

to PERSON PERSONS PERSON

Wednesday,
May 7
2014



*A closer look at some of the
many businesses and the many
people behind them who shape
our daily business lives.*

A Supplement To
THE CALEDONIAN-RECORD
& **The Orleans County Record**
As Formed by The Caledonian Record

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If it's service, selection and value you want, come to The Carpet Connection in Lyndonville. They've got the largest inventory of floor covering in the northeast, and the manpower to install it. Their teams of in-house installers specialize in carpet, vinyl, ceramic tile, laminate and hardwood installation.

In addition, The Carpet Connection carries the area's nicest selection of area rugs and runners in a wide variety of styles and sizes, perfect for any area, from the most traditional of homes to the most casual of camps.

With 38 years in the floor covering industry, 30 of them at their Depot Street location in Lyndonville, Vermont, they are the flooring specialists. Trust them with your next flooring purchase. Estimates are free and first quality is guaranteed.



Left to Right: Jean Guest, Steve Nichols, Eric French, Todd Labounty, Magon Tanner, Chris Guest, JR Layton and Bob Guest.

THE
CARPET CONNECTION



"The Flooring Specialists"
WHOLESALE & RETAIL
www.thecarpetconnectioninc.com

199 Depot Street
Lyndonville, Vt. 05851
Telephone 802-626-9026



Kaela Ray, Designer; Karen Matthews, Owner;
Robert MacNeil, Installer

details

INTERIOR FASHIONS

249 Main Street
Littleton, NH
603-444-7444

At Details Interior Fashions we'll help you choose the perfect solutions that reflect your lifestyle. We are the window fashions experts giving you unparalleled choices and services.

We provide you with the latest ideas and innovative products. Our extensive resources enable us to work with the most discerning clients, yet still have the flexibility to meet competitive and budget challenges.

Specializing in energy efficient solutions, we help to keep you warm in winter yet cool in our beautiful summers. We also offer solutions for specialty shaped windows, skylights and automation for added convenience and ease of use.

Our services include custom designed window coverings, upholstery and slipcover services (with a huge fabric library), gorgeous area rugs, art from local artisans and hand-picked accessories from select sources.

Need help? Our professionally trained staff can guide you. We bring the ideas to you with in-home consultation services, along with measuring and installation. We can also assist you with color choices, fabrics and space planning or staging.

Please take the time to visit our showroom. We'd love to meet you!

Start your project today! Contact Us.

Dads 4 By

Tool & Supply

22 Memorial Dr., St. Johnsbury, Vt. • 802-748-4208
10 Railroad Street, Wells River, Vt. • 802-757-2000

- TARPS
- TOOLS
- SUPPLIES
- PROPANE
- LOW PRICES EVERYDAY!



From Left: Kirsten, Ben, Sarah, Brenda, Charlie & Eddie

Dads 4 By Tool & Supply offers a variety of tools, tarps and shop supplies in two locations – one in St. Johnsbury, VT and one in Wells River, VT.

Benjamin Gates and his wife Kristen purchased this business from Doug and Jane Bengston 7 years ago. Since that time we have grown exponentially and would like to thank all our customers for their patronage.

Recently new to Dads 4 By – Weber grills. With their superior quality and our competitive pricing enjoy your summertime grilling.

Don't forget Dad's Got Gas! We supply the Northeast Kingdom with propane stations at both locations.

Watson Gates manages the Wells River store while Charlie Mosher manages the St. Johnsbury store. Full-time help includes Brenda Darling, Ed Labounty and Eddie Brown and part-time help includes Aimee Thompson, Sarah Bengston, Kier Tashma-McCarty, Miguel O'Reilly, William Harvey and Theresa Pelletier.

HOURS:
7:30-5:30 MON.-FRI.
8:30-4:30 SAT. • 9:00-2:00 SUN.



From Left: Watson, Kier and Eddie



K & S AUTO & REPAIR

K&S Auto Sales and Repair is a family owned and operated business located in their recently completed, state-of-the-art facility on Memorial Drive in St. Johnsbury. The business has evolved and grown considerably over a relatively short 8 year history.

Kevin Sabens and his wife Sharon, started the business as K&S Auto Sales in the building now occupied by Northstar Fireworks in St. Johnsbury Center. They soon purchased the house across the street and serviced the cars they sold out of a two car garage, but due to growth, a larger garage was added, and in 2009 the house was torn down to provide more room.

The business continued to grow, leading Kevin and Sharon to purchase the property where the Shamrock Restaurant once stood. The new facility allows them to be a full service repair shop in addition to auto sales. Services included, but are not limited to, general auto repair, body work, as well as, being a Vermont State inspection Station. For auto sales, Kevin says, "We are a buy here, pay here dealer. All financing is done by us. We offer quality to the consumers and we enjoy seeing our customers."

Kevin and Sharon enjoy camping in the summer, going to Thunder Road and spending time with their 4 children and 4 grandchildren. They love to travel, especially to North Carolina to the race shops and to Florida to visit friends.

