

# NEIL STONE'S KARATE ACADEMY

# 上地流

THE STUDY OF UECHI-RYU KARATE

空手術  
研究  
所  
教師 上地 完文

## COMMUNITY BUSINESS CATALOG

*"We are committed to making our Academy a place where students can count on positive reinforcement, guidance, and friendly faces for support day after day, and year after year. To that end we present this NSKA Community Business Catalog for your consideration. Please patronize the services provided by the members included in this catalog. Your support and purchases mean a lot in helping grow their businesses and in return many have extended special discounts on their products and services for NSKA members." - Neil Stone*

If your business is not yet listed here and you would like to have it included please submit the following information to us-

- Your Name
- Your Business Name
- Contact information: Phone, Location, Email, Web site
- A brief overview of your business and services or products you provide
- Any discounts you would like to extend to NSKA members along with a coupon code for your Web site if applicable. You may scan your business card or send a link to your company's Web site.



NSKA COMMUNITY BUSINESS CATALOG



**Commercial & Residential  
Professional Cleaning Services**

**Fire & Water - Cleanup & Restoration™**

**Michael McCarthy**

**servpro\_mike@yahoo.com**

**978-852-2704**

**SERVPRO of Chelmsford/Westford**

212 Willard Street  
Leominster, MA 01453

978-256-4225  
**800-464-4881**

**SERVPRO of Fitchburg/Leominster**

978-537-1500

**SERVPRO of South Worcester**

508-757-7885

*Independently Owned and Operated*

Like it never happened. ©



- **Accounting & Tax Services**
- **Business & Individual**

# **Catherine Granberg**

**Certified Public Accountant**

**978.302.6245**

**granbergmrg@aol.com**



# *Flooring Showcase*

**Master Installers & Retailers**

**Henry Ricard**

President

435 King Street  
Littleton, MA 01460

**978.486.9282**

[firsho@yahoo.com](mailto:firsho@yahoo.com)



# LittleOnes Family Childcare

## Quality Licensed Childcare in Brookline, NH

Providing Quality Care for When You Can't Be There!

- First Aid & CPR certified with background checks
- Care for children 12 weeks through 12 years
- Open 7am - 5:30 pm Monday - Friday
- Separate childcare entrance in my home plus classrooms for all ages
- Nutritious USDA approved breakfast, lunch and snacks included
- Before and after school care for kindergarten - 6th grade
- Daily and hourly care also available
- Convenient bus stop at our door

Come by and see all that I have to offer!!

**FULL & PART-TIME OPENINGS- NOW AVAILABLE**



**Lisa Simpson**  
**603.249.1171**  
12 Laurel Crest Drive  
Littleones@hotmail.com

We go  
outside  
**EVERYDAY**  
to PLAY!

*"I'm a Lesley College graduate with a Bachelors degree in Early Childhood Education and 20 years teaching experience. I teach a theme based curriculum with structured, yet flexible planned days, crafts and occasional field trips."*



**No registration fee for NSKA families!**

# MUSCULAR THERAPY SOLUTIONS OF NH

## CARL BERTOLAMI, LMT

### 603-233-9816

5 Northern Blvd. Building 16 Suite # 2 Amherst, NH 03031  
bodyworks@carlmt.com www.carlmt.com

A graduate of the Muscular Therapy Institute (MTI) in Cambridge, MA, Carl completed an intensive 900 hour program which focused on the Benjamin System of bodywork. The Benjamin System of Muscular Therapy differs from Massage Therapy because of its unique combination of treatment, exercise and education which is designed to reduce chronic muscle tension and to promote physical health. Prior to his training at MTI, Carl attended the Boston Shiatsu School in Cambridge, MA where he studied Japanese Therapeutic Bodywork, including Shiatsu and Sotai. Carl's ability to meld different styles and techniques is what distinguishes him from other bodyworkers. In addition to these modalities, he utilizes the principles of Swedish Massage, Sports Massage, Neuromuscular Therapy and Myofascial Release within his Amherst NH practice. With a background in health care services for terminally ill patients, Carl approaches each therapeutic massage individually with care, compassion and awareness of the clients needs.

*"Working with the human body as a whole and creating a safe environment for healing to begin is of the utmost importance to me as a Muscular Therapist"*

Credentials:

- \* Certificate of Muscular Therapy
- \* NH Massage Therapy License # 1934M
- \* Professional member of the American Massage Therapy Association
- \* Nationally Certified by the Board of Therapeutic Massage and Bodywork(NCBTMB)
- \* Over 7 years of Professional Hands-On experience in both clinical and hospital settings
- \* Currently works with Nashua area physicians and their patients



#### *Client Testimonials from current Academy Members:*

*Carl Bertolami has worked with me a few times. He is very professional and very concerned with his progress. He communicates very well with you on how things are feeling during the sessions. I look forward to continuing to work with him. I highly recommend him.~Neil Stone*

*I am a repeat customer of Carl's for over a year now, and have gained a great deal of relief for a couple of trouble areas in my body. Particularly after a recent car collision, he was able to loosen up my back and neck better than the muscle relaxers my doctor gave me, and without the side effects. I highly recommend Carl for anyone needing muscle pain relief.~Ellen Dutile*



**Special Offer for NSKA Members - 25 % discount to new clients on their first one-hour massage. Convenient Online Appointment Booking: Please visit [www.carlmt.com](http://www.carlmt.com)**

# Aspen Sierra

Professional Home Solutions...  
understanding you and your home

**William Hall**

**603-554-5658**

[william\\_hall3rd@hotmail.com](mailto:william_hall3rd@hotmail.com)

