exposed to different types of art instruction in his youth. Art takes many different, and non-traditional forms, through such means as cooking, inventing, experimenting, performing music, and even car detailing. Young adults who are exposed to and encouraged to create art are better problem-solvers and more likely to accomplish goals and receive recognition for them.

3. **George Mosher: Taking Photography Classes**

George Mosher and other amateur photographers have taken multiple photography classes to help hone and perfect their artistic style. Photography courses can be beneficial for new and professional photographers for a variety of reasons, including learning about new techniques and technologies, developing an artistic style, learning from professional instructors, and meeting new people with shared interests and passions. Constructive criticism by peers is also an important benefit from photography classes.



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4. George Mosher: Photography in Greece

George Mosher has had the opportunity to take a photography trip to Greece, and like other photographers visiting this country, learned some important steps to make the trip a successful one. Flash photography is not allowed in Greece's ancient buildings and museums, and is completely banned in some, like the Acropolis. Photographers shooting the landscape need to beware of the haziness that often obscures Greece's horizon due to high heat.

5. George Mosher: Photography in Italy

Photographers who have traveled to Italy, like George Mosher, know the important rules and suggestions for taking pictures of monuments and famous locations in this country. Respect for the citizens and famous places is necessary, from understanding where pictures can or can not be taken to how one should be respectfully dressed, especially in places of worship. Photographers who want pictures of monuments without crowds should visit these locations before they open or just before they close.

6. George Mosher: Weightlifting Basics

As a weightlifter, George Mosher of Andover, Massachusetts, knows the key approaches to building muscle that will result in the greatest success. Weightlifters should use a progressive overload process to strengthen or increase the size of the muscles being trained. Preventing muscle adaptation is necessary to keep the muscles from getting accustomed to training. Muscles can be made a priority through training the weakest muscle areas when at the greatest level of energy.

7. George Mosher: Weightlifting Tips for Teens and Young Adults

George Mosher and other young adult weightlifters are careful about creating a regimen that will benefit their growing bodies and prevent injuries from occurring. This group of lifters should consider hiring a personal trainer to develop proper programs and form. Additionally, teens should focus on



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higher weight repetitions rather than weight levels. Plenty of rest is necessary as are patience and the development of realistic goals.

8. George Mosher: Grocery Shopping Tips for Young Adults

George Mosher and other young adults who have developed a talent for cooking also know some helpful tips for purchasing food at the grocery store. Shoppers should always know their budget and have a list prepared before entering the store; these two qualities should be followed at all costs. Travel around the perimeter of the store first as that is where most healthy produce like vegetables and fruits are located. Only purchase snacks with leftover funds.

9. George Mosher: College Meals on a Budget

Like many other college students, George Mosher has developed a talent for cooking and uses that to create simple, hearty, and healthy meals on a budget. College students and young adults can easily create quick meals that are better than grabbing a few slices of pizza or fast food. From grilled feta cheese and spinach sandwiches to a Southwest chicken skillet meal, good food can be had for less.

10. George Mosher: Gamers' Picks for 2016

Gamer George Mosher has enjoyed playing many of the video games that have been released this year. Fantasy games like *Final Fantasy XV* and *Legend of Zelda* provide plenty of magic and sword and sorcery. Third-person shooter games like *Tom Clancy's The Division* and *Gears of War 4* offer involved and engaging storytelling combined with heart-pounding excitement and non-stop action.

11. George Mosher: Tennis Drills for Young Students

George Mosher and other tennis instructors enjoy teaching the fundamentals of tennis to young students with drills that can be fun when presented in the right fashion. Warm-up drills are a good starting point to get blood flowing and to get the students to focus on the lesson. Forehand and



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backhand drills, including an added ball toss, combined with other drills will improve hand-eye coordination and the ability to judge ball speed.

12. George Mosher: Positive Coaching Techniques for Young Tennis Students

As a tennis instructor for young kids, George Mosher of Andover, Massachusetts, has experience making learning the game fun for students. By using counting games and designing groundstroke drills with fun in mind, young tennis players can find enjoyment in the game and keep playing for years. Overhead shots can be taught in the same fashion. The key is to make sure that students are praised so they gain confidence and remain interested in the sport.

13. George Mosher: Car Detailing Tips for Owners

George Mosher, a car detailing professional from Andover, Massachusetts, advises car owners who want to do their own detailing to keep their cars washed for general dirt on a weekly basis, and once a month wash and wax the car. Frequency is determined on how often the car is driven, the conditions it is driven in, and how often it is parked out in the sun.

14. George Mosher: How to Start a Car Detailing Business

George Mosher, a successful car detailing business owner, advises other individuals interested in starting their own business to market their services accordingly. Make sure the place of business looks good, and actively market the company using social media, fliers, and coupons. Be sure that all promotion is done through a professional company to lend credibility to the business. Owners should also keep a simple list of services for customers to choose from.