1049 MEMORIAL DRIVE, ST. JOHNSBURY, VT • 802-748-1100 | MON.-FRI. 8 AM-5PM • SAT. 8AM-NOON

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Grime Nursery

533 Lawrence Road • Waterford, Vt.

802-748-1915

Hours: Mon.-Fri. 9-6, Sat. 9-5, Sun. 9-3



Paul, Jade, Hannah & Bridget

Grime Nursery in Waterford is a family owned business of over 33 years. The land started off as a Christmas tree farm, but when Paul and Bridget purchased the land from Paul's parents, they created a domino effect starting with one greenhouse and now they have up to 6 with yards filled with plants, trees and shrubs.

The 19 acres that make up Grime Nursery are used year round. During the spring and summer seasons the nursery is growing annuals, veggies and perennials. A variety of options include maples to birch to crabapples growing 6 to 20 ft. tall; lilacs, potted and some up to 10 ft. tall with ten different varieties; rainbow perennials; hosta and daylilies to name a few.

In the fall, the nursery has a great selection of mums and apple pressing on weekends.

During the winter, Grime has a cut your own

Christmas tree plantation that also sells donuts during the winter holidays. The greenhouses are transformed into Santa's workshop where custom wreaths are decorated and available to ship all over along with garland and kissing balls.

The shop is open year round and a nice place to purchase a swiss cheese boot jack, a bird house, VT locally made maple syrup, or a concrete bird bath.

Stop in today to check out the perennials, annuals, shrubs, trees and much more.



Ruby & Rick Gorham

RICK'S GUN SHOP

Rick and Ruby Gorham opened Rick's Gun Shop 22 years ago as a part-time business. Working full-time during the day and working at the shop at night became too much. Rick, with support from his wife, Ruby, decided to open the shop full-time. The husband and wife team has operated the business at the same location from 9:00 a.m. to

9:00 p.m. Monday through Friday and 9:00 a.m. to 5:00 p.m. Saturday and Sunday ever since – most years 365 days!

Rick grew up in Kirby and has always lived close to the homestead. He is a veteran of the U.S. Army and loves to spend time hunting, fishing and gardening. Rick enjoys selling guns and conversing with people.

Ruby is a native of North Concord where she grew up on the Sorrell Farm. Ruby helps out in the shop when needed and spends the rest of her time working around the house and taking care of the many lawns. Ruby enjoys golfing and bowling. Both she and Rick enjoy spending time with their four grandchildren.

Rick's Gun Shop is your one-stop-shop for hunting and outdoor activity supplies. Rick's carries a full line of hunting and fishing supplies for every season. Rick's is an official State of Vermont weigh station and a place where you can purchase your Vermont fishing and hunting license. In addition to supplies, Rick's also has the Mount Hunger Archery Range. There are two archery ranges open to the public; a paper range and a dart video range. Stop by and check us out!

Off Mt. Hunger Rd. • 77 Brook Rd. • Between East Burke & Lyndonville, Vt.

802-626-1014

Hours: Mon.-Fri. 9 a.m.-9 p.m. • Sat. & Sun. 9 a.m.-5 p.m.



Hello my name is Donna Clark, Owner, Stylist and I welcome you to Shear Animal Styling Salon & Serenity Day Spa. We strive to pair the finest of treatments and products with extraordinary service. Our mission is to bring out the light in you and when you shine after one of our treatments or services – we have done our job well.

Guests are welcomed with refreshment, 2 treatment rooms for massage, facials, body treatments, Reiki and our newest service "Stay Golden" spray tanning by Paige. A social suite for nail care, a full service Hair Salon plus make-up application, and our New Sunny Boutique including but not limited to local artists and craftsmen. Delight yourself with a purchase or gift to someone special.

We are located in the Railyard RaquetBall & Health Club Building at 181 Central Street in Woodsville, N.H. Relaxation, Wellness, and looking good go hand in hand in our salon and spa...then you can stop in to the Railyard for the added bonus of fitness and cardio programs to have a little fun, get fit and be healthy says owner Steph Saffo.

On Wed., May 14th from 5:30-6:30 PM we are having a **FREE** Meeting on Weight Loss, How to keep it off and create Health in your Life. "Take Shape for Life" is the first event on our Wellness Calendar for 2014. Summer is coming! Are you ready for that wedding? Worried about how you'll look in your bathing suit? Call for details 603-747-2818.

Our expansive retail area is stocked with products from Pureology, Kevin Murphy, Eufora, Paul Mitchell and MoringaPlex for the ladies, Mitch Men's Dept and Hero for the men and "Little Green" safe, gentle and Pure for the children...plus the famous "Wet Brush"! Other brands include SpaRitual, Repechage, Sormé and Botanical Science Pure Harmony for the skin and nails...so you can continue your spa & salon experience at home.

So if it's time for change, please let us welcome you to our sanctuary of outer beauty, inner peace and well being. There is truly something for everyone. Even for the man needing a quick cut with no frills, we got you covered. Or the child who hates haircuts...Tory has a way they love.

