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SILVER

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SILVER

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23 years of teaching humans to understand their dogs

■ **Best Dog Training:** Helen St. Pierre's passion for dogs has led her to multiple endeavors — [No Monkey Business](#) training facility in Concord; her nonprofit organization "Old Dogs Go to Helen" for aging animals; and co-authoring a book.

By Kathleen D. Bailey
Special to the Union Leader

WHAT'S THE BIGGEST MISTAKE people make when they bring home a new puppy? Helen St. Pierre groaned. "I could write a novel about that," she said. The condensed version: "People need to understand that puppies are not a blank slate," she said. "They need to understand what breed it is, what its needs are. You can't pick a puppy by the color of its coat. You need to proactively research it."

St. Pierre, founder and owner of No Monkey Business Dog Training LLC, does more than whisper to the canines she coaches. She'll analyze their breed, background and behavior to make the best choices for them and their humans. St. Pierre's facility is the Gold Winner for Best Dog Training in the New Hampshire Union Leader's 2025 Readers' Choice poll.

St. Pierre didn't grow up around dogs, or any pets, for that matter. Her father was an only child who didn't have pets, and her mother wasn't an animal lover. "We had one cat, and my father wasn't thrilled about it," she said.

St. Pierre was born in England, to an English father and American mother. When she moved to the U.S., she pursued a degree in fine arts. But another passion was waiting in the wings. "I started painting pet portraits on the side, for extra money," she said, relaxing in the waiting room at her Concord headquarters. "That was before we had cameras on phones, and I would take a photo of the dog and paint from that."

The young artist wanted more skill in how to get the dogs to pose, and she began researching different breeds and their characteristics. She fell in love with *canis lupus familiaris* (the scientific name for dog), and that was that. "I guess it was in my DNA," she said with a shrug.

She worked in vet clinics and doggie day cares throughout college, and she did receive that fine arts degree but never used it except to decorate her studio. "Dogs are my livelihood and my life," she said.

She worked for other people, then went into business for herself 23 years ago. The title "No Monkey Business" came from her British grandfather. "The name was born off the tip of my tongue," she said.

She's occupied five different facilities including the current one on Regional Drive in Concord, and she's been working in the Capital area 16 years.

Honing her skills

St. Pierre has taken advantage of all the training she could get and has a dizzying number of letters after her name. There's CDBC, Certified Dog Behavior Consultant, from the International Association of Behavioral Consultants. She's certified through the Certification Council for Professional Dog Trainers, or CCPD. She's also an OSCT, or Operation Socialization Certified Trainer. In addition, she's a licensed Family Dog Mediator.

"We train the dog in communication," she explained of the last item. "Our acronym is LEGS — Learning, Environment, Genetics and Self. It's not just, 'Sit down and stay.' We have to look at dogs as a whole."

Central to the concept, St. Pierre said, is the idea that dogs are captive animals living in our world. "It's not just, 'My dog has a problem and I need to fix it.' Is it a problem, or is it their natural behavior?"

She's also licensed with the Dogs and Storks and Dogs and Toddlers programs, she said. She teaches Dogs and Storks at Concord Hospital, helping new parents prepare their pet for the new arrival.

Know your breed

Can any dog be trained? St. Pierre shoots back, "It depends on what you mean by 'training.' Some breeds, like the herding breeds and the gun dog breeds, pick it up easily. They're specifically bred to obey orders." Other breeds are capable, but they don't pick it up as quickly, she said.

"They're not less intelligent, and they're not 'less than,'" she said. "We need to look at their original heritage."

St. Pierre has two personal dogs, whom she brings to work. There's Cabbage Patch, a nine-week-old St. Bernard puppy. Cabbage Patch is one of three St. Bernards that came to her as rescue dogs. One passed away, one was rehomed, and Cabbage Patch went home with the St. Pierres.

"She's a giant drooling marshmallow," St. Pierre said fondly.

While St. Bernards can be intimidating because of their size, "they're really so happy," she mused.

Three-year-old Corduroy is her other personal dog, and he is her therapy dog. She takes him to schools, including a recent Career Day at a local elementary school. Corduroy



KATHLEEN BAILEY

Helen St. Pierre, founder and owner of No Monkey Business Dog Training LLC, relaxes in her waiting room with her St. Bernard puppy, Cabbage Patch.

also helps to calm nervous dogs at the Regional Drive facility.

"He gets away with anything he wants because he works here," she said.

St. Pierre provides both group classes and private consultations. For classes she uses a large open room with stations for each dog and their human. Every dog and client has their own station, she said, and they all face in one direction. "If they don't see each other across the room, they're a lot less stressed," she pointed out.

She also has a separate en-

trance and two special bays for dogs who need "more distance or space," she said, adding, "the environment is set up so you and your dog will be successful."

Between classes and consultations, she estimated she sees 125 to 130 human/dog teams a week. She employs eight other trainers, who help with classes and consultations.

End-of-life care

But St. Pierre's day doesn't end when she locks the

See [No Monkey Business](#), Page T7

No Monkey Business

From Page T6

Concord facility. Her Epsom home is the base for “Old Dogs Go to Helen,” a nonprofit she started for aging animals. “It’s for displaced senior and hospice animals, not just dogs,” she said. “Our biggest goal is to keep them out of shelters. That’s no place for an old, dying dog.”

Right now the family hosts 15 senior hospice dogs. “The idea was birthed through my work,” she said. “I was always bringing dogs home. Senior dogs were being left behind.”

She also hosts senior goats, pigs and horses.

Her treatment is based on a course she teaches, “A Good Death,” where she advocates for quality of death as well as quality of life.

She is assisted in the hospice work by her husband, Jake, and daughters Grace, 14 and Eve, 7.

What’s next

St. Pierre has thought about franchising but decided against it. “I don’t want the quality of the service diluted,” she said. “We have small classes, we build relationships. I don’t want our clients to become a number.”

She has also thought

about formalizing and distributing her methods, but admitted, “I haven’t had the time.”

And while she hasn’t written that novel yet, she and a colleague, Kathy Callahan, have just finished a nonfiction book, “Old Dog, New Dog: Supporting Your Aging Best Friend and Welcoming a New One.” The book hit the shelves June 24.

“People kept asking me, ‘My dog is nearing the end of its life. Should I get a puppy?’”

St. Pierre had some thoughts on the subject. When she heard Callahan speak at a dog conference,

“I tackled her at the coffee break,” St. Pierre said. They agreed to collaborate. “I’m the section on the senior dog, she’s the section on puppies,” St. Pierre said.

In five years, St. Pierre hopes to be doing “exactly what I’m doing now.” She’ll keep up with current research and tweak her program if necessary. “As a dog trainer, if you’re still using the same formula you did 10 years ago, you’re not doing it right,” she observed. “The science is always changing.”

For more, call 603-856-7509 or visit nomonkey-businessdogtraining.com.