15. George Mosher: Best Bussing Tips

George Mosher achieved success as a busser because he was constantly alert and attentive to the restaurant during his shifts. Bussers should be on hand to do more than just clear plates; they should



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also anticipate customers, and stay in constant communication with the kitchen and wait staff. Customers after ask bussers for additional items, so bussers must be paying attention at all times.

18-250 Word Blog Posts

1. George Mosher: The Benefits of Youth Art Classes

High school graduates like George Mosher credit an early exposure to art as a reason for their creative skills in art, the workforce, and problem solving in general. Aside from the obvious benefits in learning to think creatively, to learn different artistic techniques and mediums, and understanding art theory, children who are enrolled in art classes also develop important emotional and social skills.

Two key skills that children can learn, develop, and strengthen through art classes are patience and focus. Working on a piece of art takes time, and kids learn that being patient, working diligently, and seeing a project through to its finish will result in an increased sense of pride and accomplishment. Because pieces of art take time to complete, focus is developed and honed; some projects may take two or more classes to complete, so focus and the ability to avoid distractions become powerful skills for children to acquire.

George Mosher and other young adults who took art classes in their youth also became more independent, confident, and prepared. The design of art classes is to encourage the students to become willing to try new approaches and techniques, and continuing to do so whether those techniques succeed or fail. This breeds more independence and confidence in the young artist. Art students also learn to improve their long-term planning abilities, as art projects for older students can involve work that continues for weeks. For extended projects, the students must determine each step of the artistic process in advance.

Source: <https://hellokidsart.com/2013/11/20/9-surprising-benefits-kids-get-from-art-classes/>



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2. **George Mosher: Variations on Art**

Children and young adult artists, like George Mosher, gain a myriad of benefits from exposure to art at a young age. Art, however, can be a subjective term, and does not always apply to traditional drawing or painting techniques; art can be found in science, cooking, flower arranging, and music. The key is providing a variety of different approaches to art for youth so they can find their own artistic path in life.

Art allows the communication of feelings and ideas in ways that are not restricted to speech or the written word. The creation of any kind of art automatically improves a young student's choice and problem-solving skills. A recent Stanford University study found that students involved in art, and especially those from communities in need, are four to eight times more likely to win academic awards, attendance awards, or community service awards. These students were also four times more likely to take part in a science or mathematics fair, and to score better the SAT college admissions test.

As George Mosher and other young artists can attest, exposure to art early on and in various forms can strengthen key skills that are necessary to succeed in adulthood. Parents can provide additional artistic experience at home, from reading stories to young kids in a dramatic fashion to dancing and singing. As for art instruction, parents should check community schools and art centers for summer vacation art classes or even classes on weekends. Many classes can even be found in community recreational centers and parks.

Source: https://childdevelopmentinfo.com/learning/multiple_intelligences/the-importance-of-the-creative-arts-for-children-and-teens/

3. **George Mosher: Taking Photography Classes**

Amateur photographers, like George Mosher, first started developing their passion for this hobby by taking classes. Photography classes can provide significant benefits for all type of photographers, from brand new to professional. Many photography classes are readily available and affordable, and can be attended in person or taken online.



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Photography classes can benefit all ranges of photographers, whether a serious professional or an amateur dabbler. For those individuals new to photography, classes may provide them a new way of envisioning the world or honing a newfound talent. For veteran photographers, classes may allow them to branch out and find new inspiration for their skills. Many photography classes are offered in community centers, college campuses, and libraries, as well as online, and are very reasonably priced. Taking classes can help a new student learn how to best use their cameras and other equipment or help a professional stay current on modern techniques and electronics.

George Mosher, like other photographers, also found his photography classes worthwhile because of the camaraderie and constructive criticism that is provided in these courses. Photography classes allow people with similar interests and passion to meet, exchange ideas, and be inspired. The classes also give a photographer a chance to receive constructive criticism from peers that will help the photographer become better at this skill. Additionally, photography courses are taught by experts, so students receive firsthand insight, yet they are also still able to discover, craft, and embrace their own artistic style. Photography courses can be as short as a couple of hours to half a year in length, and serious photographers can seek to become certified after completing a certain number of classes.

Source: <http://photographysuccess.club/why-you-should-take-a-photography-class/>

4. George Mosher: Photography In Greece

Many photographers like George Mosher of Andover, Massachusetts, have had the opportunity to attend international photographic seminars. One prime photographic location that draws thousands of photographers every year is Greece. With its incredible and ancient architecture, historical artifacts, colorful landscapes, and engaging people, Greece provides a multitude of artistic opportunities for the visiting photographer.