Throughout my 30 years in business we have always maintained a high profile in our community, ever changing and growing to meet the challenges of the times and the economy. We have hosted many fundraisers and have always been active in our local events and charities.

Our professional staff at this time include but are not limited to:

Stylists – Donna Clark, Tory Switzer, Reiki Master – Sue Lucas, Massage Therapist - Brandy Becker and Esthetician (Skincare) Paige Swinyer. We currently have 2 stylist stations available and always welcome Wellness Practitioners.



Have a Sunny Day!



CENTRAL STREET | WOODSVILLE, NH | **603-747-2818**



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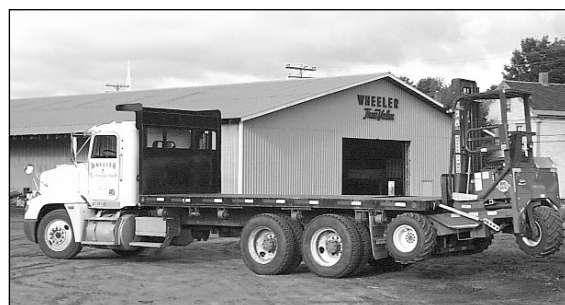
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Lyndonville, VT
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With over 40 years experience, Mark Bean continues to be a leader in manufactured & modular homes throughout VT & NH. Our business provides a tremendous employment opportunity to the community, family, friends and neighbors. Mark remains active in every day operations. From coordinating our transporter vehicles, cranes, delivery schedules, working with our crews to set homes, inspections of every home site, attention to service of each home, or over-



seeing our staff at 3 sales locations, you won't find a more involved and dedicated owner. As you walk through our tastefully decorated model homes, you will see and feel the difference in the quality homes we offer. We are open 7 days a week to assist our customers. We believe our no pressure, professional sales atmosphere will ensure your home purchase experience is an enjoyable one. Our staff really does make the difference.



Timely delivery service and quality products set Wheeler Building Materials on Church Street in Lyndonville apart from the competition. Wheeler offers retail

hardware and building materials at competitive prices and prides itself on its customer service.

Established in 1963, Wheeler Building Materials is Lyndonville's oldest building material dealer.

The Wheeler crew will work with you every step of the project to ensure you have the materials you need when you need them.

With over 50 years in the building material business Wheeler's knows how to handle your project and supply you with quality materials at competitive prices.



**Wheeler
Building Materials, Inc.**

152 Church St. • Lyndonville, Vt.
mwheeler@wheelerbuilding.net • 802-626-5102

NICK'S GAS 'N GO

590 Main Street • Lyndonville, Vermont
Open 5 a.m. - 10 p.m., 7 Days a Week

Nick's Gas 'n Go is one of the very few Mom & Pop C-Store/Gas Stations left. The owners, Tom and Pauline Harris, are proud of their staff who work hard to deliver personal, friendly and efficient service in an often hectic and demanding environment.

Besides quality diesel and gas, at Nick's the coffee bar boasts many flavors of Green Mountain Coffee and a broad offering of Mountain Grove's gourmet coffees, iced coffees and cappuccinos. Nick's also has COLD beer, wine, tobacco, Ben & Jerry's Ice Cream, sandwiches, Hollyberries' pastries, bait, tackle, groceries, candy, LP for your grill ... almost anything you can think of, AND a warm smile behind the counter.

If that isn't enough, Nick's gift to you is a FREE small coffee, cappuccino, or tea with any one fuel purchase over 10 gallons.



Roni



Lisa



Sam



Chris



Lilly



Nikki



Kari



*We've got everything to
get you Riding!*

Absolute PowerSports VT offers a wide variety of recreational fun. Providing customers with a comfortable, low-key environment along with the best pricing available

New This Year:



Compact Tractors

Absolute PowerSports VT carries **POLARIS** Snowmobiles, Rangers, RZR's, and ATVs; BRP products **ski-doo** snowmobiles and **can-am** ATVs, Commanders and Mavericks, **Kawasaki** Motorcycles, Dirt Bikes; **YANMAR** Compact Tractors; and Power Equipment by **Husqvarna**.

VAST & VASA memberships, NH OHRV registrations, and Vermont State Inspections for Trailers and Motorcycles are available to get you out on your ride. Stop in and check out the large selection of new and used units, parts and accessories to make your day outdoors fun and safe.



Hrs: M-F 8-5 Sat. 8-2

Next to Blue Mtn School
Right off I-91, Exit 17 Rte 302
Wells River, VT

802-429-2500

absolutepowersportsvt.com

Mark Turner's AUTOMOTIVE USED & CAR SALES

Eleven years ago, Mark Turner's Automotive opened their doors to serve the area's auto repair needs.

Since then, Mark has added a body repair shop and a great selection of affordable quality pre-owned vehicles. Also available by appointment is a full range of automobile detailing services.

This family run shop includes Mark's wife, **Cindy**, who does the books and his son, **Justin**, who specializes in collision and auto body repair.