KATHLEEN BAILEY

Helen St. Pierre’s personal dogs, Cabbage Patch, left, and Corduroy, sit at attention at No Monkey Business, her dog training business in Concord. Cabbage Patch is a nine-week-old St. Bernard puppy, and Corduroy is a three-year-old therapy dog who goes to local schools with St. Pierre.

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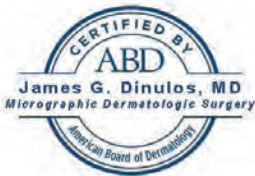


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- SILVER
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Stark Brewery and Distillery
- SILVER
Tamworth Distillery & Mercantile

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- SILVER
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- SILVER
Averill House Vineyard

WINE BAR

- GOLD
LaBelle Winery
- SILVER
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- SILVER
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Dance Visions Network
- SILVER
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Granite State Gymnastics
- SILVER
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MINIATURE GOLF

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Chuckster's
- SILVER
Mel's Funway Park

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Manchester Community Music School
- SILVER
Arts Academy of N.H. Music Program

RIDING STABLE

- GOLD
Different Drummer Farm
- SILVER
Chase Farm Riding Academy

SPORTS CAMP

- GOLD
The Granite YMCA
- SILVER
Camp on Wheels

SUMMER CAMP

- GOLD
Dimensions In Dance
- SILVER
Granite YMCA



PHOTO PROVIDED BY CHUCKSTER'S

The 13th hole is longest on the miniature golf course at **Chuckster's** in Chichester, this year's Gold Winner for Best Miniature Golf.

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TATTOO SHOP
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SILVER
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Prior to its early March opening, General Manager Eric Althaus and Director of Marketing Christine Latino gave a tour of the **The Nash Casino** at the site of the former Sears at Pheasant Lane Mall in Nashua. The Nash is this year's Gold Winner for Best Casino.

DAVID LANE/UNION LEADER
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'Greatest hits' like the honey twist keep folks coming back

■ **Best Bakery:** Nashua's **Crosby Bakery** opened in 1947, and each consecutive new owner has kept the regulars happy by keeping the favorites and adding new 'sophisticated' food.

By Kathleen D. Bailey
Special to the Union Leader

JEN STONE-GRIMALDI DOESN'T hesitate to name the most popular doughnut flavors at her business, Crosby Bakery in Nashua. It's "any flavor of jelly," and also something called the "Honey Twist." "It's our 'house doughnut,'" Stone-Grimaldi said. "It's a raised doughnut, twisted into a long shape, with icing across the top." How long has "Honey Twist" been on the menu?

Since the beginning of time, Stone-Grimaldi said.

The "beginning of time" for Crosby Bakery was 1947, when Eugene Crosby and his son Jacob opened the bakery on Temple Street. Stone-Grimaldi honors the history while making new memories, and dishes, for her customers. The bakery is

this year's Gold Winner for Best Bakery in the New Hampshire Union Leader's 2025 Readers' Choice poll.

Stone-Grimaldi was originally a cake decorator, and came on the Crosby staff in 2005. She immediately enjoyed the atmosphere. "It was a mom-and-pop place, offering real comfort food. The owners at the time gave me the freedom to do any kind of cake decorating I wanted." She was also impressed by the sense of community, she added. "There are so many regulars, I felt at home." She bought the business in 2018.

Since then, she said, "We've updated a lot of product. But we've kept our 'greatest hits.'" Some of the greatest hits go back generations, according to Stone-Grimaldi. It's not unusual for customers to see oatmeal raisin or date-filled cookies alongside the chocolate chip and sugar cookies. The vintage confections add to the traditional feel. "We're trying to keep these flavors alive," she said. The traditional sweets appeal to two demographics: seasoned customers who remember them from their childhood, and young adults who want to try something new. While she hasn't yet bought in to the "two-pound cookie" trend, she does sell some "pretty big" cookies, she added.

Previous owner Gale Cummings started offering lunches



KATHLEEN BAILEY

Jen Stone-Grimaldi, far right, with her baking staff at Crosby Bakery in Nashua, from left: John Williams, Kim Kaeding and Nathan Frank.

in the 1980s, and Stone-Grimaldi has expanded on that service. A recent weekly menu included Monday, Green Chicken Chili; Tuesday, Macaroni and Cheese; Wednesday, Turkey Avocado Club; Thursday, Cubano; and Friday, Thick Crust Pan Pizza. She's added items like the Cubano because "people have more sophisticated interests in food," she said. "They're looking for something they can't find

everywhere." The lunches are particularly popular with local working people.

She does a printed calendar, and noted that, "At the beginning of the month, the thing we hear most is, 'Where's the lunch menu?'"

The lasagna, pulled pork tacos and a sweet potato/chicken bowl are the most popular lunches, she said.

The Wednesday night dinners

are a Stone-Grimaldi innovation, and came right from her life. "I found myself working so much, I wished there was somewhere I could go to get a homemade-style dinner," she said.

But they're not just any dinners. A recent Wednesday night offering consisted of Chilled Lemon-Basil Chicken, Green

See **Crosby Bakery**, Page T17



KATHLEEN BAILEY

Lemon-filled doughnuts wait to be purchased at Crosby Bakery in Nashua.

"At the beginning of the month, the thing we hear most is, 'Where's the lunch menu?'"

JEN STONE-GRIMALDI

Owner of Crosby Bakery

Crosby Bakery

From Page T16

Goddess Bowtie Pasta Salad, Vienna Bread, a Raspberry Arnold Palmer for the beverage, and Strawberry Rhubarb Pie.

She gets her menu ideas from “everywhere. I read online, watch the Food Network, and I have a collection of vintage and modern cookbooks.”

Christmas and Thanksgiving are her busiest times, according to Stone-Grimaldi. At Thanksgiving it’s “so many pies.” The December holidays bring an increased demand for everything, but especially cookies.

“It is buzzing in here the week before Christmas,” she said. “We are incredibly busy.” But the holidays have turned out to be one of her favorite times of the year. “We have a good team, we have a lot of laughs. It makes the time go by faster.”

What do people like about Crosby Bakery? In addition to the pastries and

savories, Stone-Grimaldi said it’s the community feeling. “We know their names, we know their orders.”

Though her name is on the deed, it’s still a family business for the Stone-Grimaldis. Her husband is an accomplished photographer who does the photos on the bakery’s website. “People say, ‘I saw this picture and I had to come in,’” she said.

Her 13-year-old son Eli helps out at this point, sweeping floors and assembling boxes, but he has his eye on a real job. “He wants to wait till he’s 14 and can be on the payroll,” she said with a smile.

And to keep the family feeling, Jake Crosby, one of the original owners, stayed in the area and “visits all the time,” she said.

For more information, visit the bakery at 51 East Pearl St., call 882-1851, or visit crosbybakerynh.com.