Greece is perhaps best known for its ancient architecture, and it is important for photographers to know that only handheld cameras without flash are allowed in all archeological sites and museums. Cameras should be changed to a higher ISO, around 400, to address the low light levels inside some of these historic buildings. Photographs of people posing with statues are not permitted, and cameras are banned in the Acropolis and Vergina museum. Moving outside of the museums gives the photographer a chance to capture the Greek landscape on film. This is a challenge, however, because of the haziness



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that pervades the Greek horizon due to the high temperatures. Photographers who want to capture the dark blue Greek sky or ocean should plan to use a polarizing filter to eliminate the haziness that may ruin a potentially beautiful shot.

George Mosher and other photographers who have been to Greece are also aware of the steps needed to care for equipment. Greek electricity runs at 220V (50 Hz), so if a photographer's camera is not rated for this amount, he will need to purchase an electrical transformer, or adapter. Batteries should be recharged every day, and because shooting in Greece means being around water, bring Ziploc bags to protect your valuable camera equipment.

Source: http://greeklandscapes.com/travel/photographing_in_greece.html

5. George Mosher: Photography in Italy

George Mosher has traveled to Italy for photography. There are certain tips that photographers visiting Italy should keep in mind in order to get the best shots possible while also showing respect to the surroundings and the citizenry. By following some simple rules and suggestions, the photographer in Italy can capture some truly memorable pictures.

Respect for the people, cities, and monuments is the first step a photographer should take in Italy. The Italian people are friendly and open about photographers, but this kindness must not be abused. While tourists are welcome, the photographer should be sure to avoid making disturbances, be polite when interacting with the people, and not attempt to take pictures during masses or religious services. Respect must also be exhibited in regards to dress; photographers must be prepared to cover up --- men wearing long pants and women with their shoulders covered.

Photographers like George Mosher who have visited Italy also learn to plan their visits to famous buildings and monuments depending on the desire and design of their pictures. If a shot involving crowds is at the heart of a photographer's vision, then he can visit the monuments at any time. If the photographer wants a shot without crowds, he should visit the spot right before or after opening or just before closing. Lighting also needs to be taken into consideration, as the lighting will be better earlier or later in the day. Photographers may also want to look into special packages that can gain them access to monuments in advance of the general public.



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Source: <http://blue-dogphotography.blogspot.com/2011/07/top-5-tips-for-photographer-visiting.html>

6. George Mosher: Weightlifting Basics

Weightlifters like George Mosher of Andover, Massachusetts, are careful to lift weights in a way that will build muscle and prevent injuries. By following advice from experienced weightlifters, like Mosher, anyone can correctly lift weights and build muscle.

Too many people lift weights without understanding the best and safest way to do so. Beginners to weight lifting should follow certain strategies to create the physique they desire. Progressive overload is a basic step in increasing fitness levels. Developing more strength relies on the process of progressively increasing the weight lifted in workouts. The weightlifter who wants more muscle size should lift heavier weights for an increased number of sets. Increasing muscle endurance involves shorter rest time between sets or increasing the number of repetitions per set or sets in general. These different progressive overload methods go hand in hand with preventing muscle adaptation. Constant muscle growth relies on confusing the muscles so they don't become accustomed to the same exercises on a constant basis. Sets, repetitions, types of exercises, and weight levels need to be constantly varied in order to build muscle.

George Mosher and other weightlifters also know the importance of incorporating muscle isolation and muscle priority to building stronger muscles. In order to build or shape a muscle to its maximum limit, the muscle needs to be isolated from other muscles through lifts that focus on the isolated muscle alone. Muscle priority relies on the concept of training the weakest muscles when energy level and intensity are at their peak.

Source: <http://www.shapefit.com/muscle/weight-lifting-basics.html>

7. George Mosher: Weightlifting Tips for Teens and Young Adults

Young adults who weightlift, like George Mosher of Andover, Massachusetts, are aware that due to their young age, there are certain ways they should go about developing a weight training program that will



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be safe and set them up for a better physical future. Teens and young adults have bodies that are still in a stage of growth, so special caution needs to be taken with weight levels and amounts.

Because of the impact of puberty, teens and young adults need to keep weight levels low, get plenty of rest, and, aside from fish oil and protein, should steer clear of any supplements. One step to make sure a proper weightlifting program is being created and followed is to meet with a personal trainer. These professionals will help young adult lifters follow a correct, safe lifting regimen and make sure they are using proper form while exercising to prevent injuries from occurring. Young lifters should also use moderate weight levels and a higher number of repetitions. This step will also help to reduce injuries.

George Mosher and other youthful lifters focus on using regular sets of lifting with a solid weight level throughout the entirety of each set. Heavier weight levels should not be introduced until after the lifter has established a core base and has grown a bit older. Teen and young adult lifters also need to be cognizant of the rest their growing bodies need and take off three days per week from lifting. Finally, young lifters should keep a realistic set of goals in mind; muscle growth takes time, so patience is a necessity.