Mark has been in the automotive industry in St. Johnsbury for over 36 years. **Mark Turner's Automotive** is the area's trusted source for dependable service, auto repair, collision repair and quality pre-owned vehicles.

Give them a call or stop by for all your automotive service and repair needs, or when you need a reliable pre-owned vehicle at an affordable price!



Mark Turner's Auto
Route 2, East
St. Johnsbury, VT
802-748-6320



Nikki Peters, Paul Wilkins & Kelly Deth

Your local REALTORS® - Creative, Motivated & Fresh

Now in it's 5th year of operation, StoneCrest Properties has become one of the top selling agencies in Caledonia County. Kelly Deth, owner of StoneCrest Properties, attributes this success to "Great people who provide exceptional service and a desire for innovation in marketing".

2013 was a busy year for StoneCrest Properties. Renee Parker joined the staff as Office Manager in February. Nikki Peters received her Brokers license, and currently serves as President of the NEK Board of REALTORS®. Paul Wilkins, REALTOR® joined the agency in November and is off to a great start. StoneCrest Properties ended the year with an expansion and remodel of their office.

Active within the community, they look forward to seeing everyone at the Summer Sizzler in downtown Lyndonville on Friday, June 13th!

Are you ready for your StoneCrest Experience?



101 Depot Street.
Lyndonville, VT 05851
802-626-4790



Renee Parker

www.StoneCrestPropertiesVT.com

We have had another whirlwind of a year after our BIG remodel last April to start making our own in-house fresh daily Bagels. It has proved over and over to be a very positive move for our business. Thank you to ALL our loyal customers and the wonderful town of Lyndonville for all their help and support. We so love seeing and chatting with our customers (friends).

We have had to add a night shift to keep up with all the demand and increased business. This role has been filled by our wonderful daughter Heidi. She learned the art of dough making and bagel baking quickly.



Ralph (Chip) III & Wanda Aussiker

The bagels are still all formed by hand and are just coming out of the oven at 5 am when we open so the customer can enjoy the freshest bagel possible.

Between Wanda, Sarah and Heidi they are always creating new and wonderful tasty treats. We now have created over 36 flavors of different bagels besides all the new muffins, desserts and homemade breads.

So come on in and see what's baking fresh for you today at Lyndonville Bagel Depot. You can always call us for that special order too.



721 BROAD STREET, LYNDONVILLE, VT • Mon.-Fri. 5-3 • Sat. 6-2 • Sun. 7-1

Kingdom Canine Center

738 Lynburke Rd., Lyndonville, VT

802-274-6033

kingdomcaninecenter.com

**GROOMING
TRAINING
BOARDING**



Kingdom Canine Center has been in business for over six years, and has just relocated 1 mile north of their previous location. Their new address is 738 Lynburke Rd. (aka Rt. 5 North) Lyndonville VT, heading toward West Burke.

They now offer overnight boarding along with Grooming, Training and Agility classes. Deanna (owner) has been grooming since 2000 and still has as much passion as she did 14 years ago. She has 2 dogs Sori and Isabel, whom are often found behind the counter. Sori is the logo of the business, drawn by Casey, an employee of 2 years and groomer. Deanna also has 3 rescued cats, one of whom is special needs and loved to pieces! Casey has a cocker spaniel and a trouble maker cat! But they love their animals no matter what.

Deanna is very excited to finally be able to offer overnight boarding, something she has wanted to do for a very long time. Deanna lives on the premises, so the dogs are never alone at night. Their kennels are indoors and plenty big for any size dog, even enough room for 2. :) They recommend bringing your own food, toys and bedding to make the dog feel more at home during their stay.

Grooming is a part of life when you own a pet, whether it be just keeping up on the nails, trimming their coat or figuring out what will work best for you and your pet. They use all natural shampoos and gentle grooming methods. They will not force your pet to be groomed.

Training classes are going on right now! They do a maximum of 3 dogs per class, which makes for lots of attention for all the students. Only positive reinforcement methods are used. The dog should want to work for you not do something out of fear. Training can be done at all ages, but starting your dog when they are about 12 weeks old is best, the dogs are taking in so much information and are so eager to learn. It is great to socialize your pet at a young age. But its never too late and old dogs can still learn new tricks too!

Agility is simply fun! Teach your dog to go over jumps, through tunnels, over the aframe and navigate the weave poles. It's a great way for you and your dog to bond. Regardless if you just want to have fun or eventually compete in trials these classes are the perfect place to start.

For more information, photos and offers please check out our website kingdomcaninecenter.com and like us on Facebook. For grooming appointments, info, or tours of the new facilities give us a call! (802)274-6033.

PAINLESS GLASS

Painless Glass is a locally owned family business established in 2007. Painless Glass began out of the home of Ray and Tonia Hauver in that year. In 2010 the business moved to 45 Broad St., Lyndonville. Last August the business moved to its new and current location just down the street at 733 Broad St. Many people may remember this building as the laundry mat some years ago. The new location, which is in a busy section of town right beside Ville Auto Parts and The Bagel Depot and just across the street from Greg's Auto and the Miss Lyndonville Diner, has proven to be the perfect spot. Many customers who come in comment on what a nice shop it is and how well the building works for Painless Glass.