KATHLEEN BAILEY

One of the pastry cases at Crosby Bakery in Nashua is ready for your order.

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Founders Academy
- SILVER
Microsociety Academy Charter School

PRIVATE ELEMENTARY SCHOOL

- GOLD
St. Benedict Academy
- SILVER
Green Valley School

PRIVATE HIGH SCHOOL

- GOLD
Trinity High School
- SILVER
Derryfield School

PRIVATE MIDDLE SCHOOL

- GOLD
St. Joseph Junior High School
- SILVER
Green Valley School

VOCATIONAL SCHOOL

- GOLD
Manchester School of Technology
- SILVER
The New Hampshire School of Mechanical Trades



DAVID LANE/UNION LEADER FILE PHOTO

Manchester School of Technology graduate Kianna Luciano smiles after receiving her diploma at SNHU Arena earlier this month. MST is this year's Gold Winner for Best Vocational School.



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- Scenic Scotland Signature Tour - Sept 30-Oct 12
- Maryland's Eastern Shore - October 19-24
- Veterans Day in Washington, DC - November 8-13
- A Magical Christmas feat. Longwood Gardens - Nov 20-24
- Christmas on the Rhine Cruise - November 28-December 9
- Newport Holiday - November 30-December 1
- Maine Holiday & the Portland Symphony - December 11-12

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- Providence Overnight featuring WICKED - March 11-12
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- Nantucket Daffodil Festival - April 24-26
- Midwest Explorer Signature Tour - April 27-May 6
- Cape May Getaway - May 3-6
- Ottawa Tulip Festival - May 13-16
- 1000 Islands Getaway - May 26-29
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FAMILY

READERS' CHOICE

ADVENTURE ATTRACTION

GOLD

Cog Railway

SILVER

Gunstock Adventure Park

AMUSEMENT PARK

GOLD

Canobie Lake Park

SILVER

Story Land

CAMPGROUND

GOLD

Friendly Beaver Campground

SILVER

Ferndale Acres Campground

FAMILY ATTRACTION

GOLD

Squam Lakes Science Center

SILVER

Canobie Lake Park

WATER PARK

GOLD

Water Country

SILVER

Whale's Tale Water Park



PHOTO PROVIDED BY CANOBIE LAKE PARK

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Consignment store finding instant success in Hooksett

■ **Best Thrift Store:** *All Seasons Resale Shop* sells items on consignment and offers concierge service options where items can be sorted and picked up from your home.

By Darrell Halen
Special to the Union Leader

ALTHOUGH ALL SEASONS RESALE SHOP has only been open since March, the Hooksett business has drawn its share of fans — it is the Gold Winner for Best Thrift Shop in the New Hampshire Union Leader's 2025 Readers' Choice poll.

"I was shocked," said owner Helena Mills while smiling and recalling the day the newspaper informed her of the win.

The store, located at 1100 Hooksett Road, Suite 108, specializes in consignment of clothing, furniture, décor and accessories.

The shop is stocked with a variety of items, including women's clothing of various sizes, custom jewelry, knick-knacks, handbags, paintings, books, toys, vases, plates, belts, paintings and more.

Two of the attention-drawing items for sale include an antique clock and an illuminated globe on a stand.

There is a dressing area and

Mills likes to note that the shop features an area for men — something not found in all thrift shops — featuring men's clothing and items that appeal to guys who like to spend time outdoors.

The shop is currently accepting spring and summer items from consignors and new inventory is received every day. Items are displayed for 60 days, and customers have seven days to retrieve those that didn't sell.

Making an appointment is required before bringing items to the store, and Mills wants people to text photos of their things before coming.

"We try to be exclusive on the items we pick," said Mills, who provides consignors with a one-page sheet listing accepted items, condition requirements, pricing and sales information, the drop-off process, liability information, the store's high-end handbag policy, and information about consignor accounts and payments.

Consignors receive 40 percent of the final sale price on most items.

The shop has been the source of some delightful finds for customers. Mills said one woman, from Maine, was thrilled to discover a hurricane lamp for sale that would match one she already owns.

Another woman discovered a piece of furniture featuring an image of pink flowers, featured on the shop's Facebook page, that was a nice fit for her office.

"We want people to feel like how businesses used to be back in the day," Mills said. "You visited a place and people knew you by their name. We want people to be comfortable here, not just to shop. We want to make friends in this place."

Mills, who is assisted by her husband, Brian, speaks Spanish fluently and is also a real estate agent at Coldwell Banker Classic Realty. One of the reasons for



DARRELL HALEN

Helena Mills is the owner of All Seasons Resale Shop, which just opened in March in Hooksett.

starting the business, she said, is because home sellers often have belongings they need to part with before moving.

Their business offers a VIP Concierge Service. Two packages are offered. The first package, for \$50, is an in-home pick-up of clothing items that will be accepted for consignment. Option 2, for \$150, is a two-hour VIP Concierge Service that includes sorting, separating and professional organizing.

The service is available to homes within a 30-mile radius.

It's ideal, Mills said, for people who live busy lives or have aging parents.

"We work hand-in-hand with these people," she said. "We want to know how we can effectively help them."

Her company also has a connection to someone who provides junk removal.

Another one of her services is home staging for people who want to put their home on the market. By taking out and put-

See *All Seasons Resale*, Page T23



DARRELL HALEN

All Seasons Resale Shop in Hooksett sells furniture and home decor items on consignment.

All Seasons Resale

From Page T22

ting in certain items, she said, she is able to make the house more inviting during open houses.

“When people are selling their house they are usually in need of organizing the home before it goes on the market,” Mills said. “We bring the items, we stage the place, make the place really nice.”

The couple has also started a nonprofit, Good Tidings, in which sale proceeds from dropped-off items can be used to financially support a local food pantry and other organizations. People are encouraged to ask the couple for more details.

“We live in Hooksett and we wanted to do

something different for our community,” Mills said.

The shop is open 10 a.m. to 6 p.m. Tuesday through Friday, and 10 a.m. to 4 p.m. on Saturdays. For consignors, call 603-854-2111 to make an appointment. The shop can also be contacted through its website, allseasonsnh.com.

“

“We want people to be comfortable here, not just to shop. We want to make friends in this place.”

HELENA MILLS

Owner of All Seasons Resale Shop



DARRELL HALEN

Designer handbags and women's clothing are sold on consignment at All Seasons Resale Shop.



