



CHAMBER OF COMMERCE HAPPENINGS

Promoting and celebrating the businesses and organizations of the Souhegan Valley.

*You can find it
in the
Souhegan Valley.*

Welcome to the 5th Annual Southern NH Expo at the Hampshire Dome

Did you hear the buzz about the Expo? Did the Traveling Great Hot Dog Giveaway go to a business near you? The big day is finally here! Souhegan Valley Chamber of Commerce invites everyone to come be part of the fun and festivities at the Southern New Hampshire Expo. The SNH Expo offers the opportunity to learn about businesses, professional services, restaurants and civic organizations from all over the region. Businesses will find new partnerships and resources and community members will find the business and service to meet their needs.

We thank each of the SNH Expo Committee members. The list is here in the program

guide. I hope you will take note of them and the long list of outstanding businesses that have sponsored the Expo. With the extraordinary effort of volunteers and the generosity of the companies, we are able to bring to you, our fellow business partners and our neighbors a wonderful day of opportunities.

Pre-Expo events will include a celebration of the 60th Anniversary of the Milford Rotary

continued on Page 6



BUSINESS OF THE YEAR HOSTS AFTER HOURS

Beaver Brook Association



The Annual Fall Festival celebrated 30 years in September and Chamber members and guests were invited to share in the party! The After Hours was held in the rustic barn building at the Maple Lane Farm at Beaver Brook on Ridge Road in Hollis surrounded by the beautiful works of local artists. Each year the exhibition grows with entries in every medium. Pencil, watercolor, photography.



Subjects represented natural scenes, animals, flowers and trees. The artists were on hand to meet and hear about their inspirations.

We thank Beaver Brook for the wonderful evening and the opportunity to be part of saying "Happy Anniversary". No wonder they were chosen as Business of the Year!

Executive Committee

Effective July 1, 2010

Amy Wheeler - Chairman
First Colebrook Bank

Rick Boyd – VP Membership
Beard & Boyd Insurance

Mike Brisebois – VP Events
Hitchiner Manufacturing

Karen Keating - Treasurer
St. Mary's Bank

Heather Arvanitis - Secretary
PSNH

May Balsama – Executive Director

Board of Directors

Mark Constable
Nationwide Insurance

Cliff Harris
Prudential Verani

Jackie Staiti
Amanda Thomas Boutique

Gail Hoar
Non Profit Representative

Steve Carter
Williams & Hussey

Marc Violette
TDS Telecom

Jeff Boutin
Boutin Financial

Rick Holder
Hampshire Hills & Fitness Club

Stephanie Kruey
Peoples United Bank

Richard Mori
Mori Books

Mary Kling
Wendi's Cleaning Service

Walter Schnecker
C1M Photography

Joan Lemire
Joan P. Lemire Real Estate

Julie Sullivan
SAU 41

Jay Maiona
Maiona Law Offices

Guy Scaife
Town of Milford

Tracy Bardsley
Milford DO-IT

Tony Oliver
Walmart

Rosie Deloge
Milford High School ATC

Debbie Hoffman
this Field, Center for Beginner's Mind

Message From May's Desk:

Have you noticed all the cars parked at businesses on Sunday when you are driving around? Driving along 101A and 101, which I do only a million times a week, I am surprised at the number. There are lots of people who are working on the weekends normally, but this is at office buildings and professional buildings, not retail. (Retail has no weekend and no holidays. I remember.) These are people who are making up for time lost during the week, communicating with an office overseas where Sundays aren't recognized as a "day of rest" or just plain hard-working individuals dedicated to giving their best effort to trying to be successful.

All the technology has only made our days longer and the weekdays extended into the weekends. We can find someone at their desk any where in the world thanks to the advanced communications. What fun! Now we can work 24/7 and find someone on the other side of the world doing the same. Well, I think it is time for all you dedicated individuals to treat yourself to a day off! Let's make it Thursday, October 21 at the Hampshire Dome in Milford. The Southern NH Expo is coming this month with more to do, more to see, new exhibitors, new companies. A lot of new sponsors helping to provide this once-a-year opportunity.

There will be music, free food, lots

of people to talk to and meet with interesting businesses for resources to fill your every professional or personal need. There will be demonstrations, a 60th Anniversary for the Milford Rotary Club. Maybe they will share a piece of their cake with you. The students from four local high schools will be showing off their accomplishments with building a robot, executing the predetermined plan for it and describing the process in a display created by the team. Sound good?



Here's the best part – you can tell the boss (even if that means you) that you are working! You will be searching for new contacts and business resources. You will be learning some new approaches or finding out about new technology (ugh, not more of that!). While you are sampling the great food from our region's favorite food establishments, you will be networking with other business people and gathering referrals to share with potential new employees about our region. So what do think? I think this will work. Sounds like a great investment of time to me. I'll meet you there! Thursday, October 21, 2:00 to 7:30 PM at the Hampshire Dome.

BTW – If you want to come a little early, say around 1:00 you get to rub elbows with a bunch of politicians. Oh, you'd rather stay at the office and work late?



69 Route 101A • Amherst, NH 03031
603-673-4360 • fax 603-673-5018
chamber@souhegan.net
www.souhegan.net

Happenings is published monthly by
the Souhegan Valley Chamber
of Commerce

Subscriptions are complimentary to
members and \$15.00 annually to non-
members.

Editor: May Balsama
Graphic Design: SJ Balsama
Publishing Support : Chuck Taylor

Welcome New Members

**Combined Insurance
CR Group, LLC
Merrimack, NH 03054
www.combined.com 603-943-0508**

New Member, Carlos R Repetto is an Employee Benefits Consultant specializing in setting up group and individual benefit plans for companies, self employed and individuals and works with all the Major insurance carriers in New Hampshire. He has an undergraduate degree from Northeastern University in engineering and an MBA from the Whittemore School of Business. Carlos' passion is to help people live a more financially stable life.

He consults with business owners and decision makers on the election of Benefits for their employees such as Health insurance, short term disability, life insurance, cancer and accidental plan, dental and critical illness to name a few. In our current economy where businesses are concentrating more than ever in the bottom line, employers realize that their Group Benefit budget is not what it used to be. Voluntary and Supplemental Benefits is a great solution to them.