Source: <http://www.bodybuilding.com/fun/6-teen-muscle-building-tips.htm>

8. George Mosher: Grocery Shopping Tips for Young Adults

Some teenagers and young adults, like George Mosher of Andover, Massachusetts, have developed a talent and passion for cooking. Aside from the practicalities of learning how to cook meals, teens who learn how to cook are also establishing healthy habits for the future.

One of the first steps to learning how to cook is learning how to shop in the grocery store. Teens can learn from parents or older siblings how to make a list, how to shop effectively, and how to save money on good deals. Teens should make a grocery list and determine a budget, then stick to them. Junk food and snacks should be purchased with any leftover money; real food should dominate the majority of the budget. Young shoppers should also shop the perimeter of the store as this is where most of the whole foods are located, including healthy options like fruits and vegetables. This is also a key area to look for local produce and special sales, as local, seasonal produce can sometimes be cheaper than national brands.



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George Mosher and other young adults who have learned to cook for themselves also know that stocking up on nonperishables when they go on sale is a smart move. Pasta, canned vegetables, olive oils, rice meals are good choices to buy in multiples when they go on sale. It's a good rule of thumb to always purchase the store brands, unless a better deal is offered on national varieties. Young adults can use the calculator on their smartphones to determine which is the better deal.

Source: <http://www.thekitchn.com/step-one-buying-and-storing-food-222973>

9. George Mosher: College Meals on a Budget

Young adults and college students with a passion for cooking, like George Mosher of Andover, Massachusetts, have a wide variety of easy recipes to choose from so they can eat well even with a **busy** lifestyle. It's especially important in this age range for young adults to make their nutrition a priority and not put eating in the background. This means avoiding the quick fast food option for a healthier, heartier meal.

Home cooked meals do not have to be sacrificed just because a student is stressed and busy and short on funds. There are plenty of healthy, quick meals that can be made on a budget. Healthy and quick can also mean filling, easy to make, and good leftovers material. A simple grilled cheese sandwich can be dressed up a bit by adding some spinach, feta cheese, garlic, and red pepper flakes. Another quick, easy option is oven-cooked fajitas, which with meat and vegetables, practically cooks itself in the oven. The end result is very simple to pair with tortillas and toppings.

George Mosher and other young adult cooks are also experts at making hearty, home cooked meals that are healthy and easy to make, such as a simple Southwest chicken skillet. All the ingredients for this meal can be purchased at a grocery store for little cost, and just need to be mixed together and cooked on the oven top. Even traditional pasta can be varied and updated with an easy, thirty-minute creamy tomato spinach penne dish.

Source: <http://www.budgetbytes.com/2014/08/top-10-recipes-for-college-students/>



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10. George Mosher: Gamers' Video Game Picks for 2016

For avid gamers, like George Mosher of Andover, Massachusetts, 2016 has heralded the release of some challenging, engaging, and fun video games. From world-building games to crime-ridden dramas, many popular games have captured the attention of many young adults around the world this year.

Gamers who like the world-building, battle-filled, fantasy and medieval style games have had plenty to choose from in 2016. *Fable Legends*, a game set as a prequel during the "Age of Heroes", features a new PC gaming system and gaming style. Players choose from a variety of characters to play, and their choices will dictate if the character is heroic or evil. Perennial favorite *Final Fantasy* presents *Final Fantasy XV*, the first game in seven years to continue the very involved and still unresolved plot established in the first video games of the series. Another favorite in the magic and sword and sorcery genre is a new Nintendo version of *The Legend of Zelda*, which is a favorite for both younger and older generations.

George Mosher and other gamers who are interested in crime and war dramas have had quite a few selections to play this year. *Gears of War 4* is a third-person shooter game that relies on high-quality storytelling to carry its popularity. Similarly strong in storytelling is *Dishonored 2*, which features a storyline that picks up fifteen years after the first game. *Tom Clancy's The Division* is a shooter game that focuses on a terrorism theme. This game rewrites U.S. history, and players are dropped into a world with many options and no linear timeline.

Source: <http://www.teenlibrariantoolbox.com/2016/01/video-games-weekly-16-most-anticipated-games-of-2016/>

11. George Mosher: Tennis Drills for Young Students

Children's tennis instructors like George Mosher of Andover, Massachusetts, learned through experience the steps needed to teach kids the fundamentals of the game. The best way to learn these fundamentals is through drills, which, if approached the right way, can be fun for kids to do while learning the basics of tennis.