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FOOD/RESTAURANTS

READERS' CHOICE

BAKERY

- GOLD Crosby's Bakery
- SILVER Frederick's Pastries

BANQUET/EVENT FACILITY

- GOLD Bedford Village Inn
- SILVER LaBelle Winery

BARBECUE

- GOLD KC's Rib Shack
- SILVER Goodie Coles

BREAKFAST RESTAURANT

- GOLD Tucker's
- SILVER Belmont Hall

BURGER

- GOLD Tuckaway Tavern
- SILVER New England's Tap House Grille

BUSINESS LUNCH

- GOLD Copper Door
- SILVER Puritan Back Room

BUTCHER SHOP

- GOLD Mr. Steer Meats
- SILVER Tuckaway Tavern

CANDY SHOP

- GOLD Lickee's & Chewy's Candies & Creamery
- SILVER Van Otis Chocolates

CATERING

- GOLD Puritan Backroom
- SILVER Comman Man



JASON SCHRIEBER/UNION LEADER FILE PHOTO

Rosalyn Caza arranges some flowers for sale at **LaValley Farms** in Hooksett in May. LaValley is this year's Silver Winner for Best Farmers Market.

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DAVID LANE/UNION LEADER FILE PHOTO
A customer reaches out to receive a beverage order at **Aroma Joe's** in Hooksett, this year's Gold Winner for Best Coffee Shop.

FOOD/RESTAURANTS

..... READERS' CHOICE

- CHICKEN TENDERS

GOLD

Puritan Backroom

SILVER

Goldenrod Restaurant
- CHICKEN WINGS

GOLD

Stark House Tavern

SILVER

Tuckaway Tavern
- CHINESE RESTAURANT

GOLD

Asian Breeze

SILVER

Chen's Garden
- COFFEE SHOP

GOLD

Aroma Joe's

SILVER

Flight Coffee
- DESSERT SPOT

GOLD

Hayward's Ice Cream

SILVER

Frederick's Pastries
- DONUTS

GOLD

Brothers Donuts & Deli Shop

SILVER

Klemm's Bakery
- FAMILY RESTAURANT

GOLD

Tuckaway Tavern

SILVER

Ollie's Restauarnt
- FARMERS MARKET

GOLD

Candia Farmers Market

SILVER

LaValley Farms
- FINE DINING RESTAURANT

GOLD

Bedford Village Inn

SILVER

Villagio



FOOD/RESTAURANTS

READERS' CHOICE

GOURMET GROCERY STORE

GOLD
Angela's Pasta and Cheese Shop
SILVER
Tuscan Marketplace

GREEK RESTAURANT

GOLD
Fotia Greek Taverna
SILVER
Ya Mas Greek Taverna & Bar

GROCERY

GOLD
Hannaford
SILVER
Market Basket

HEALTHY FOOD RESTAURANT

GOLD
Pressed Cafe
SILVER
Tucker's

ICE CREAM STAND

GOLD
Goldenrods
SILVER
Haywards

INDIAN RESTAURANT

GOLD
Kashmir
SILVER
Taj India

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SILVER
Trattoria Fondi at the Grand
at Bedford Village Inn

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GOLD
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SILVER
Masa

LATE-NIGHT EATS

GOLD
Red Arrow Diner
SILVER
Industry East

MEXICAN RESTAURANT

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SILVER
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SILVER
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JENNIFER LORD

Wrap City, with several chain locations across New Hampshire, is this year’s Silver Winner for Best Sandwiches & Subs. The company’s chips — served as a side with each sandwich or wrap — have become so popular they’re now sold in grocery and convenience stores.

FOOD/RESTAURANTS

..... READERS' CHOICE

- | | |
|---|--|
| <p>PIZZA SHOP</p> <p>GOLD</p> <p>Vintage Pizza</p> <p>SILVER</p> <p>900 Degrees Neapolitan Pizzeria</p> | <p>SANDWICHES & SUBS</p> <p>GOLD</p> <p>Nadeau’s</p> <p>SILVER</p> <p>Wrap City</p> |
| <p>BRUNCH</p> <p>GOLD</p> <p>Tuckers</p> <p>SILVER</p> <p>The Foundry</p> | <p>SEAFOOD RESTAURANT</p> <p>GOLD</p> <p>Brown’s Lobster Pound</p> <p>SILVER</p> <p>Surf</p> |
| <p>PUB FOOD</p> <p>GOLD</p> <p>New England’s Tap House Grille</p> <p>SILVER</p> <p>Backyard Brewery and Kitchen</p> | <p>STEAK HOUSE</p> <p>GOLD</p> <p>Hanover Street Chophouse</p> <p>SILVER</p> <p>Buckley’s Great Steaks</p> |
| <p>ROMANTIC RESTAURANT</p> <p>GOLD</p> <p>Bedford Village Inn</p> <p>SILVER</p> <p>Hanover Street Chophouse</p> | <p>SUSHI</p> <p>GOLD</p> <p>Chen’s Garden</p> <p>SILVER</p> <p>Surf</p> |



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HEALTH CLUBS & GYMS

READERS' CHOICE

BOXING GYM

- GOLD
The Athletic Way
- SILVER
9 Round of Hooksett

CROSS FIT GYM

- GOLD
Dynamic Strength & Conditioning
- SILVER
CrossFit NH

FITNESS CIRCUIT GYM

- GOLD
Dynamic Strength & Conditioning
- SILVER
CrossFit NH

GYM

- GOLD
Dynamic Strength & Conditioning
- SILVER
The Athletic Way

INDOOR CYCLING STUDIO

- GOLD
Granite YMCA
- SILVER
FortCycle

WEIGHT LOSS CLINIC

- GOLD
CMC - New England Weight Management Institute
- SILVER
Get Fit NH

YOGA STUDIO

- GOLD
Hot Yoga Manchester
- SILVER
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JENNIFER LORD

In the Health Clubs & Gyms category, **9 Round of Hooksett** is this year's Silver Winner for Best Boxing Gym.

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'Being healthy and fit makes everything better'

■ **Best Gym:** When life gets busy and people lose their fitness focus, **The Athletic Way** helps clients get back into the best shape of their lives.

By Robert Levey
Special to the Union Leader

Although The Athletic Way (TAW) in Bedford may be small, owner Kyle Arsenault credits an "amazing community" for helping his facility become the Silver Winner for Best Gym in the New Hampshire Union Leader's 2025 Readers' Choice poll.

"I would like to say thank you to all of those who voted for The Athletic Way," he said. "I truly appreciate each and every one of you. You are the ones who push us to continue to be great for you

all, and we look forward to continuing this journey with you."

This journey at TAW is one of mutual support in pursuit "of greater health and fitness and changing our lives," Arsenault said.

"Winning silver also provides me with even more continued motivation to do even more directly for our TAW community and also the local community at large," he added.

Arsenault's vision has led to rapid growth, as TAW opened in August of 2017 at Brian Looney's facility (The Advanced Injury

Treatment Center) in Bedford before moving in 2018 and then to its current facility in 2019. "Since then, we've expanded our current space twice and now can help as many people as possible before our next phase," he said.

His particular focus is on helping people over 35 reach their fitness goals. "Unfortunately, life gets pretty crazy for most of us in our mid-20s and early 30s — all good stuff, but crazy," he said. "Stack that on top of the overuse injuries that many of us run into, especially if we've tried to get fit without proper programming and coaching, and we have a recipe for decreased health and fitness."