Voluntary and Supplemental plans are paid and owned by the employee, they are portable and they are typically lower in price since they are offered through the company. These plans cover a wide array of serious concerns. Provides money directly to the employees in case they are sick or hurt. Gives them financial security in an economy where savings, 401k and home equity is no longer a resource of funds in case of an emergency.

Employers are concentrating in profitability more so than ever. It's a well known fact that a more financially secure employee is a more productive employee. Carlos welcomes the opportunity to meet with you and explain more in detail how you can benefit and increase your profitability by giving your employees a more robust and comprehensive Benefit Package without having to alter your current offering or having to pay for it.

**Milford Toastmasters
Debbie Hoffman Adair
Milford, NH 03055
603-731-0116**

Want to be a better public speaker? Does

public speaking leave you weak in the knees? Cat got your tongue when you're in front of a crowd? Toastmaster's is here to help! Join our dynamic group of diverse professionals in improving this important skill. We are part of an international network called Toastmasters.

The purpose of Toastmasters International is to help people become better communicators and leaders, while providing an atmosphere of acceptance and assistance. Our goal is to help people to improve the lives both personally and professionally. Give Debby Hoffman Adair a call for more information about meeting dates and time.

**Planet Aid
16 Celina Ave, Nashua, NH 03063
www.planetaid.org 603-533-9437**

Founded in 1997, Planet Aid is a non-profit organization whose objectives include development, relief aid and protecting the environment. Planet Aid has supported more than 50 projects worldwide by providing over \$60 million in aid...visit planetaid.org for details.

Within Northern New England, Planet Aid services a population of over 1.9 million people. The EPA reports that only 15% of textiles are recycled nationwide and that the average person discards 10 pounds of clothing per year. This equates to 19 million pounds of used textiles that if not collected by Planet Aid would be DUMPED IN OUR LOCAL LANDFILL.

The Planet Aid office and warehouse, located at 16 Celina Ave in Nashua NH, currently employees a staff of 25 and services New Hampshire, Vermont & Southern/Western Maine.

To learn how you can support recycling in your community contact: Tamson Rodon/Community Outreach Coordinator – tamson@planetaid.org

**St. Paul Lutheran Church
3 Craftsman Lane, Amherst, NH 03031
www.stpaul-amherst.org 603-821-7891**

St. Paul Lutheran Church is a Confessional Lutheran church that is a member of the Wis-

consin Evangelical Lutheran Synod. We exist to minister to sinners with the gospel of Jesus Christ in Word and Sacraments.

A major reason we meet together is to focus our attention on God, giving Him our worship and receiving His blessing and inspiration. Each of these occasions is a special time of spiritual refreshment. For every person at every age level we offer a special programs and ministries. We have activities for children, youth and adults. You can be sure that in these activities there's more than one place you can be personally enriched. Please take a look at our schedule for more information. Nothing quite compares to the joy of Christian friendship. That's why we make it a priority to build lasting bonds between the members of our church family -- bonds of concern and genuine commitment to one another. Best of all, this circle of care is ever widening. We'd love for it to include you, too. All are welcome to join us on Sundays for service at 9:30 AM. Please call the church for more information.

**Steele Associates Tax Services &
Business Services
52 Nashua Street, Milford, NH 03055
603-673-4660**

Steele Associates provides a knowledgeable, professional, and personalized tax service for individuals and small business owners. We prepare 1040's, partnership, non-profit and small corporation returns. We are now offering \$25 off tax return fees for new clients carrying a business card voucher. We have referral reward programs, as well. Steele offers tax planning service and provides services for individuals that have not filed for years, handling IRS notifications to individuals, and tax consultation. We are a year round tax service and are happy to help anyone resolve their tax issues.

Call us to discuss your questions and let's see if we can't put your mind at ease. Steele Associates – Serving Milford and neighboring communities for over 30 years!

Member Happenings – Planning Ahead!

Bridges – Domestic & Sexual Violence Support

16 Elm Street, Milford 672-9833

Take action.

Help end violence in our community!

Sign up to WALK, RUN or SPONSOR other participants.

Calling all Walkers! Calling all Runners! Please join us for the 5th Annual Kelly Mann Memorial 5k and 3k Walk.

Can't participate? This year, you can help by sponsoring a runner or walker or team.

Each year, Bridges hosts this wonderful event to honor the memory of Kelly Mann who was brutally murdered by her husband, right here in our community. Bridges hosts this wonderful event to raise critical funds to support our prevention efforts, and our work with survivors every day, 24 hours a day, 7 days a week.

I hope you will join us in our effort to eliminate violence in our community.

Race starts at

Sunset Heights Elementary School
15 Osgood Street, Nashua, NH
Saturday October 16, 2010

Registration: 7:30am until 9am

Race starts promptly at 9am

Any questions please call 603-889-0858.

Thank you!

The Cozy Tea Cart

40 Mountain Road, Brookline

249-9111

Join us as we participate in one of New Hampshire's statewide adventures!

Saturday, Nov. 6th from 10-5

Sunday, Nov. 7th from 10-5

Open our door and be welcomed with samplings of delicious tea-infused food and warm tea!

November 6th

Cooking Demos and samples all day by world renowned chef Cindy Gold,

Tea Sommelier at the Boston Park

Plaza

November 7th

Sample foods prepared by local caterers, chefs and health professionals.

Sample our teas we've paired with each dish!

Enter our FREE gift basket drawing and

enjoy 10% off our seasonal teas!

For more details visit

www.TheCozyTeaCart.com OR

www.nhopendoors.com

Salon 2000 Hair Design & Green Gallery

37 Wilton Road, Pine Valley Mill, Milford

Give yourself a health and wellness treat. Our body "Detox" station is up and running. Get a 30 minute foot soak in a warm and relaxing atmosphere. The service is \$30 a treatment. One treatment or several will remove unwanted toxins from your body. Just make an appointment and answer a few health questions and you are on your way to a wonderful calming experience you've probably never had. And it is good for you! Call 654-6930 today.