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By breaking down each set of movements into independent movements, young players' confidence can grow while they are learning proper technique. Eventually, they can begin to combine those independent movements and become better players. Warm-ups are an important first exercise to get blood flowing and build up anticipation for the rest of the lesson. It's a great opportunity to teach and then review the names of the different lines on the court. Simple backhand and forehand drills are necessary to help strengthen hand-eye coordination, which can be improved with dribble exercises. The next step is to take the backhand and forehand exercises and add a ball toss; the student will need to move his feet faster, focus on his timing, and learn to start judging ball speed.

George Mosher and other tennis instructors also use forward and backward, forehand and backhand drills to challenge young players to develop a feel for the depth and speed of the ball, similar to what they would experience in an actual match. This drill teaches students when to move forward to hit shorter shots and backwards to hit longer ones. Simple service motions and service accuracy are also key drills that young students should learn as soon as possible.

Source: <http://www.tenniscompanion.org/12-essential-tennis-drills-for-beginners-and-kids/>

12. George Mosher: Positive Coaching Techniques for Young Tennis Students

Teaching tennis to young kids ages 4 – 7 can be challenging for instructors, but successful coaches like George Mosher have found ways to make tennis lessons fun and interesting for students. A guaranteed way to keep kids playing tennis is to make the game fun and to allow them to experience success.

Progressions are important steps to being the learning process; keep them small, simple, and easy. Beginning with groundstrokes, students should be encouraged to start with a short backswing but normal follow-through, followed by a handgrip closer to the handle on the racket. Another excellent starting point is to have students start with a drop feed, then move to a short toss feed, and then a feed from the instructor's racquet. Students can also be taught to start from inside the service line and gradually move backwards. For overhead shots, coaches should have students start with the racquet at the point of impact, then eventually and slowly introduce a bigger swing. Another strategy is to start the students about three feet from the net, then gradually have the students step back from it.



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George Mosher and other tennis coaches know that keeping drills fun is key to keeping kids interested in the game. Any comments directed to students should have some element of praise to it; even if a student needs to be corrected, the correction should be done in a positive fashion. After drills are completed, coaches can introduce fun, no-pressure, non-competitive games, and eventually switch to competitive mode when student confidence increases.

Source: <http://tennis.about.com/cs/beginners/a/peeweehints.htm>

13. George Mosher: Car Detailing like a Professional

Experts in car detailing, like George Mosher of Andover, Massachusetts, have learned some quick tips that they can pass along to the general car owner on how to make a car look brand new. There are many different ways to clean a car, but following advice from professionals provides assurance that the car will be cleaned in a way that won't damage the vehicle.

Cars should always be cleaned regularly as both exterior and interior will suffer damage over time if not conditioned on a consistent basis. Full car detailing should be done based upon how much the car is driven, the conditions it is driven in, and if it spends long periods of time sitting in the sun. Professionals like Mosher recommend washing the car weekly for removal of general dirt and pollen, and a full wash and wax on a monthly basis. Any driver looking into specific sealants and coats should have a professional application done.

George Mosher and other professional car detailers suggest that car owner's evaluate their car's needs before determining the level of detailing needed for the vehicle. The car should be carefully examined in the sun or other bright light for scratches and swirls in the paint. Lower trim, splashguards, and headlights should be inspected for any cracks, chips, or scratches. Professionals advise car owners to get the most out of the detailing process by doing regular preventative maintenance on the car, using only appropriate products for cleaning, and turning to a professional for help when necessary.

Source: <http://www.cheatsheet.com/automobiles/10-car-cleaning-tips-from-a-professional-detail-specialist.html/?a=viewall>



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14. George Mosher: Starting a Car Detailing Business

Many individuals, like George Mosher of Andover, Massachusetts, channel their passion for cars into starting their own car detailing business. Successful business owners, like Mosher, know the steps necessary to market the business and the services offered. Car detailing is very involved, hard work, and in order for a private business to succeed, the owner needs to be fully dedicated to his craft.

Beginning a car detailing business does not need to be expensive, but the owner should keep in mind the need for quality products that may be pricy and that will be used up at a quicker rate. Many car detailers start their own business by going mobile and traveling to people's homes or businesses to work on their vehicles. Some detailers will need to bring their own water supply and a tarp to protect the car from the sun while detailing it. Whether mobile or traditional, a car detailing business should look attractive; otherwise potential customers may be skeptical of the services being offered.

As George Mosher and other successful car detailing owners have found, it pays to promote your services. Preparing fliers, creating websites, offering coupons, and spreading the word about the business can bring in many new customers. Have the promotional work done by a professional company, as it will be well worth the cost to have the business look legitimate as opposed to fly-by-night. It is also beneficial to have a simple price list for customers to choose from so as not to overwhelm them with too many detailing options.