Ray and Tonia run the business themselves with help from their middle son Ronnie who is a junior at the Academy in St. J. They also have two other children Geoffrey who is 11, and Larissa who is in her second year at Norwich University.

Painless Glass offers many products and services such as auto glass repair and replacement, residential glass repair, custom showers, vinyl windows, commercial store front, insulated glass units, mirrors, polycarbonate, tabletops, and custom cut safety glass for heavy equipment and custom cars. You can get a look at all they offer as well as request a quote at their website, painlessglass.com. Please stop in the next



Ray, Tonia & Ronnie Hauver

time you have any glass needs or just drop by to say hello.

Ray and Tonia would like to take this opportunity to thank all the customers who have supported them and chosen to use Painless Glass and they look forward to helping you in the future. Remember to 'Make it Painless.'

802-626-9990

**Monday-Friday 8-5
Saturday by Appointment**

Harris

Plumbing & Heating

122 Bugbee Crossing Road
West Burke, VT
802-626-5841

Established 30 years ago by Tom and Pauline Harris, recently taken over by Master plumber Matt Heighton and his wife Samantha, Harris Plumbing & Heating continues to provide professional commercial and residential service, design and installation of new plumbing and heating systems.

We specialize in new radiant floor heating systems, using the latest technology.

Harris P & H staff are EPA certified lead renovators, as well as licensed in plumbing, heating and A/C, and we specialize in water treatment. We can help you untangle the web of regulations with any construction or renovation project.

Our office is located at 122 Bugbee Crossing Road, West Burke, VT 05871. Sam is available 8 a.m. to 4 p.m. to schedule appointments for our professionally trained technicians who are available 24 hours a day for our customers, or to help you design your new bath and help pick out fixtures. We have all brands available and we buy direct so our prices usually match or beat the box stores. We warranty what we sell.

Be sure to have your heating system serviced and evaluated by a licensed heating technician before the next heating season.

MAYO'S

FURNITURE & FLOOR COVERING

HOURS
MONDAY-SATURDAY
9:00-5:30
SUNDAY
11:00-5:30

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***Fred Laferriere**, Owner of Mayo's Furniture and Floor Covering, has been with Mayo's for over 30 years. They carry bedding by Serta; Living Room Sets by England, Bassett, Catnapper, Lane and Lancer; Bedroom Sets by Vaughn Bassett & Wilson Road, Dining Room Sets by Amesbury, Tennessee, Peters-Revington and Bassett; Window Treatments by Hunter Douglas. All furniture and window treatments are delivered and installed cheerfully and free of charge.*

***Craig Demers**, Manager of the Floor Covering Department for 11 years, is an experienced floor covering installer and can help you choose from the many beautiful designs of ceramic tile, as well as carpet, hardwood and laminate flooring.*



***Nancy Hartwell** is manager of the newly renovated furniture showroom which encompasses three floors in our historic mill building. With over 15 years of experience in the furniture industry, Nancy is always happy to help you find the perfect furniture, bedding, window coverings, and accessories for your home.*



THE FARMER'S DAUGHTER

Gift Barn & Ice Cream Parlor

In February of 2013 Bruce and Anna Cushman purchased the Farmer's Daughter Gift Barn, a landmark visited by folks from all over the world. This 195 year old authentic Vermont barn with open posts and beams is maintained as original. The newly added **Ice Cream Parlor** serves up the biggest cones & sundaes at the smallest price! For just \$2 you can get more cone than you can eat!! Enjoy your ice cream inside or outside. The Barn offers a lovely open covered porch that faces Rte 2. Or you can take a stroll and sit by the pond.



You'll find a variety of options in the grocery section including Vermont cheeses, homemade jams & jellies, Derek's Genuine Jamaican BBQ sauces & rubs, homemade fudge-12 flavors- by the piece or by the pound, crackers, a whole raft of maple products, and of course Vermont Maple Syrup.

Gift-givers will find lots of primitive home goods, plenty of Vermont souvenirs, Vermont made candles & lotions, some made in St Johnsbury Vermont pottery, and tons of postcards!



Bruce makes all the Maple Syrup at the Farmer's Daughter from their "family sugar woods" in St Johnsbury. And Anna loves selling it! The saying goes "The Farmer's Daughter has the Sweet Stuff".

All Browsers Welcome!

OPENING MOTHER'S DAY WEEKEND

HOURS: MON.-SAT. 8:30 AM • SUNDAY 10 AM

RTE. 2 • ST. JOHNSBURY, VERMONT • 748-3994



EVERYTHING YOU NEED IN ONE STOP!

We are your "Power Sports" headquarters ... specializing in recreational, motor sports and power equipment sales & service. Owner Spencer Hudson and his knowledgeable staff make customer satisfaction their No. 1 priority.