Beaver Brook Association

117 Ridge Road, Hollis

Calendar of Activities

Call 465-7787 to register for any of the activities listed.

Fitness Hiking

Fridays from September 10, 2010 until

April 18, 2011

9:00 – 11:00 a.m. Fee: \$50 donation for the year.

Join a fun group of folks who like to walk briskly weekly and learn the trails at Beaver Brook and the surrounding areas.

Full Moon Night Hikes: Bats & Owls Night For Families with Children 6 & up Friday, October 22 6:30 – 8:00 p.m.

Spear Room, Maple Hill Farm

\$10/\$8 Friends, \$25 Family/\$20 Friends of BBA Family

Kids, bring your parents so everyone can learn the truths vs. myths about Bats & Owls. Bat crafts and a hike included. Call

465-7787 to register.

Full Moon Night Hike: Stories of the Forest and a Campfire

Saturday, October 23 7:00 – 9:00 p.m.

Spear Room – Maple Hill Farm

\$10/\$8 Friends, \$25 Family/\$20 Friends of BBA Family

Adults and kids over 8 will enjoy hiking at night then listening

to stories around the campfire afterward.

Call 465-7787 to register.

The Cat's Comeback: Mountain Lions in New England

Saturday, November 13

7:00 - 9:00 p.m.

Brown Lane Barn, Brown Lane, Hollis NH. \$8 Per Person (To benefit BBA Educational Programs).

The Mountain Lion, also known as the Cougar, Panther, Puma, or Catamount, is the most widely distributed mammal in the Americas. Seating is limited. Tea and cookies will be served.

Bill Betty keeps track of mountain lions and has had more than a dozen encounters over the last 38 years. Call 465-7787 to register.

Green Holiday Gift Workshop

Nov 17 6:30-8:30 pm

Learn how to make healthy homemade gift-quality hand scrubs, essential oil room sprays and hand soaps. You can make and take these plus get the recipes so if you want to make more gifts at home, you can. These items are great in gift baskets for the holidays. Also learn about how to green your holiday gift wrapping.

White home Market

40 West Intervale Rd, Wilton

(right off 101)

White Home Market is open just three days a month! Don't miss this opportunity for something special for your home or start your gift buying for the holidays. Maybe a hostess gift for Thanksgiving coming up? October 15, 16, & 17. This month's theme is Harvest Home. Fresh inventory each day, so plan on coming all 3 days!

Milford Area Players

The Amato Center for the

Performing Arts

Mont Vernon Street, Milford

Our Town by Thornton Wilder is an American classic about life, love, family, and community. In his Pulitzer Prize-winning play, Wilder artfully manipulates time and place and relates the course of ordinary events in the small village of Grovers Corners, New Hampshire, to the universal concerns of all humankind. It will be staged by Milford Area Players for

Member Happenings – Planning Ahead!

two weekends, October 15-24, 2010; with shows on Fridays and Saturdays at 8 pm and Sundays at 2 pm. It will be performed by an entire town full of talented actors listed below. The show is directed by Vicky Sandin.

Our Town will be performed at the Amato Center for the Performing Arts, 56 Mont Vernon St., Rte. 13N in Milford, NH. The theatre is wheelchair accessible.

General admission tickets are \$12 for adults, \$7 for seniors (60+) and students. Advance tickets are available at Toadstool Bookshop and online at www.MilfordAreaPlayers.org. Tickets are also available at the door.

A Sudden Freeze at Bentley Commons at Bedford!

The time is now to freeze your savings at Bentley Commons at Bedford. Take

possession of your apartment before the end of the year and we will freeze your rate until 2012! That's right. Guaranteed savings for two full years. No where else can you find an affordable, all-inclusive rate and lock it in for two years. Call today or stop by for a tour and see for yourself what you and your loved ones could be experiencing every day. When all the hassles of daily living are taken care of for you, there is time to relax, make memories and remember the fun of being together. Call Brooke Schoch at 644-2200 or email her at bschoch@bentleycommons.com.

October Fest at Salzburg Square 292 Route 101, Amherst

Join us for a festive day in the Square with a chili cook off and beer sampling beginning at 1:00 pm! Entertainment, Food, Raffle, Door Prizes at each

participating business. Be part of the Cut-a-thon for Breast Cancer Awareness at aurvara salon.

Participating Stores are: Antiques at Mayfair, aurvara salon, Eden's Lounge & Fine Dining, Enchanted Lace, Gallery Portraits Photography, Just Naturals, Roxie's Fashions and Whimsey Gift Shop.

Sept. Breakfast Speaker

September Breakfast Speaker Brings Thoughts of Money to Light



The subject of money creates all sorts of feelings in people. How we grew up seeing our family handle money or how it impacted our relationships are among the several influences discussed by Kathleen Burns Kingsbury, speaker at our breakfast. Those attitudes shape the way we address budgets, deal with financial matters in business and whether we avoid or face difficult situations. Her presentation gave us pause, a lot to think about, 3 practical and easy-to-use techniques for changing your money mindset and lots of humor.

Kathleen Burns Kingsbury is a wealth psychology expert and experienced entrepreneur who helped us learn how to use money psychology to improve our company's bottom line profits and maintain our sanity. She is an internationally published author, certified professional coach with a Masters Degree in Psychology, and an adjunct professor at the McCallum Graduate School of Business at Bentley University. She recently published a book called *Creating Wealth from the Inside Out*.

For more information, visit her company's website at www.kbkwealthconnection.com.

THIS WEEKEND!

The Milford Great Pumpkin Fest Oct. 8-10

The Milford Great Pumpkin Festival celebrates its 21st year on October 8-10 in downtown Milford. The festival opens on Friday Night at 5 pm with music on the Oval and the Pumpkin Runner making his way to the Oval to for the Lighting of the Pumpkins in the Milford Town Hall. The Milford Historical Society will also announce the Milford Citizen of the Year. Those who dare can take a walk along the Haunted Trail. Magic is in the air at 8 pm when magician Scott Jameson dazzles the Amato Center audience with fun, family-friendly magic. The thrilling one-hour stage performance is packed with comedy, audience-participation, exciting feats of juggling, and--of course!--mind-boggling magic. Perfect entertainment for the entire family! The show is sponsored by TD Bank.