He said this "recipe" results

in a lack of confidence, loss of identity for many, and a decrease in life enjoyment. "This personally happened to me," said Arsenault, adding that his own experience serves as his motivation.

When asked what he enjoys most about his work, he said he particularly loves receiving messages from their athletes — everyone at TAW is considered an athlete — about how their lives have changed. "This would have to be the most rewarding part of the job," he said.

For anyone unsure about joining TAW, Arsenault said he and his staff work hard to customize the TAW experience to suit individual preferences and needs. "This is so they can achieve optimal results without

the fear of aches, pains, or injuries that can result from typical, generalized classes," he noted.

These optimal results position health and fitness as the foundation for "a great and long life." "Being healthy and fit makes everything better," said Arsenault, who is currently offering a free success session for anyone interested in the TAW experience.

"We will run through our specific movement analysis, developed with my years in the physical therapy world, and then complete an introduction training session," he added.

To sign up for this session, contact Arsenault at kyle@theathleticway.com or 978-300-6339. To learn more about TAW, visit theathleticway.com.

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BRITTANY GRIMES/UNION LEADER FILE PHOTO

Madison DeGust, left, and Latesha Girard pose with Jace Troie, a member of the 2025 Class of 40 Under Forty, after last year's awards ceremony at the Capitol Center for the Arts in Concord.

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GOLD AWARD

- Hospital
- Cardiac Care
- Childbirth Facility
- Emergency Care
- Urgent Care Facility
- Weight Loss Clinic

SILVER AWARD

- Cancer Care
- Doctor's Office
- Pediatric Office

HOTEL/TRAVEL

READERS' CHOICE

B&B / INN

GOLD

Bedford Village Inn

SILVER

The Common Man Inn & Spa

BUSINESS STAY HOTEL

GOLD

Bedford Village Inn

SILVER

Marriott

RESORT GETAWAY

GOLD

Omni Mount Washington Resort

SILVER

Owl's Nest Resort

TRAVEL ADVISOR/AGENCY

GOLD

Terrapin Tours

SILVER

Absolutely Love Travel



JENNIFER LORD

The **Bedford Village Inn** is a double Gold Winner this year in the Hotel/Travel category, for Best B&B/Inn and Best Business Stay Hotel.

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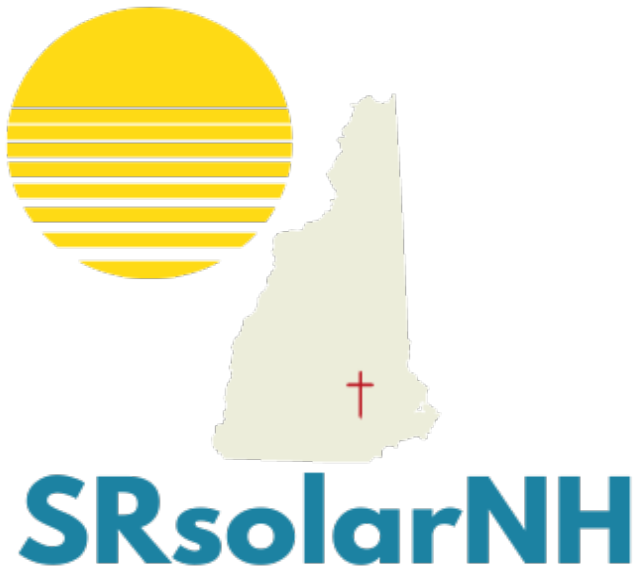
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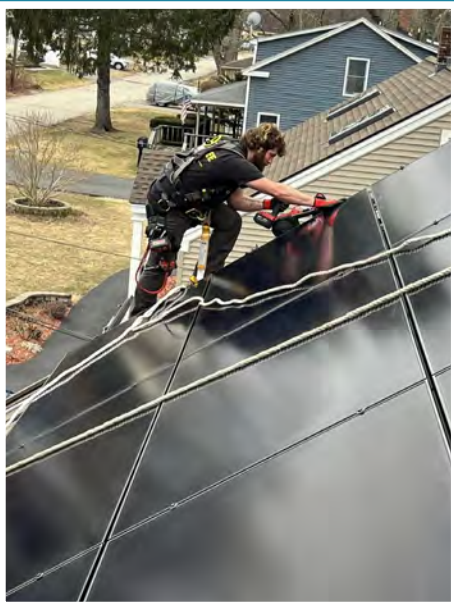
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LIFESTYLE ACTIVITIES

READERS' CHOICE

19TH HOLE

GOLD
1759 Grille at Pembroke Pines
SILVER
Derryfield Country Club

BOWLING ALLEY

GOLD
Lakeside Lanes
SILVER
King Bowling Lanes

GOLF EQUIPMENT RETAILER

GOLD
Golf & Ski Warehouse
SILVER
MonkeySports Superstore

GROUP ACTIVITY

GOLD
Terrapin Tours
SILVER
Fisher Cats Baseball Game

Read "Our Gourmet" review

"Our Gourmet" is a restaurant review featured in the New Hampshire Union Leader's Flavors section on Wednesdays. "Our Gourmet" reviewed the 1759 Grille in March of 2024. Visit unionleader.com to read the review.



UNION LEADER FILE PHOTO

The deck at the 1759 Grille at Pembroke Pines golf course is a popular spot for dining and drinks in the summer. The 1759 Grille is this year's Gold Winner for Best 19th Hole.



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LIFESTYLE ACTIVITIES

READERS' CHOICE

INDOOR SPORTS FACILITY
GOLD
Seth Dichard Golf Centers
SILVER
The Hampshire Dome

MARINA
GOLD
Akwa Marina
SILVER
Winnisquam Marina

POWER SPORTS DEALER
GOLD
HK Powersports
SILVER
Naults Powersports

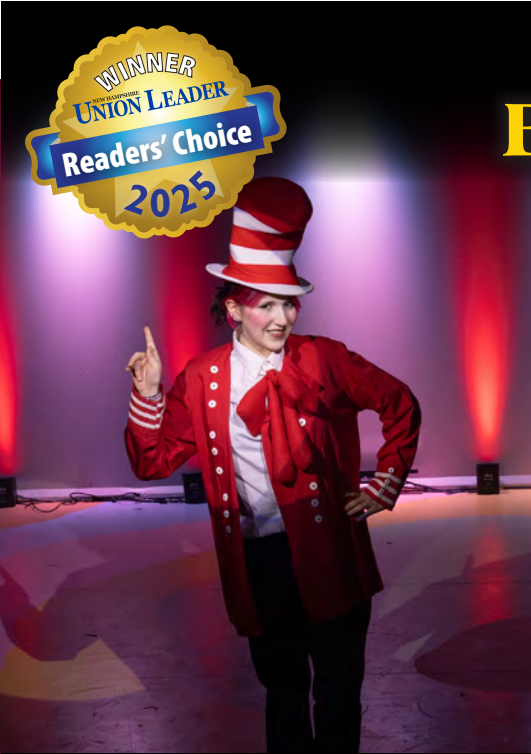
PRIVATE GOLF COURSE
GOLD
Manchester Country Club
SILVER
Wentworth by the Sea