All Around Power carries the full line of Polaris Recreational vehicles along with Yamaha Motorcycles, ATVs and Snowmobiles. They offer the Kingdom's largest selection of power equipment featuring Cub Cadet, Exmark, Husqvarna, Stihl, Echo, Lawn Boy, Mantis, Honda, Troy-Bilt and more. All Around Power is Vermont's largest Polaris ATV dealer and has been named Vermont Association of Snow Travelers (VAST) Snowmobile Dealer of the Year 3 different years.

Trade-Ins
Welcome



STORE HOURS:
Mon.-Fri.
8 to 6
Sat. 8 to 4

WWW.ALLAROUNDPOWER.COM



L to R: Mike Mansmann, Orion Campbell-Wolk, Jon Unsworth, Ry Wolfel, David Senio. **Missing:** John Worth & Vince Jacob (owners), Kalmen Rosenfeld, Meghan Dolyak and Quinn Campbell

staff has the experience to make sure you get the right equipment the first time.

East Burke Sports' proximity to a variety of recreational resources, including Burke Mountain and Kingdom Trails, allows its customers to carve a few turns, or shred some single track on a variety of rental equipment. Now, with Kingdom Trails' success at bringing new people here for mountain biking, owners John Worth and Vince Jacob, have expanded the store to better accommodate that crowd – as well as the locals. Stop in and check out our new service area and expanded retail area.

John & Vince have degrees in outdoor recreation and business management from Lyndon State College, and they and their staff provide professional and personalized service, whether you're a seasoned pro or it's your first time out.



East Burke Sports

Rt. 114, East Burke, VT • 802-626-3215

OPEN 7 DAYS A WEEK

www.eastburkesports.com

"We got into this business so you could have as much fun in the outdoors as we do."

For 25 years East Burke Sports has specialized in sales, service and rental of outdoor recreation equipment with friendly service from folks who really use the things they sell.

Customers can be certain the skis, bike or any equipment they are buying or renting is right for the job because the



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www.josselyns.com

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THE PARKS FAMILY – Left to right, Boe Parks behind his grandfather Jon Parks, Tiffany Parks with her son Jon Allen to her right, Jon Parks Jr. with his son Hunter and wife Melissa Roscher and Gary Parks behind them.

OPEN HOUSE – MAY 17TH

A true family business...



Jon is a Lancaster native with more than 30 years of experience in maintaining and servicing all makes and models of tractors and implements for tractors. We also carry Gravely lawn mowers and Kioti tractors. Jon provides sales and service of new and used tractors and implements. Customer service is top priority for Jon. He wants all of his customers to leave happy, knowing they received the best deal and service possible!

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Reynold's Real Estate Appraisal Services is located in the same building. Annie Guyer and Nick Guyer also offer appraisal services and are certified to appraise land, homes, condos and 2 to 4 unit multi-family properties. The number to contact them for your appraisal needs is 802-626-9357.



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Sutton River Electrical

810 Red Village Road • Lyndonville, VT 05851

www.suttonriverelectrical.com

802-427-3152

Sutton River Electrical was founded in 1987 by Alec and Janis Henderson of Lyndonville, and is still considered a family business. The company was started with one truck, and over the years it has grown into a fleet of trucks and two companies. Sutton River Electrical started with just one man and now employs nine people. Sutton River Electrical services Northeastern Vermont and Northern New Hampshire.

Sutton River Electrical and Murphy Electric Service have a combined total of forty plus years of experience in the electrical contracting field. The two companies offer residential, commercial, and industrial services. They also offer an array of other services. One of those services is installing a standby power system.

There are many other services that are all listed on their website at:

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Left to right: Bill Chamberlin, Jay Henderson, Dwayne Smith, Alec Henderson (owner), Nick Nutter, and Wayne Payton.



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Kevin Knights: Owner

Kevin's Automotive owner, Kevin Knights, has been a mechanic for over 28 years. In 1999, he started his own business on Bay Street in St. Johnsbury. In 2001, the business was relocated to its present location at 51 Railroad Street. In August 2014, Kevin's Automotive will be celebrating their 15th anniversary.

Kevin's Automotive offers all general automotive repairs and diagnostics including

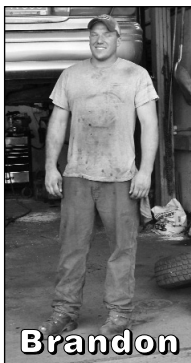
brakes, exhaust, tune-ups, suspensions and more. Along with Vermont state inspections, Kevin offers a wide selection of summer and winter tires.

Besides himself, Kevin employs one fulltime mechanic, Brandon Mitchell. As a small shop, they are able to offer reasonable rates, personal service, and more importantly honest and complete repair services to their large and still growing customer base.

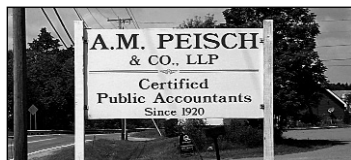
Kevin's Automotive is open Monday through Friday from 8:00 a.m. to 5:00 p.m. In his spare time Kevin enjoys hunting, fishing, snowmobiling, and loves riding his Harley.