There are several returning favorites such as the Great Pumpkin Weigh In, the Pumpkin Catapult, scarecrow making and face painting all on the Oval and the Community House Lawn. For the little ones in Emerson Park: a Halloween Storybook Trail where children may meet various characters from nursery rhymes.

On Sunday, October 10, 10 am- 3 pm, we bring out the big guns with a demonstration by American Chunker, the ONLY punkin chunkin air cannon in New England! Directions and parking information will be available on the Pumpkin Festival website.

The Milford Great Pumpkin Festival is organized on behalf of the Town of Milford by the Milford DO-IT Program. Many thanks to our Primary Festival Sponsors, Kokko Realty and Custos Morum Odd Fellows Lodge #41, and our event sponsors: Alene Candles, Amherst Orthodontics, Amigos Restaurant, Beacon Hospice, Bean Seaver Smith Real Estate, Bellavance Beverage, Centrix Bank, Chappell Tractor, Ciardelli Fuels, Contemporary Chrysler-Dodge, First Colebrook Bank, First Student Transportation, Gate City Collision Centers, Hansen Printing & Design, JP Pest Services, Lake Sunapee Bank, Martha's Exchange, Milford Drive- In, Milford Lumber, St. Mary's Bank, The Red Arrow Diner, Souhegan Valley Motorsports, TD Bank, Toyota of Nashua and WOKQ FM.

5th Annual Souther NH Expo

continued from Page 1

Club and a "Conversation with the Candidates". The Milford Rotary Club has been a major contributor to programs, services and support organizations from all over the region. Service above self is one of the guiding tenants of the Rotary International and one this Club has embodied over the years. There is no way to count all the ways and all the people who have been touched. From student scholarships to swim meets to the new SHARE building, the Rotary has served our communities well. It is an honor to have them share this important milestone with us at the Expo.

All the major candidates for state and national office have been invited to join us at 1:00 to talk about their vision of how to improve our economy and provide support for the business that are the backbone of NH. We look forward to their comments, the questions from Moderator, Dave Solomon, Nashua Telegraph, and the chance to meet them face to face.

For the first time, area high schools will participate in the Robotics Challenge. Teams from Milford, Souhegan, Wilton Lyndeborough and Nashua Catholic High Schools are charged with building a robotic, developing a purpose for it, demonstrating the task and producing a visual



JUST DO IT HERE AT THE DOME

display of their process. All will be using the same kit for the robots and only used, commonly found items. Seven teams in all will be presenting their finished product with a demonstration for the Expo audience taking place at 5:30 on the Center Stage.

Demonstrations, McAuliffe – Shepard Discovery Center bringing the discovery dome, live music, farmers' market plus lots more to see and do. We offer you plenty of free parking and over \$50,000 in raffles, samples and giveaways in the spacious climate controlled Dome. Starting at 3:00 our finest area restaurants and caterers will be giving a taste of their best dishes to the Expo crowd. All for the admission price of \$5. Bring a donation for the NH Food Bank and you get half off. Children under 12 are free. The Southern NH Expo is a must for every member of the family.

WANT TO MAKE 2011 YOUR BEST YEAR EVER?

VISIT THE SOUHEGAN VALLEY CHAMBER OF COMMERCE REFERRAL GROUP

On track to quadruple our first year results!

Since July, 2010

72 Referrals
\$60,000 in Revenue
\$3,000 per Seat

Susan Frenette of First Eastern Mortgage

"I am privileged to be part of an extraordinary group of like minded professionals, committed to growing their business and mine. The value of my membership cannot be measured simply in revenue received. We offer each other opportunities to develop better local connections and to serve others. In this capacity, our group is limitless and knows no boundaries.

Please join us & see for yourself!
Contact Walter Schnecker
C1M Photography
673-8200 or wschnecker@c1mpp.com

Your ONE-STOP Packing, Shipping, Copy, FAX Center

POSTAL CENTER USA

POSTAL CENTER

BUY STAMPS HERE

Custom Packing & Shipping • Postage Stamps
Notary • Business Cards • FAX • Copies
Keys • Office Supplies • Mailbox Rentals
Greeting Cards • And Much More!

UNITED STATES POSTAL SERVICE™

FedEx Express - Ground Authorized ShipCenter

Authorized Shipping Outlet

UPS

DHL EXPRESS

MasterCard

Discover

AMERICAN EXPRESS

VISA

NEIGHBORHOOD POSTAL CENTERS MEMBER

Lorden Plaza (Near Movie Scene) • 614 Nashua Street, Milford
672-8816 • FAX 673-8829 • www.postalcenterusa.com

PERSONAL ASSISTANT

If you are a small business owner and need a part-time assistant to help with your book-keeping, billing, marketing and other business functions please give me a call. Taking on new clients, references available.

**Call Barbara Allen,
603-315-9511.**

Best of the Souhegan Region Meet for Reward Reception



The recipients of the Readers' Choice Awards met at Hampshire Hills for an evening to celebrate and to salute the clients and customers who gave them their votes. During June and July, the readers of the Milford Cabinet and the Merrimack, Bedford and Hollis Brookline Journals were asked to write in the names of their choice as the number one business in a variety of categories. No multiple choice here, the readers had to think about who deserved their nod. The Reception was held to honor those who were the top two in their category.

These business men and women are the tip of the iceberg when it comes to the good, solid community of companies and services in the Souhegan Region towns. It is the great service, the honest work and the quality of products that makes this a very special area for working, living and raising a family. Thank you all the excellence that is your standard. We salute all the businesses of the region and the readers that took the time to send in or go online to vote.

ST. JOSEPH BUSINESS & HEALTH *Occupational Health Services*

St. Joseph Business & Health, Occupational Health Services is a leading provider in occupational medicine in Southern New Hampshire. They offer businesses immediate access for work-related injuries (workers' compensation) including evaluation, diagnosis and treatment for injured workers.