PUBLIC GOLF COURSE
GOLD
Pembroke Pines
SILVER
Amherst Country Club & Ponemah Green
Family Golf Center

RV DEALER
GOLD
Cold Springs RV
SILVER
Camping World of New Hampshire

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GOLD
Naults Powersports
SILVER
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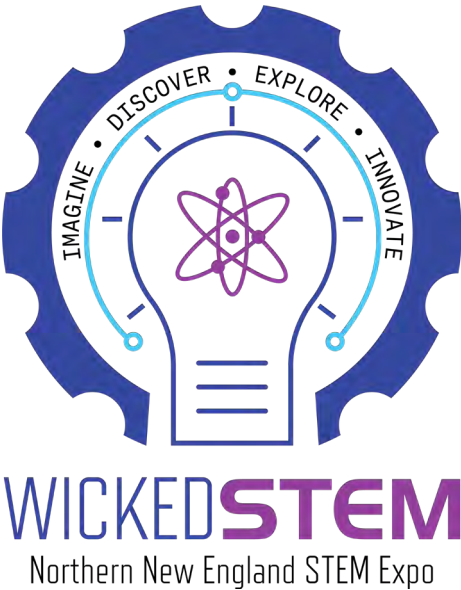
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SAVE THE DATE

Wicked STEM Expo set for Sept. 20



STEM companies from around the Northeast will convene at the 2025 Wicked STEM Northern New England STEM Expo to showcase their products, provide hands-on STEM activities, and network with the future workforce.

This year's expo will take place from 11 a.m. to 5 p.m. on Saturday, Sept. 20, at the Southern New Hampshire University's main campus Athletic Complex on North River Road in Manchester.

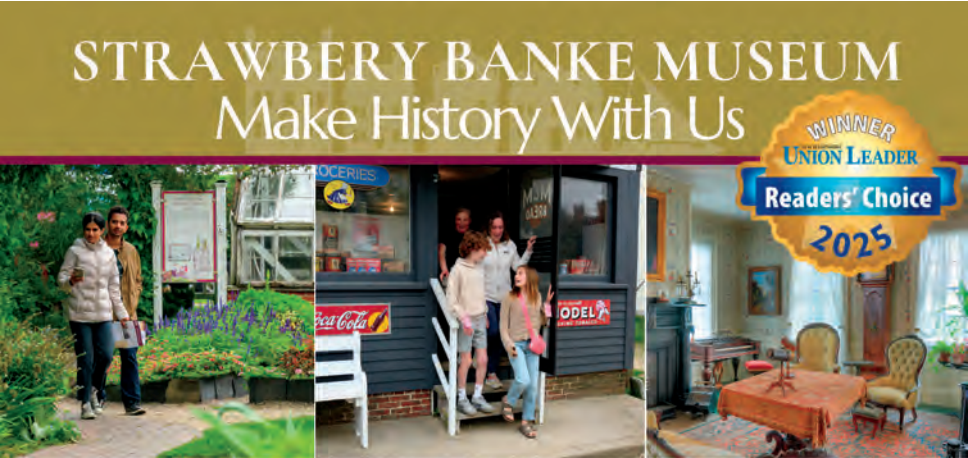
This will be the New Hampshire Union Leader's fourth year hosting the expo, and the list of exhibitors and attendees has grown every year.

For more details, including a list of speakers and attractions, visit wick-edstem.com



Hollis Stoller of Bedford tries to avoid a doglike robot named "Boxy" at the 2024 Wicked STEM Expo at the Hampshire Dome in Milford.

JODIE ANDRUSKEVICH/
UNION LEADER
FILE



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12

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- Peter M. Eyvazzadeh, MD
- Thomas A. Fortney, MD
- Andrew T. Garber, MD
- Douglas M. Goumas, MD
- Robert J. Heaps, MD
- Kathleen A. Hogan, MD
- Heather C. Killie, MD
- Christian M. Klare, MD
- Lance R. Macey, MD
- Marc J. Michaud, MD
- Dinakar S. Murthi, MD
- Gregory W. Soghikian, MD
- Steve I. Strapko, MD
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- Matthew W. Wilkening, MD
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MEDICAL

READERS' CHOICE

- CANCER CARE
 GOLD
 Solinsky Center for Cancer Care at the Elliot
 SILVER
 CMC Breast Care Center
 CARDIAC CARE
 GOLD
 CMC New England Heart & Vascular Institute
 SILVER
 Elliot Hospital Cardiology
 CHILDBIRTH FACILITY
 GOLD
 CMC Mom's Place and NICU & Family Suites
 SILVER
 Elliot Hospital

- CHIROPRACTOR
 GOLD
 Precision Chiropractic
 SILVER
 New Hampshire Spine & Sport
 DENTIST
 GOLD
 Dressler Family Dental
 SILVER
 Fromuth and Langlois Dental
 DERMATOLOGIST
 GOLD
 Seacoast Dermatology
 SILVER
 Optima Dermatology



PHOTO PROVIDED BY CATHOLIC MEDICAL CENTER

Catholic Medical Center in Manchester performed a procedure using the Evolut FX+ TAVR valve replacement technology in 2024. CMC's New England Heart & Vascular Institute is this year's Gold Winner for Best Cardiac Care.

The Masiello Group won the Silver Award for

BEST REAL ESTATE BROKERAGE



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2025

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Readers' Choice
2025

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REAL ESTATE

THE MASIELLO GROUP

THE VAILLANCOURT TEAM

MEDICAL

READERS' CHOICE

DOCTOR'S OFFICE

GOLD
Elliot Family Medicine
SILVER
CMC Primary Care

EMERGENCY CARE

GOLD
Catholic Medical Center
SILVER
Elliot Hospital

HOSPITAL

GOLD
Catholic Medical Center
SILVER
Elliot Hospital

OPHTHALMOLOGIST

GOLD
Medical Eye Center
SILVER
N.H. Eye Associates

ORTHODONTIST

GOLD
Lindner Dental
SILVER
Moin Orthodontics

ORTHOPEDIC OFFICE

GOLD
New Hampshire Orthopedic Center
SILVER
Concord Orthopedics

PEDIATRIC OFFICE

GOLD
Elliot Pediatric Services
SILVER
CMC Bedford Center Internal Medicine & Pediatrics

PHYSICAL THERAPY CENTER

GOLD
Apple Therapy Services
SILVER
Granite State Physical Therapy

URGENT CARE FACILITY

GOLD
CMC Urgent Care
SILVER
Elliot Urgent Care



DAVID LANE/UNION LEADER FILE PHOTO

Dr. Matthew Dayno, emergency and ambulatory medicine doctor at Elliot Hospital, conducts a video call with a fellow hospital employee to demonstrate what a virtual emergency call would look like. **Elliot Urgent Care** is this year's Silver Winner for Best Urgent Care Facility.