Kevin



Brandon



St. Johnsbury Office: Anne Smith, Richard Lyon, Jayne Belanger, Bethany Bartlett, Willis Stearns, Misti Stevens, Kathleen Sullivan and Diane Holmes.

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A.M. Peisch & Company, LLP is a VT based CPA firm serving the business needs of individuals, corporations, and various agencies for over 94 years through its five offices located throughout VT. The St. Johnsbury office has been serving the local community and various industries for almost 30 years. In addition to the St. Johnsbury office, AMP maintains offices in Colchester, St. Albans, White River Junction, and Rutland. AMP is the third largest CPA firm in VT but is committed to maintaining its roots in the communities of its employees and the clients they serve. AMP provides comprehensive professional services to financial, industrial, commercial, and individual clients throughout Vermont, New Hampshire, Connecticut, and New York. AMP offers a broad spectrum of both traditional and non-traditional services including:

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Kate Cassady is the Executive Director and specializes in engineering, executive management, manufacturing, administration and medical placements. Her experience stems from being a certified career counselor, 20 years of human resource, recruiting, hiring and management, as well as 15+ years in the staffing industry. Staffing support also includes Brian Smith, Office Administrator.

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Left to right: Richard Barrett, Jennifer Barrett and Michael Barrett. (Missing: Kim Pantoni)

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Richard Barrett, along with his son Michael and daughter-in-law Jennifer, comprise the agency staff at Barrett Insurance. Each are licensed insurance producers in both Vermont and New Hampshire and pride themselves on getting to know their clients and providing the most efficient customer service. Also joining the agency is customer service representative Kim Pantoni.

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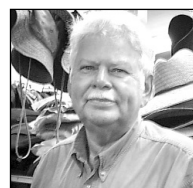
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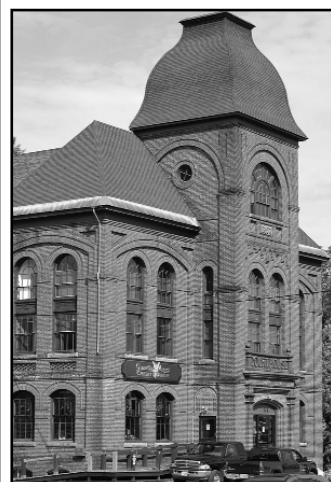
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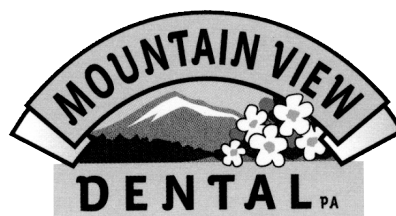
Cindy Bennett
Asst. Manager



Joanne Everleth
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Kayla Donnelly
Teller



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Mountain View Dental's doctors and staff are always looking for ways to keep their dentistry affordable yet technologically and clinically sound for their patients, as we know the economic climate of the north country.

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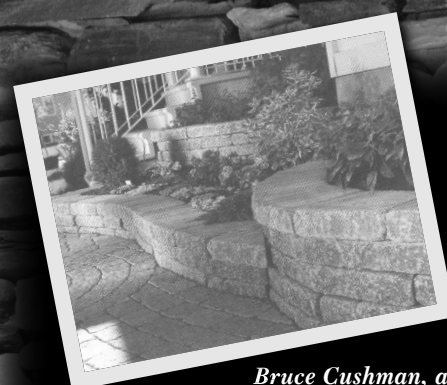
At the beginning of 2014, Mountain View Dental added 2 new dentists. Dr. Ramona L'Heureux, DMD, who is an Orthodontist and Dr. Beth Cowie, DDS, who is a General Practitioner with a skill set and experience for doing surgical extractions.

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Bruce, his wife Anna and son Jack enjoy baseball and sugaring in the spring.