Their services also include:

- New hire physicals
- Drug and alcohol testing
- DOT physicals
- Respirator physicals
- Respirator fit testing

Right in your own community, St. Joseph Business & Health is the place for businesses that require comprehensive workers' compensation services, work site evaluations, wellness programs or medical exams for employees; it's all just a phone call away.



ST. JOSEPH
BUSINESS & HEALTH

Call today to see how we can help your business.
(603) 595.7371

17 Riverside Street
Nashua, NH 03062
www.stjosephhospital.com

Hot Dog! We hit the road with Free Weanies!



The SNH Expo Committee couldn't wait for the Expo to have some fun. Four of our Exhibitors opened their parking lots to us for the First Ever Traveling Hot Dog Giveaway. They grilled, steamed, served and poured the ketchup while letting people know what a special day was in store on October 21 at the Hampshire Dome in Milford from 2:00 to 7:30 PM.

Mike Brisebois, chairman of the committee was heard to say the food at the Expo would be lots better than his hot dogs. (Many local restaurants and take out spots are offering samples of their best dishes.)

Thank you to our sponsors of the Giveaways – Antiques at Mayfair, Microtime Computers, First Colebrook Bank, Peoples United Bank, Walmart and Moulton's Market with Boyd & Boufford Insurance Agency. It was a blast!

WE UNDERSTAND COMMITMENT.

For decades, Edward Jones has been committed to providing financial solutions and personalized service to individual investors.

You can rely on us for:

■ Convenience

Locations in the community and face-to-face meetings at your convenience

■ A Quality-focused Investment Philosophy

A long-term approach that focuses on quality investments and diversification

■ Highly Personal Service

Investment guidance tailored to your individual needs

Call or visit today.

Brian S McGuigan
46 Route 101A
Amherst, NH 03031
603-672-5520

Marc D Chareth
1 Elm Street
Milford, NH 03055
603-673-3957

Chris Marcucci
46 Route 101A
Amherst, NH 03031
603-672-5520

www.edwardjones.com Member SIPC

Edward Jones
MAKING SENSE OF INVESTING™



Sports Authority is proud to be part of the Amherst Community.



**Store Location:
123 Route 101A
Amherst, NH**
Across from Lowes Plaza

**SPORTS
AUTHORITY.**
DEDICATED TO THE DEDICATED.

Member Directory

Every month all of our Chamber members will be listed. Bold print will be used to distinguish Premiere and Premiere Plus Members. Additional information may be included in the listing for a nominal fee. A listing that includes logo, name, address, telephone and website is \$48 annually. Please contact the Chamber at 673-4360 for more information.

-A-

Accountants

Business Clinic, Inc., The ph: 672-1234
Christopher Rogers, CPA ph: 673-0336
Dionne & Strout, PA ph: 598-3693
J. Kenneth Fordham CPA ph: 672-1830

Air Conditioning/Heating

Absolute Mechanical ph: 249-9800
Card Heating & Cooling ph: 673-9767
Sanford Temperature Control ph: 672-1643

Antiques

Amherst NH Outdoor Antique Market, Inc.
ph: 673-2093
Antiques at Mayfair ph: 546-0194
Robin's Egg at 326 ph: 672-3900
White Home Collections ph: 654-7363

Apartments

Woodland Heights Apartments ph: 673-1155

Apparel

Barbour, Inc. ph: 673-1313
Haywards Trading Post ph: 673-1321

Appliance Sales & Service

Brennan & MacKay Appliances ph: 673-1177

Appraisal Services

F & M Appraisal Group, Inc. ph: 673-9666

Art Galleries/Instruction

Andres Institute of Art ph: 673-7441
Expressions Gallery, Inc. ph: 673-2136

Automobile Sales & Service

Contemporary Chrysler Dodge, Inc. ph: 673-5511
Medlyn Motor, Inc. ph: 673-1667

-B-

Banks & Banking Associations

Centrix Bank & Trust - Milford ph: 672-4200

First Colebrook Bank



69 Route 101A
Amherst, NH 03031
ph: 673-1440

fax 673-1290

www.firstcolebrookbank.com

Laconia Savings Bank ph: 527-7207

Lake Sunapee Bank ph: 673-2350

The Nashua Bank ph: 882-2700

Peoples United Bank - Jones Road ph: 673-4700

Peoples United Bank - Lorden Plaza ph: 672-5055

TD Bank ph: 249-4021

Banquet Catering

Alpine Grove Banquet Facility ph: 882-9051

Books New & Rare

Mori Books ph: 732-0258

Toadstool Bookshop ph: 673-1734

Boutiques & Specialty Shops

Amanda Thomas, LLC ph: 595-9447
The Color Shop & More ph: 654-6297
Cozy Baby ph: 672-5554
The Cozy Tea Cart ph: 249-9111
Salzburg Square ph: 732-6507

Business and Organizing Services

Space 4U, LLC ph: 765-9267

Business System Consulting

Schiek Technology Consulting ph: 465-1575

-C-

Chiropractors

Amherst Chiropractic ph: 673-9191
Amherst Family Chiropractic Wellness Center
ph: 673-0010
Backstop Chiropractic Health Ctr, Inc., The ph: 673-1511
Elm Chiropractic Center ph: 673-6133
Spinal Corrective Center ph: 673-5600

Civic Organizations

American Red Cross ph: 625-1951
Amherst Lions Club ph: 673-2834
High Hopes Foundation of NH ph: 429-1010
Little Hands to Hold Inc. ph: 547-2114
Make-A-Wish Foundation of NH ph: 623-9474
Milford Historical Society ph: 673-3385
Milford Main Street/DO-IT ph: 672-4567
Milford Rotary Club ph: 673-4778
Nashua Senior Activity Center ph: 889-6155 ext.12
Opportunity Networks ph: 883-4402
SCORE ph: 666-7561
SHARE ph: 673-9898
United Way of Greater Nashua ph: 882-4011
Wilton Main Street Association ph: 654-3020