Source: <http://www.web-cars.com/detail/business.php>

15. George Mosher: How to be a Successful Busser

Bussing is a food service position that is often overlooked and undervalued, but individuals like George Mosher have mastered this position and made it a point of pride. There are certain tips that bussers should follow in order to do the best job while balancing their multiple responsibilities.

Bussers need to be focused and attentive during their entire shift. A good first step to managing this focus is to know the tables and which customers are seated at them. This will make clearing tables or



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taking food out to a table much easier to do. Bussers should also keep an eye on customers who are entering the restaurant so they can get pitchers of water and baskets of bread ready to serve shortly after a new table has been seated. Noting new customers entering the restaurant and sharing that information with the chefs in the kitchen will help the chefs prepare properly for upcoming orders.

Successful bussers like George Mosher are not afraid to do the dirty work that comes along with the job, and this can earn a busser points with the rest of the staff. Additionally, bussers should always keep the lines of communication open with the wait staff. Every ten minutes or so, the busser should ask a waiter or waitress if they need assistance at all. Bussers should also actively scan the restaurant to remove dirty, completed dishes from tables and refill glasses of water for customers. Customers often ask bussers for items the waiter may have forgotten about, so its best for bussers to be alert and at the ready at all times.

Source: <http://www.wikihow.com/Be-the-Best-Busser>

16. George Mosher: National Geographic Photography Expeditions

George Mosher has had the opportunity to learn more about photography in international settings with the National Geographic photography expeditions and adventures. Mosher experienced photographing in Italy and Greece through these programs which are geared toward amateur photographers at all levels who wish to improve their shooting skills.

National Geographic offers both week-long and weekend length photography trips. The week-long trips focus on a variety of international destinations, from areas of Africa to Cuba to South America, and dozens of locations in between. The prices of the trips range from \$1,500 - \$13,000 depending on location, distance, and type of transportation necessary. The week-long expeditions are designed for photographers who seek more intensive and advanced instruction, thus the program allows for in-depth discussions on techniques, critiques on photos, and assignments in the field. All National Geographic week-long trips are guided and taught by a professional, certified photographer and instructor.



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Like other young photographers, George Mosher of Andover, Massachusetts, experienced the National Geographic photography expeditions to Greece and Italy. The program also offers a shorter, weekend edition for those photographers who cannot commit to a week-long international trip. The weekend trips feature exciting locations in some of the top cities in the United States. With prices ranging from \$995 - \$1500, weekend photographers can visit cities like New York, San Francisco, Washington, D.C., and New Orleans. The weekend photography trips are four day programs taught by a certified professional National Geographic photographer, and the weekend programs focus exclusively on learning and improving digital photography techniques.

Source: <http://www.nationalgeographicexpeditions.com/triptypes/photography>

17. George Mosher: Culinary School Information

Young adults who have a passion for cooking, like George Mosher of Andover, Massachusetts, sometimes consider whether that interest can be channeled into a college education and eventual career. Culinary school can be very intensive and demanding, but getting a degree in this field can offer a graduate many opportunities even beyond the kitchen doors.

Culinary school involves a significant amount of intensity; action in a kitchen is very fast-paced, and students need to pay attention and learn very quickly. With time, a student will adjust to the pace and speed of the kitchen. Because of the quick-paced kitchen environment, and due to the sharp utensils used in cooking, it is inevitable that injuries will occur to a culinary student. Eventually, every student ends up cutting himself on a sharp knife or burning a hand on a hot plate. Students learn to be ready for these occurrences by having bandages and salve on hand for quick application.

George Mosher and other individuals interested in culinary school will also need to prepare for the emotional aspects of the work. Cooking in an intense environment can be emotionally and physically draining, and a focus on food will slowly permeate all aspects of a student's life. Thinking about school, recipes, and the demands of the coursework can quickly dominate a student's mindset. It is also important for students to understand that obtaining a culinary degree doesn't automatically make one a chef; the school provides a student with the basics, and it's up to the student to move on from there. A culinary degree can also be used in other areas, like media, writing, and catering.

Source: <https://www.themuse.com/advice/thinking-about-culinary-school-4-things-you-should-know>



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18. **George Mosher: Marketing as a College Major**

George Mosher and many other young adults look at marketing as a potential subject to major in during college. Because marketing is such a dominant force in the world and daily life, it is an ideal major because of the variety of career options it can lead to.

Success in marketing starts with the individuals at the heart of it, and they need to be creative, flexible, and excellent communicators. Choosing marketing as a college major means that a student will be studying a multitude of areas that fall under the concept of marketing. This can include understanding and identifying different audiences, reaching audiences through various forms of media, and learning the most successful ways to promote products. Marketing majors are often encouraged to study business as a minor to better see the ways in which marketing fits into a business' overall plan. Other students minor in communications to more fully grasp the best ways to communicate with potential audiences.