Thank you for voting us the **GOLD** winner in the Automotive category for Tires in the 2025 Union Leader Readers' Choice awards.



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25 Fox Run Rd.
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(603) 298-0423

Claremont, NH
367 Washington St.
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RESIDENTIAL HOMES & SERVICES

READERS' CHOICE

▶ CARPET CLEANER

GOLD
Steam Kings
SILVER
Ace Carpet & Upholstery

▶ ELECTRICIAN

GOLD
A.J. LeBlanc Heating, A/C, Plumbing & Electrical
SILVER
Mister Sparky of Southeast New Hampshire

▶ FENCING COMPANY

GOLD
American Fences, Inc.
SILVER
Gate City Fence

▶ GENERAL CONTRACTOR - REMODELING

GOLD
Crossroads Contracting
SILVER
Liberty Hill Construction

▶ GENERATOR COMPANY

GOLD
A.J. LeBlanc Heating, A/C, Plumbing & Electrical
SILVER
NH Generator Installers

▶ GUTTER SERVICE

GOLD
JP Gutters Plus
SILVER
Affordable Gutter Guy

▶ HANDYMAN SERVICE

GOLD
Ace Handyman Services
SILVER
NH Total Home Care

▶ HVAC REPLACEMENT/REPAIR

GOLD
A.J. LeBlanc Heating, A/C, Plumbing & Electrical
SILVER
Ethical Home Pro

▶ INTERIOR DESIGN

GOLD
Goedecke Paint, Flooring & Design Center
SILVER
Upstairs Downstairs Interior Design

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Readers' Choice
2025

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within the "same as cash" period

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RESIDENTIAL HOMES & SERVICES

..... READERS' CHOICE

► JUNK REMOVAL COMPANY

GOLD
Purmore Disposal
SILVER
Trash Can Willy

► KITCHEN & BATH REMODELER

GOLD
Goedecke Paint, Flooring & Design Center
SILVER
Re-Bath

► LANDSCAPER

GOLD
Morin Landscaping
SILVER
Springlook Farms and Landscaping

► LOCAL HARDWARE STORE

GOLD
Aubin Ace Hardware, Goffstown
SILVER
Ace Hardware and Queen City Paint

► MOVERS

GOLD
Bridges Bros Movers
SILVER
Starving Artists

► BUILDER

GOLD
Lamontagne Builders
SILVER
Chinburg Development

► OIL AND PROPANE DELIVERY

GOLD
Palmer Gas and Oil
SILVER
Eastern Propane

► OUTDOOR LIVING

GOLD
Blue Dolphin Pools & Spas
SILVER
Paquette Pools & Spas

► PEST CONTROL COMPANY

GOLD
Modern Pest
SILVER
Greater NH Pest Control

► PLUMBER

GOLD
A.J. LeBlanc Heating, A/C, Plumbing & Electrical
SILVER
Heritage Home Service

► REAL ESTATE AGENT/TEAM

GOLD
The Vaillancourt Team - Jill and Scott
SILVER
Dawn Harmon eXp Realty



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TREATMENT



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PORTSMOUTH, NH | SALEM, NH | STRATHAM, NH

RESIDENTIAL HOMES & SERVICES

READERS' CHOICE

REAL ESTATE BROKERAGE

- GOLD
eXp Realty
- SILVER
Better Homes and Gardens
The Masiello Group

ROOFING CONTRACTOR

- GOLD
DeFrancesco Quality Roofing
- SILVER
Queen City Roofing

SIDING SERVICES

- GOLD
DeFrancesco Quality Roofing
- SILVER
C. Gosselin Siding & Windows

SOLAR COMPANY

- GOLD
Sunup Solar
- SILVER
SRsolarNH

SPAS & HOT TUBS

- GOLD
Blue Dolphin Pools & Spas
- SILVER
Paquette Pools & Spas

TILE STORE

- GOLD
Goedecke Paint, Flooring & Design Center
- SILVER
Artistic Tile

TREE SERVICE

- GOLD
Accurate Tree Service
- SILVER
Barlett Tree Service

WINDOW & DOOR REPLACEMENT

- GOLD
Raynor Door
- SILVER
DeFrancesco Quality Roofing



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SENIOR LIVING

READERS' CHOICE

55+ LIVING COMMUNITY

GOLD
John H. Whitaker Place
SILVER
The Arbors of Bedford

ASSISTED LIVING FACILITIES

GOLD
The Arbors of Bedford
SILVER
John H. Whitaker Place

HOME HEALTH CARE SERVICE

GOLD
Visiting Angels
SILVER
Home Health & Hospice

NURSING HOME

GOLD
Hanover Hill Health Care Center
SILVER
Bedford Nursing & Rehabilitation Center



JENNIFER LORD

The Arbors of Bedford is this year's Gold Winner for Best Assisted Living Facility and Silver Winner for Best 55+ Living Community.

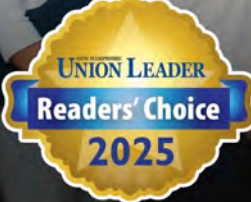
YOUR HEALTH

The New Hampshire Union Leader publishes a "Your Health" section every Tuesday, featuring both local and national health news coverage. Visit unionleader.com to check out the content.



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WINNER
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Readers' Choice
2025

BEDFORD VILLAGE INN

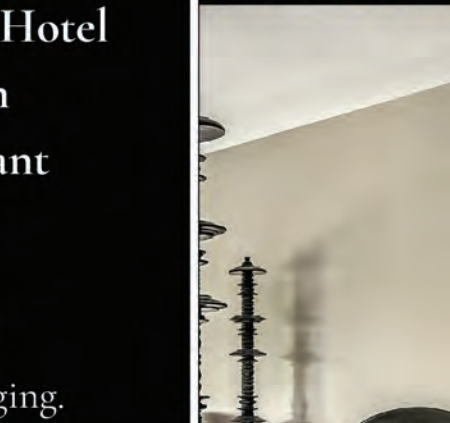
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#1 Best NH Wedding Venue	#1 Best NH Business Stay Hotel
#1 Best Banquet/Event Facility	#1 Best NH B&B/Inn
#1 Best Fine Dining Restaurant	#2 Best Italian Restaurant
#1 Best Romantic Restaurant	#2 Best Wine Bar

THANK YOU FOR YOUR CONTINUED SUPPORT!