Cleaning/Restoration

Wendi's Cleaning Services, Inc. ph: 673-4266

Coin Dealers/Collectibles

Rare Coins of New Hampshire, Inc. ph: 673-9311

Computer Services

Brinestone ph: 673-6696
CEJ Computer Business ph: 424-3117
Computer Alliance ph: 881-8411
Dharma Systems, Inc. ph: 732-4001
GatherWorks ph: 801-3552
Microtime ph: 672-7076
YourPresenceOnTheWeb.com ph: 801-0688

Confections

EJ's Bakery ph: 654-9393



Frederick's Pastries
109 Route 101A, Amherst ph: 882-7725
25 South River Rd., Bedford ph: 647-CAKE
Lisa's Sweets ph: 672-1022
Maple Lane Farm ph: 654-5362

Conservation Education

Beaver Brook Association ph: 465-7787

Construction/Contractors

Allen Remodeling ph: 672-5992
Gavin Remodeling ph: 672-3200
Guardian National ph: 275-4484
Hammersmith Post & Beam ph: 654-3210
National Property Consulting & Management, LLC
ph: 490-3692
Portrait Homes Inc. ph: 672-8228
The Stabile Companies ph: 889-0318

Credit Card Processing

East Commerce Solutions, Inc. ph: 800-527-5395

Credit Unions



**Granite State
Credit Union**

Granite State Credit Union ph: 249-9035
www.gscu.org
St. Mary's Bank phone ph: 249-7301
Triangle Credit Union ph: 577-9137

-D-

Dance Instruction

Kathy Blake Studios ph: 673-3978

Dental Practices

Amerident Dental ph: 672-6546
Amherst Pediatric Dental Associates ph: 673-1000
Family Dental Care of Milford P.A.



154 Elm Street / PO Box 135
Milford, NH
ph: 673-3332
www.fdcmilford.com

Kayser, Clark & Leighton PLLC ph: 673-7950
Kenneth G. Edwards, D.D.S. Family Dental Care
ph: 673-0782

-E-

Elder Housing

Bentley Commons ph: 644-2200
Parkhurst Place ph: 249-1600
The Isle at Ledgewood ph: 672-5037

Electricians

Evan Jones Master Electrician ph: 289-1589
KB Electric, LLC ph: 801-3563

Employment Staffing Services

Accurate Staffing, LLC ph: 673-1083
Adecco, The Employment People ph: 598-0117
Demarest Career Directions ph: 249-5641
Personnel Interface Staffing Services, Inc., The
ph: 732-0206

-F-

Family Services

Big Brothers Big Sisters of Greater Nashua
ph: 883-4851
Bridges-Domestic & Sexual Violence Support
ph: 672-9833
Granite State Child and Family Counseling, LLC
ph: 672-1881
Nashua Pastoral Care Center, Inc. ph: 886-2866

Financial Services

Ameriprise Financial Services ph: 668-1273

5 Bedford Farms, 3rd Floor
Bedford, 03110 www.ameriprise.com
AspenCross Financial Group ph: 232-8262
Boutin Financial Group ph: 878-0584
Commonwealth Financial Group ph: 769-7776
Edward Jones Investments - Amherst ph: 672-5520
Edward Jones Investments - Merrimack ph: 429-3833
Edward Jones Investments - Milford ph: 673-3957

Merrill Lynch ph: 628-3244
Mike Bonacorsi, LLC ph: 769-3111
Money Concepts, CTS Financial Service, Inc.
ph: 880-6671

Fitness Facilities

Amherst Yoga ph: 673-7661
Hampshire Hills Sports & Fitness Club ph: 673-7123
Nia NH & Yoga, LLC ph: 562-7525

Florists

Amaryllis ph: 889-7750
Works of Heart ph: 673-3299

Fuel

Ciardelli Fuel Co., Inc. ph: 673-1336
Lorden The Home Climate Co. ph: 315-4222

Funeral Homes

Nelson-Michaud Funeral Home ph. 654-6524

Furniture Retail

Winchendon Furniture Co., Inc. ph: 880-6393

-G-

Garden Centers & Nurseries

Milford Agway ph: 673-1669

Gifts

J.M. Princewell ph: 673-0611
Just Naturals Boutique ph: 672-6900
Lozier Studios LLC ph: 672-0976

Government

Town of Amherst ph: 673-6041
Town of Milford ph: 673-3514
Town of Wilton ph: 654-9451

Graphic Design Services

FixMedia ph: 721-9283
Patelligence, LLC ph: 367-8072
Robin Warren Website Design ph: 424-0814
Trademark Graphic Design and Marketing

PO Box 6083
Manchester, NH 03108
Tel 603-880-1410 - Fax 603-669-4936
www.trademarkgraphicdesign.com

Innovative marketing and packaging design.

William Pike Design ph: 672-5176
YourPresenceOnTheWeb ph: 801-0688

Gymnastics Instruction

Gymnastics Village, Inc. ph: 889-8092

-H-

Health/Wellness Services

Granite State Vitamins ph: 801-8452

Home Health Care/Nursing Homes

Home Healthcare, Hospice & Community Services
ph: 532-8353
Living at Home SeniorCare ph: 546-6060
St Joseph Home & Hospice Care ph: 673-3460
The Elms Care & Rehabilitation Ctr. ph: 673-2907

Home Improvement

Artistic Tile ph: 886-1920
Budget Blinds of Keene ph: 354-7801
Devine Flooring ph: 654-5400
Dial I Maintenance Service ph: 529-0711
Home Theater & Beyond ph: 424-1968
Lowe's Home Improvement ph: 521-9241
Total Deck Care ph: 303-5292

Hotels and B&B

Hampton Inn Nashua ph: 883-5333
The Hampton Inn ph: 883-5333

Stepping Stones Bed & Breakfast ph: 654-9048
Zahn's Alpine Guest House ph: 673-2334