Individuals interested in pursuing a marketing degree, like George Mosher of Andover, Massachusetts, should explore the subject further to better note the many ways a marketing degree can lead to a career. Some students go on to complete a MBA or advanced marketing degree. Other graduates go straight into the workforce, and can find employment as a marketing consultant, a researcher, or as a creative designer for advertisements by designing and creating ads for campaigns. Many graduates opt for going into a sales position to learn how sales and marketing can be combined for a successful business.

Source: <https://www.petersons.com/college-search/marketing-major.aspx#/sweeps-modal>

1-400 Word Wikipedia Profile

1. **George Mosher: Professional Car Detailing Business**

George Mosher of Andover, Massachusetts, owner of a successful car detailing company, achieved that success by learning how to professionally detail cars and then turn it into a profitable private business.



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A vehicle is a serious investment and should be treated as such. It is vital for owners to clean their cars regularly because both the exterior and interior of the vehicle may incur damage over time if not conditioned and cleaned on a consistent basis. The amount of full car detailing that should be done can be determined by how much the car is driven, the conditions it is driven in, and how often and for how long the car is parked in the sun. Professionals like Mosher recommend washing the car weekly for removal of general dirt and pollen, and applying a full wash and wax on a monthly basis. Any driver looking into specific sealants and coats should have a professional application done so as to avoid permanent damage to the car.

Professional car detailers advise car owners to evaluate their car's needs before determining the level of detailing needed for the vehicle. In the sun or under bright light, the car should be inspected for scratches and swirls in the paint. Lower trim, headlights, and splashguards should be closely examined for any scratches, chips, or cracks. In order to get the most out of the detailing process, car owners should have regular preventative maintenance done on the car, with appropriate products for cleaning. Owners should also be willing to go to a professional for help on more involved car detailing projects, like applying protective coats, waxes, and sealants.

Some professional detailers, like George Mosher, enjoy working on cars so much that they make a business out of detailing. In order to be successful and turn a profit, the business owner must be willing to upgrade to high quality products and cleaning tools. Marketing the business is also an important step; the owner needs to spread the word about his business through fliers, coupons, and social media and have the marketing done by a professional company. The business location, whether in a traditional building or mobile, should be appropriately representative to the quality of the business. Customers expect professionals to be professional, so owners should encourage repeat customers by walking a customer through the detailing process on his vehicle. Finally, a car detailer should prevent the customer from being overwhelmed by too many detailing options, and have a simple list with clear pricing available up front.

Source: <http://www.cheatsheet.com/automobiles/10-car-cleaning-tips-from-a-professional-detail-specialist.html/?a=viewall>



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<http://www.web-cars.com/detail/business.php>

1-400 Word Article

1. **George Mosher: Photography in International Locomes with National Geographic**

George Mosher of Andover, Massachusetts, an avid photographer, has traveled with the National Geographic photography international expeditions to Italy and Greece. The National Geographic photography programs are designed for amateur photographers at all levels who wish to improve their photography skills.

National Geographic offers week-long trips focus on a variety of international destinations, such as Africa and South America amongst others. These expeditions can cost upwards of \$13,000 and are exclusively for photographers who seek more intensive and advanced instruction. National Geographic's week-long program allows for assignments in the field, one-on-one critiques by the professional, certified instructor, assignments in the field, and in-depth discussions on techniques.

One prime international location that National Geographic has participated in and that draws thousands of photographers every year is Greece. With its historical artifacts, breathtaking landscapes, and ancient architecture, Greece provides a multitude of artistic opportunities for the visiting photographer. Due to the importance of these historical locations, only handheld cameras without flash are allowed in all archeological sites and museums. Cameras will need to be adjusted for low light levels inside some of these historic buildings. Additionally, photographs of people posing with statues are not permitted, and cameras are banned outright from the Vergina museum and the Acropolis. The Greek landscape, with its attractive views, presents a challenge to photographers due to the haziness on the Greek horizon because of the high temperatures.

For a photographer in Italy, like George Mosher, respect for the monuments, cities, and people is a necessity. Tourists are welcome in Italy, but photographers must be polite when interacting with people, avoid making disturbances, and avoid taking pictures during masses



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or religious services. Photographers in Italy must learn to plan their visits to famous buildings and monuments depending on the purpose of their pictures. Shots of famous locations with crowds are easy to get; photographing those same locations without crowds of people is more difficult, and photographers may need to get to the location right before it opens or just before it closes to get their desired shot. Photographers can look into special packages that can gain them access to monuments in advance of the general public, which may make obtaining clear shots easier. Finally, the photographer in Italy should also be conscious of the lighting inside many of Italy's famous monuments and architecture. For outside shots, a photographer must take into account that the lighting will be more advantageous earlier and later in the day.