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Bruce Cushman, 3rd Generation Mason
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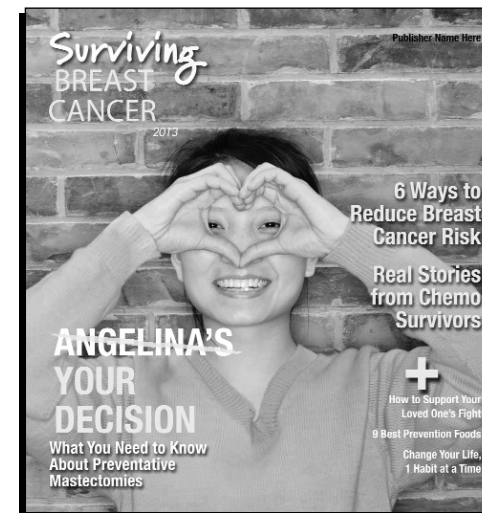
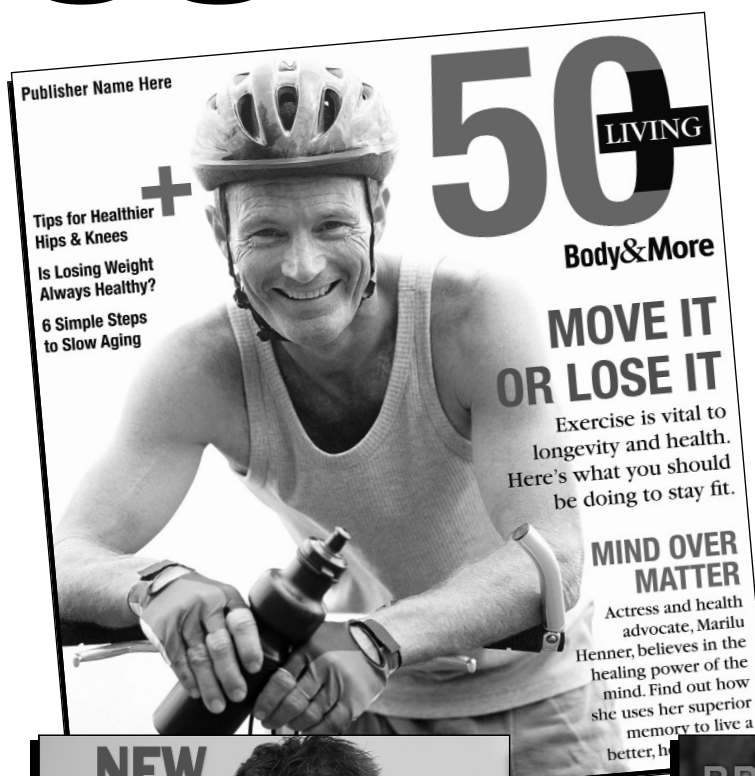
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None of us are immune from the effects of health and wellness issues, whether directly or through a family member or friend. Many need guidance for treatment, many need support services, advice or a change in lifestyle.

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Each section in the series listed below will be printed on 35# bright white stock and have extended distribution via The Caledonian-Record, Orleans County Record and the Littleton Record. In addition, ourhealthykingdom.com will launch with the start of the series. This website will include all content from the series in pdf and html format, as well as weekly feeds from Thursday's Health Beat feature.



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Carol Novick, the owner and president of Gauthier's Pharmacy, has been an area resident for the past 30 years and is very active in the community. She is a member of Business and Professional Women. She has received many awards for her involvement, including the 1995 U.S. Pharmacist/Searle Award for community service, the 1996 Woman of the Year award, presented by the New England Women Business Owners and the 1994 Woman of the Year award for both the St. Johnsbury and Vermont chapters of the Business and Professional Women Federation, and 2006 Daniel Stateman Distinguished Alumna Award of Schwartz College of Pharmacy, Long Island University.



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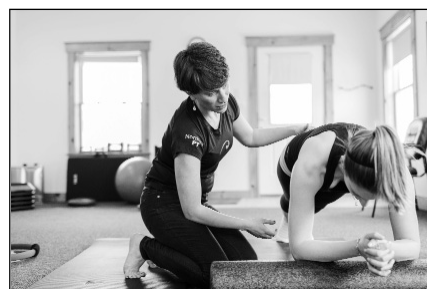
"Wow, this June we are celebrating 10 years in business. The journey has been amazing due to the support from the best community of people and physicians in the NEK and an amazing staff of individuals that are caring, professional, fun and passionate about helping others!"

We are going to celebrate our 10th anniversary this June and we will involve all of you, so be on the lookout for some fun activities that we will be hosting."



This past year we have expanded into a new building, yup right across the parking lot. We have opened a Women's Health & Wellness clinic under the leadership of Emily Michaud, D.P.T. that is aimed at offering women a private location that addresses women's health issues. We didn't stop there, we also added a Pilates program under the leadership of Jen Legacy-Gray, P.T., A.P.P.I. Jen is offering private or group Pilates sessions in our new Performance Center. Matt Breton, M.P.T., O.C.S., C.S.C.S., has created a Performance Program and is working with clients that have specific achievement goals and coming up with a plan on how to accomplish them in and out of a gym setting; such as running a marathon. Karey Lumbr, M.P.T. has also brought her expertise in pediatric PT skills to NPT; treating common pediatric issues to the more complex diagnosis. Our administrative staff; Randee, Chelsey, Fawn, and Amanda continue to develop ways to improve a patients experience from the time they are scheduled until they are discharged and are an integral part of making a patients experience top notch.

We have continued to look for ways to help the community with fundraising efforts. Our annual Peanut Butter & Jelly Challenge was an amazing success, thanks to the little competition that we had with the awesome ladies at Shear Sensations. Unfortunately, they never got to shave Ben's head. But this year if they win again, he's going bald, much to his wife's demise! Between the two efforts we had almost 1,000 jars! **Thank you for helping support our fundraising actions, without you it would not be possible!**



NPT has one goal in mind-to rehabilitate, treat, and educate the community on healthy living and wellness. Our patient's goals are our focus and it is our goal to get to the root cause of your painful symptoms and correct it so you can do more pain free.



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