-I-

Insurance

Aflac ph: 781-223-0276
Allstate Ins. Co. Jim Parolin & Associates ph: 429-8800
American Family Life Assurance ph: 234-0492
Beard & Boyd Insurance Agency LLC ph: 673-7228
Constable Agency-Nationwide, Inc. ph: 672-2243
Davis & Towle Insurance Group ph: 672-5255
Eaton & Berube Insurance Agency, Inc. ph: 673-0500
Frambach Long Term Care Ins. Planning
ph: 883-2128
Holt Agency, The ph: 673-1201
Liberty Mutual Insurance ph: 472-3597
Proctor Insurance Agency, The ph: 654-2081
Tom Peters State Farm Insurance Agency
ph: 889-4333

-J-

Jewelry

AmericanAccessory by Alina ph: 320-7195
www.americanaccessory.etsy.com
Lia Sophia ph: 673-5737

-K-

Kitchen & Bath Design

Kitchen Tune-Up® ph: 673-6499

-L-

Landscaping Contractors

Let the Other Guy Do It Landscaping ph: 672-5180
New England Elements ph: 801-5879

Law Offices

David G. Sturm, Counselor at Law, PLLC ph: 673-4543
Donald H Sienkiewicz, Attorney at Law
ph: 654-8811
Griffin & Owen P.C. ph: 673-5200
Maiona Law, PLLC ph: 769-3924
Wiggin & Nourie ph: 669-2211
Wing & Weintraub, P.C. ph: 673-7256

Libraries

Wadleigh Memorial Library ph: 673-2408

Lighting, Fixtures & Supplies

Souhegan Lighting Products, LLC ph: 889-8962

Limousine Service

L.A. Limousine ph: 654-3899

-M-

Management Consultation & Training

Calm Water, LLC ph: 566-7847
Sapphire Consulting, LLC ph: 889-1099

Manufacturing

Alene Candles, Inc. ph: 673-5050
Cirtronics Corporation ph: 249-9190
Hitchiner Manufacturing Company, Inc. ph: 673-1100
MTH ph: 886-0011
Saint-Gobain Crystals ph: 673-5831
Williams & Hussey Machine Co., Inc. ph: 654-6828

Marketing Consultants

MarketingFIRST
44 Catacunemaug Road, Shirley, MA 01464
978-764-8711

Markets

Earthward Natural Foods & Co-op ph: 673-4322

Massage Therapy

Associated Muscular Therapy ph: 582-5409
Caring Hands Massage Therapy, LLC ph. 508-1562

Mortgage Services

First Eastern Mortgage ph: 800-999-7788 x13
NE Best Rate Mortgage ph: 930-5706
NE Moves Mtg LLC ph: 472-5281

Moving & Storage

Currier Self Storage ph: 673-9538
Granite Clover Self Storage, LLC ph: 883-2188

Music/Performing Arts

Milford Area Players ph: 801-4473
Monadnock Chorus ph: 654-5566

-N-

Newspapers

Cabinet Press, The ph: 673-3100
Telegraph, The ph: 594-6539

-O-

Office Equipment

Konica Minolta Business Solutions
ph: 898-4114
New England Copy Specialists
ph: 800-321-6327 x7745
Oce Imagistics, Inc ph: 472-8119
Staples Office Superstore ph: 578-4897

Optometrists

Joseph J. Raczek O.D. ph: 673-7428
Nashua Eye Associates, Inc. ph: 672-8800

Orthodontics

Amherst Orthodontics ph: 672-0844
Edward L. Klopfer D.D.S., PA Orthodontist
ph: 673-2406

-P-

Painting

Markal Angelo ph: 566-9013

Party and Event Rentals

Monadnock Tent Rental ph: 562-6690
Special Events of New England ph. 624-8389

Paving & Plowing



Shattuck Paving & Plowing, LLC ph: 654-5695

Payroll


Time Pay\$ of NH ph: 233-6676

Personal Chef

The Everyday Epicure ph: 672-0708

Pets

Food for Pets / Souhegan Pet Supply

 Cobblestone Corner, 76 Route 101A
Amherst, New Hampshire 03031
ph: 673-7387
email: food_for_pets@comcast.net
Granite State Dog Center ph: 672-3647

Photography

Catching I Moment Professional Photography
ph: 673-8200
Loving Impressions ph: 769-0513
Photography by JMarie ph: 249-5805

Physical Therapy

Amherst Physical Therapy ph: 672-5125
Apple Therapy ph: 769-3331
Hampshire Hills Clinic for Physical Therapy
ph: 672-4478

Physicians & Surgeons

Dartmouth - Hitchcock Milford ph: 673-2515
 Elliot Family Medicine at Amherst ph: 249-3000
 Foundation Medical Partners ph: 577-2770
 Greenhouse Naturopathic Medicine ph: 465-2895
 Milford Medical Center ph: 673-5623
 Robert D'Agostino MD Family Practice
 ph: 672-2003

Postal / Package Services

Postal Center USA ph: 672-8816

Plumbers

Jason Wetherbee, LLC ph: 673-6719

Printing/Publishing

Amherst Label, Inc. ph: 673-7849
 The Armarium Press ph: 878-3811
 Copy Shop, Inc., The ph: 882-9111
 Galligher Printing Services, ph: 672-4540
 Hansen Printing & Design Services, LLC ph: 672-7599
 Labels For Less ph: 654-8379
 Minuteman Yellow Pages ph: 866-922-3990
 SendOutCards Distributor ph: 878-2411
 SendOut Cards Distributor 673-2665
 Town Planner Community Calendar ph: 791-4748

Propane

EnergyNorth Propane ph: 654-6070
 Suburban Propane ph: 673-2903

Property Management

Stewart Property Management ph: 641-2163

Public Relations

Civic Media Corporation ph: 673-9545

-R-

Real Estate

Amherst Rose Realty ph: 673-9141
 Bean Group, Sharon Campbell ph: 493-5347
 Coldwell Banker ph: 673-4000
 Grubb & Ellis/Coldstream Real Estate Advisors, Inc.
 ph: 623-0100 x 207
 Joan P. Lemire Real Estate ph: 654-6118
 Kokko Realty, Inc. ph: 673-7000
 Leonard, Lee & Company ph: 672-5100
 Norwood Group, The ph: 673-1775
 Prudential/Verani Realty, Inc. - Londonderry 434-2377
 RE/MAX Country Properties - Amherst 673-9747
 Roedel Partners, LLC ph: 654-2040
 S.T. Cutter Real Estate, LLC ph: 493-5347
 Sunset Settlement Company, LLC ph: 598-4030
 Transitions Realty, LLC 673-0833