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SERVICES

READERS' CHOICE

COMPUTER REPAIR

GOLD
Best Buy
SILVER
Grolen Computers

DRY CLEANERS

GOLD
Cleary Cleaners
SILVER
E&R Laundry & Dry Cleaners

FUNERAL HOME

GOLD
Roan Family Funeral Home
SILVER
Bryant Funeral Home

INSURANCE OFFICE

GOLD
The Wicks Denniston Agency
SILVER
Barrett Insurance

LEGAL SERVICE

GOLD
Bernstein Shur
SILVER
Backus Meyer & Branch

TAX PREPARERS

GOLD
Rhodes Accounting and Tax Service
SILVER
Karr & Boucher



JENNIFER LORD

Roan Family Funeral Home in Pembroke is this year's Gold Winner for Best Funeral Home.



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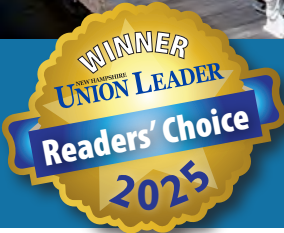


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READERS' CHOICE

DOG BOARDING

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Hollywood Hounds
SILVER
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DOG DAYCARE

GOLD
Hollywood Hounds
SILVER
All Dogs Gym

DOG TRAINING

GOLD
No Monkey Business
SILVER
All Dogs Gym

VETERINARIAN

GOLD
Town & Country Animal Hospital
SILVER
Ark Animal Homecare

PET GROOMING

GOLD
Hollywood Hounds
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READERS' CHOICE

ANTIQUE DEALER
GOLD
All Seasons Resale Shop
SILVER
Antiques on Elm

APPLIANCE STORE
GOLD
Baron's Major Appliances
SILVER
State Street Discount

BICYCLE DEALER
GOLD
The Bike Barn
SILVER
Brett's Bike Shop

BOOKSTORE
GOLD
Balin Books
SILVER
Wonderland Books and Toys



Balin Books in Nashua hosted a musical guest on Independent Bookstore Day in 2024. Balin Books is this year's Gold Winner for Best Bookstore.

ALLEGRA BOVERMAN/UNION LEADER FILE

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SHOPPING

READERS' CHOICE

CBD SHOP

- GOLD
Your CBD
- SILVER
Nature's Pure CBD

CHILDREN'S CLOTHING STORE

- GOLD
Lots for Tots
- SILVER
Puddlejumpers

CIGAR SHOP

- GOLD
Tobacco Haven
- SILVER
Castro's Back Room

EYEWEAR/VISION STORE

- GOLD
Advanced Eyecare
- SILVER
Manchester-Bedford Eye Care

FINE JEWELRY

- GOLD
Bellman's Jewelers
- SILVER
Tates Gallery

FIREARMS STORES/RANGES

- GOLD
Shooter's Outpost
- SILVER
Manchester Firing Line

FIREWORKS SHOP

- GOLD
Atlas Fireworks
- SILVER
Noise "R" Us Fireworks

FLOORING STORE

- GOLD
Creative Vision Flooring Design
- SILVER
Cyr Lumber

FURNITURE STORE

- GOLD
Fallon's Furniture
- SILVER
Endicott Furniture Co.

GARDEN CENTER OR NURSERY

- GOLD
Demers Garden Center
- SILVER
Devriendt Farm





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SHOPPING

READERS' CHOICE

- ▶ MEN'S CLOTHING STORE
SILVER
George's Apparel
SILVER
Fishtoes
- ▶ MUSICAL INSTRUMENTS
GOLD
Manchester Music Mill
SILVER
Indie Music
- ▶ OUTLET SHOPPING
GOLD
Merrimack Premium Outlets
SILVER
Settlers Green

- ▶ SHOE STORE
GOLD
Alec's Shoes
SILVER
Fleet Feet
- ▶ SPECIALTY SHOP
GOLD
Night Owl Quilting Studio
SILVER
Taste and Art of Greece
- ▶ SPORTING GOODS STORE
GOLD
Runners Alley
SILVER
Eastern Mountain Sports

- ▶ THRIFT STORE
GOLD
All Seasons Resale Shop
SILVER
Corey's Closet
- ▶ VAPE SHOP
GOLD
Tobacco Haven
SILVER
Al's Discount Tobacco
- ▶ WOMEN'S BOUTIQUE
GOLD
Peridot
SILVER
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THOMAS ROY/UNION LEADER FILE
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THEATERS

READERS' CHOICE

- CONCERT VENUE

GOLD
Bank of NH Pavilion

SILVER
Palace Theatre

LIVE COMEDY VENUE

GOLD
Headliners Comedy Shows

SILVER
Capitol Center for the Arts
- LIVE THEATER VENUE

GOLD
Cue Zero Theatre Company

SILVER
Palace Theatre

MOVIE THEATER

GOLD
Chunky's Cinema Pub

SILVER
Milford Drive-In Theater

NH WEEKEND

Looking for concerts to attend or other live entertainment options this summer? Check out the New Hampshire Union Leader's NH Weekend section every Thursday.



PHOTO PROVIDED BY BANK OF NH PAVILION

Bank of NH Pavilion in Gilford is this year's Gold Winner for Best Concert Venue.

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Readers' Choice
2025

WINNER
UNION LEADER
Readers' Choice
2024

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Readers' Choice
2023

WINNER
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2022

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2022

WINNER
UNION LEADER
Readers' Choice
2021

WINNER
UNION LEADER
Readers' Choice
2020

WINNER
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2019

WINNER
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Readers' Choice
2018

WINNER
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Readers' Choice
2017

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WEDDINGS

READERS' CHOICE

FLORIST

GOLD
Chalifour's Flowers
SILVER
Flora Bella

LIMO SERVICE

GOLD
Grace Limousine & Shuttle
SILVER
Executive Sedan & Limousine

WEDDING VENUE

GOLD
Bedford Village Inn
SILVER
LaBelle Winery Event Center

TUXEDO SHOP

GOLD
George's Apparel
SILVER
Madeleine's Tuxedo

WEDDING CAKES

GOLD
Chickadee Hill Cakes
SILVER
Jacques Fine European Pastries

WEDDING DRESS RETAILER

GOLD
Modern Bride
SILVER
Arnaldo Joseph

WEDDING PHOTOGRAPHER

GOLD
A Photographic Memory
SILVER
Eric McAllister Photography

WEDDING PLANNER

GOLD
Inked Events
SILVER
Planned Perfectly

WEDDING RINGS RETAILER

GOLD
Bellman's Jewelers
SILVER
Tates Gallery



JODIE ANDRUSKEVIC/UNION LEADER FILE

Floral designer Lisa Monterrosa was busy making a huge arrangement of roses on Valentine's Day at **Chalifour's Flowers** in Manchester. Chalifour's in this year's Gold Winner for Best Florist.

Bedford Nursing & Rehabilitation

BNRC

CENTER

We are proud to receive our sixth Readers' Choice award!

A heartfelt thank you to all the readers that voted for us and a special thank you to our exceptional staff whose hard work made this award possible.

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Readers' Choice

2025

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