Source: <http://blue-dogphotography.blogspot.com/2011/07/top-5-tips-for-photographer-visiting.html>

http://greeklandscapes.com/travel/photographing_in_greece.html

1-350 Word Press Release

19. Title: George Mosher: Creativity and Early Exposure to Art

George Mosher credits an early exposure to art as a reason for his creative skills in art, in the variety of jobs that he has held, and in general problem-solving. While youth who are encouraged to participate in art learn to think creatively, understand art theory, and learn different artistic techniques, they also develop highly important social and emotional skills.

Focus and patience are vital skills that children can learn, develop, and strengthen through enrollment in art classes. Because pieces of art take time to complete, focus is developed and honed; focus and the ability to avoid distractions become powerful skills for children to acquire both to complete their artwork and to succeed in education. Completing a work of art takes time, and kids learn that being patient, working diligently, and fully completing a project will result in an increased sense of confidence.

Children in art classes also became more prepared and independent. Students improve their long-term planning abilities; as art projects for older students can particularly involve work that continues for



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extended periods of time. Lengthy projects mean that students must plan each step of the artistic process in advance. A young artist can become more independent by being open to trying new techniques, and not being afraid of failure.

Enrollment in art classes can provide myriad benefits further down the road, as Mosher can attest to. Any type of art improves a young student's problem-solving skills. In a recent study, Stanford University researchers discovered that students involved in art, and especially those from communities in need, are four to eight times more likely to win attendance awards, community service awards, or academic awards. These students also scored better on the SAT college admissions test and were four times more likely to take part in a science fair.

George Mosher of Andover, Massachusetts, has credited his exposure to art instruction in various forms with strengthened skills that are necessary to succeed in adulthood. Independence, confidence, a sense of pride and accomplishment, and superior problem-solving skills are just a few of the essential abilities and qualities that youth can learn from art instruction. Many local art programs exist, some at nominal cost. Parents should contact art centers and community schools for summer vacation art classes or even classes on weekends. Additional classes can even be found in community recreational centers, parks, malls, and local art supply stores.

Summary: Early art instruction has helped George Mosher develop important life skills.

Location: Andover, Massachusetts

About: George Mosher, a creative artist, credits art instruction for helping him hone essential life skills.

Categories: (art, instruction, youth, creativity, skills, George Mosher)

PR Contact: N/A



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1-75 Word Video Script

1. George Mosher: College Meals on a Budget

George Mosher has developed a talent for cooking, and as a young adult, he has developed his cooking skills to create healthy, filling, easy meals on a budget. Due to busy lifestyles, many college students frequently turn to fast food options for their meals, however, better choices can be made and in short amounts of time. From simple pasta standards, to fancier grilled feta and spinach sandwiches, college students can learn to cook quick meals that are healthy too.

1 – 75 Word Video Marketing

1. George Mosher: The Benefits of Photography Classes

George Mosher, an avid amateur photographer, has enrolled in photography classes to help identify, define, and develop his own personal artistic style. Photography courses can benefit both professional and amateur photographers as both groups need to perfect their own unique style, learn from esteemed instructors, and incorporate new techniques and technologies into their work. Constructive criticism by peers is also an essential part of photography classes, as is meeting and establishing relationships with new people who share a passion for photography.

5 – 50 Word Video Descriptions

1. George Mosher: Weightlifting Techniques

George Mosher, a weightlifter from Andover, Massachusetts, knows the steps to building muscle that will produce the best results. A lifter should use a process of progressive overload to strengthen or increase the size of the muscles being trained. The prevention of muscle adaptation is vital to keeping muscles from getting too accustomed to the same training techniques.



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2. George Mosher: Grocery Shopping Tips for Young Adults

As an avid cook, George Mosher has mastered the technique of grocery shopping on a budget. Shoppers should have a list prepared before entering the store, and need to remain within budget. Shop around the perimeter of the store first; most healthy produce like vegetables and fruits are located along the perimeter.

3. George Mosher: Important Bussing Skills

George Mosher was a successful busser because he was always attentive to his surroundings in the restaurant during his shifts. Bussers need to do more than just clear plates; they should also anticipate customers, provide quick and thorough cleaning, and stay in constant communication with the wait and kitchen staff.

4. George Mosher: Weightlifting for Teens and Young Adults

As a weightlifter, George Mosher has created a lifting regimen that takes his growing body into account. This plan is also designed to prevent injuries from happening. Young adults weightlifters should consider hiring a personal trainer to develop safe, proper programs and form for them to follow. Teens should also get enough rest to revitalize their bodies for future workouts.

5. George Mosher: Tennis Instruction for Young Players

George Mosher has coaching experience in making tennis drills fun for young kids. By designing fun groundstroke drills and implementing counting games, young tennis players can find enjoyment in the game and keep playing for years. Students need to be praised so they gain confidence and remain interested in the sport.



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