Recreation / Golf Clubs

Amherst Country Club ph: 673-9908
 The River Card Room ph: 249-5548

Referral Services

LeTip of Nashua ph: 498-6462

Restaurants

Elisha's Restaurant ph: 249-9452
 Longhorn Steakhouse ph: 579-6975
 Milford Coffee & Provisions ph: 672-5464
 Red Arrow Diner 23 ph: 249-9222

Retail

Very Cozy Baby, LLC ph: 672-5554
 Wal-Mart ph: 672-3421

Retreat Center

This Field, Center for Beginner's Mind ph: 249-5549

-S-

Salons & Spas

Ageless Salon & Medical Day Spa ph: 883-3550

Innovations, Salon & Spa ph: 880-7499
 Salon 2000 & Green Gallery ph: 654-6930
 Salon Aquavit ph: 673-6006
 SpaScape, LLC ph: 249-5807

Schools

High Mowing School ph: 654-9408
 Little Einsteins Preschool Learning Center, LLC
 ph: 673-3022
 Pine Hill Waldorf School ph: 654-6003
 RSEC Academy ph: 886-8500 ext. 309
 SAU #39-Amherst/MontVernon/Souhegan 673-2690
 SAU #40-Milford School District ph: 673-2202
 SAU #41 Hollis/Brookline School District 465-2269
 Southern New Hampshire University ph: 881-8393
 Wilton-Lyndeborough Coop Middle/High School
 ph: 654-6123

Scrapbooking

NH Scrapbook Cabin ph: 769-3333

Septic Services

Souhegan Septic Tank Service, LLC ph: 673-4711

Sign Manufacturing

Classic Signs ph: 883-0384
 Poyant Signs, Inc. ph: 673-4233

Sporting Goods

Sports Authority ph: 594-3041

Stoves – Wood, Pellet, Gas

Stove Keepers ph: 672-1280

Supermarkets

Shaw's Supermarkets, Inc. ph: 672-1280

Surveyors & Engineering

Meridian Land Services, Inc. ph: 673-1441

-T-

Take-Out Foods

Moulton's Market ph: 673-2404

Telecommunications/Communication

DSCI Corp. 781-862-4545
 Moore Enterprises ph: 978-597-0204
 US Cellular - Nashua ph: 533-2070

Tire Dealers

Carson City Tire, Inc. ph: 673-5402

Tractor Sales & Service

B - B Chain, Inc. ph: 673-3455
 Chappell Tractor Sales ph: 673-2640

Trash Removal

H2O Waste Disposal Services, LLC ph: 732-0961

Tutoring

Huntington Learning Centers ph: 595-1880

-U-

U.S. Military

Employer Support for the Guard and Reserves
 ph: 225-1342
 NH National Guard ph: 225-1206

Utilities

Public Service of New Hampshire ph: 634-2380
 TDS Telecom ph: 888-837-1347

-V-

Veterinary Medicine & Surgery

Hollis Veterinary Hospital, PLLC ph: 465-7071
 Ponemah Veterinary Hospital ph: 673-5300

Voice Over Services

Priscilla Hamilton, Voice Overs ph: 759-3145

-Y-

Youth Clubs & Organizations

Souhegan Valley Boys & Girls Club ph: 673-6820

SAVE THE DATE

Southern New Hampshire Expo
 October 21, 2010

MEMBER SERVICES

	Members	Non-Mems.	Newsletter Advertising*		
Newsletter Subscription	Free	\$15/yr.	Size	1 Issue	Prepaid
Chamber Conf. Rm.	Free	\$50.			12 Months
Certificate of Origins	Free	\$35.	Business Card	\$25.	\$250.
Relocation Packages	Free	\$10.	1/4 Page	\$35.	\$350.
Member Mailing Labels			1/2 Page	\$60.	\$600.
(1st Set)	Free	\$35.	Back Page	\$100.	\$1,000.
Event Announcements	Free	\$25.	Full Page Inside	\$100.	\$1,000.
Welcome Bags			Insert **	\$75.	\$750.
One Sheet/Item	\$50.	\$100.			

* Prices for camera ready artwork. Design service available at additional fee.

** Must supply enough inserts to meet newsletter distribution.

Stand out in our directory with an extended listing!
 For just an additional \$48 annually you can have your logo, tag line,
 address, and fax number added to our directory.

Contact the Chamber for more details.

WWW.SOUHEGAN.NET • 673-4360

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:00 Expo Comm.	2
3	4 8:00 Ambassadors	5 7:00 SVCRG	6 8:00 PTBProject	7 8:00 Exec Comm.	8 8:00 Expo Comm.	9
10	11 Columbus Day	12 7:00 SVCRG	13	14 8:00 Board of Directors	15 8:00 Expo Comm.	16
17	18	19 7:00 SVCRG	20	21 SNH Expo 2 to 7:30 1:00 Cand. Forum	22	23
24 31	25	26 7:00 SVCRG	27	28	29 8:00 Expo Comm. Wrap-up Noon Membership	30

SOUTHERN NEW HAMPSHIRE EXPO THURSDAY, OCTOBER 21, 2010	
6:00 - 7:00	Temple Big Band
5:30	Robotics Challenge Awards
5:00	Innovations – Finished Process
4:30	The Cozy Tea Cart
4:00	Innovations Salon & Spa
3:30	McAuliffe Shepard Discovery Center
3:00	West Street Beat
2:00	Exhibit Floor Opens!
1:00	Meet the Next NH Leaders
	A Conversation with the Candidates moderated by David Solomon, The Nashua Telegraph –
	60th Anniversary Celebration Luncheon for the Milford Rotary Club (By Reservation Only)
	Demonstrations
	Pre Opening Events

Souhegan Valley Chamber of Commerce
69 Route 101A • Amherst NH 03031

PRST. STD.
US Postage
PAID
Permit No. 37
Amherst, NH