Call me for solutions on all your home challenges-  
• Energy usage and waste auditing • Renovations • Repairs

**Fully Insured • Free Estimates**

## iGreenUP Audit

### > Infrared Camera Scan-

Detects areas of concern not visible to our eyes, such as heat loss, moisture and electrical issues

### > Blower Door Test-

Assesses the amount of air leakage

### > Insulation Inspection-

Examine attic and crawl spaces for sufficient insulation

### > Air Duct Evaluation-

IR and visual audit of your duct system looking for exposed leaks

### > Power Usage-

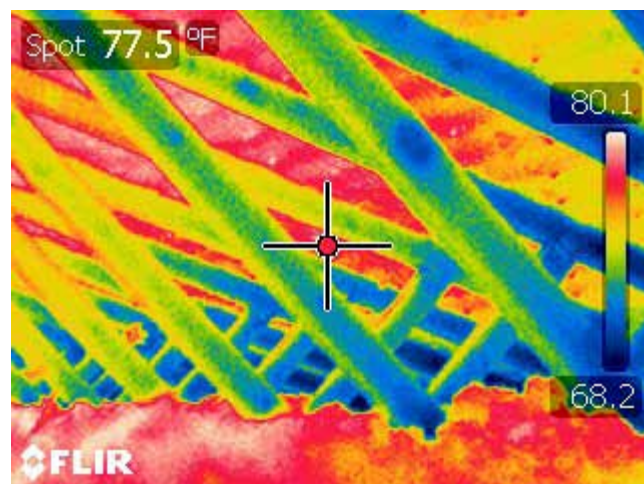
Audit key 110 & 240 volt items for cost and running

### > Utility Review-

Review a year's worth of your utility bills

### > Comprehensive Report-

Summarizes findings and defines a prioritized plan to address your specific concerns and pay backs

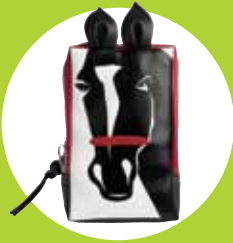


Darker areas are cooler, due to air infiltration or lack of insulation.



**NSKA families receive a 10% discount on labor for all audits, renovations and repairs.**

little packrats™



- Locally-made
- Great gifts
- Backpacks
- Lunch totes
- Laptop Bags
- Accessories
- Shop online or by appointment at our Ayer, MA Studio

978.449.0222  
 info@littlepackrats.com  
 CBHstudio.com

# CBHSTUDIO

AMERICAN-MADE GIFTS

Indulge yourself...

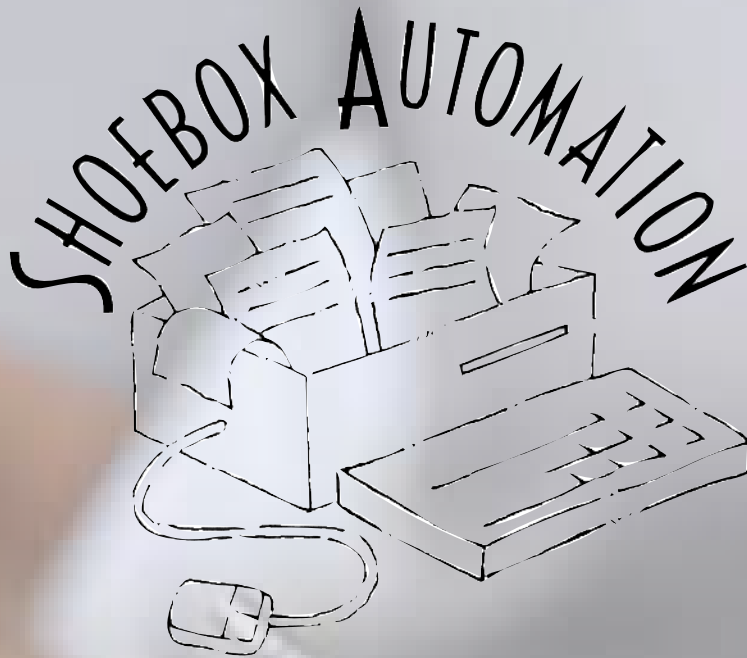
You've heard of people with a passion for shoes. Well, I am a fan of purses, backpacks and cool carryalls with a plan to convert current and future consumers into addicts! Our products are designed to put a spring in your step and a smile on your face— wherever you're headed, our accessories will make your journey a colorful one. So go ahead and treat yourself to a bag that makes you feel as happy as you were when you were a kid.

There might even be room for an extra pair of shoes.

Cathy Berse-Hurley  
 Founder and Designer



NSKA Families – Shop at [CBHstudio.com](http://CBHstudio.com) and save 15% on your purchase. Enter coupon code NSKA at checkout.



**Erika Cross MacDonald**  
erika@shoeboxautomation.com  
603.557.7871

## Bookkeeping services for small businesses and non-profits

Offering 20+ years of consistent, effective, and professional bookkeeping experience. Solid background in setting up new accounting systems, maintaining and improving existing systems and training staff. Proven track record for consistently meeting client and company goals and objectives. Enthusiastic and self-motivated with a positive attitude and professional work ethic. Excellent analytical, organizational, time management, and decision-making skills.

Full range of bookkeeping services available:

- Accounts Receivable: invoicing, statements, collections
- Accounts Payable: bill paying, account reconciliation
- Banking: deposits, account reconciliation
- Payroll: processing, tax return and report filing
- Benefits Administration: research, set up, payroll deductions
- Notary Public
- CPA Liaison
- Fixed Asset tracking
- Inventory
- Software and controls: set up, training



**NSKA families receive a 10% discount on all services**