

JULY 2021 | PROUDLY SERVING SENIOR EDITION | CITIZENS SINCE 1979

Gibson Times

14 Grove Street, PO Box 655, North Conway, NH www.GibsonCenter.org info@gibsoncenter.org 603-356-3231

Facebook

Office Hours: Mon - Fri: 8AM - 3:30PM, Sat - Sun: Closed Thrift Shop Hours: Mon - Sat: 10AM - 2PM, Sun: Closed

GREETINGS FROM GIBSON CENTER

Full on summer – I love it. Craft Fairs, Dine to Donates, and activities back in the building, including exercise, ice cream socials, coffee groups, quilters and more. We are beginning to feel alive again. Please read our COVID-19 Report on page 4 for the really **Good News**.

With 6 months of 2021 left to go I want to share our strategic goals through 2021 and let you help us achieve them. Our 2020 – 2021 Strategic Plan states that:

"Through our enhanced programs, transportation, nutrition, volunteer options and thrift store operations, we will

- 1. Touch more Lives We aim to reach and include more seniors, including those who are young and active, homebound, loyal Gibson patrons, or families with multiple generations.
- 2. Cast a wider net We aim to expand our impact beyond our customary geographic boundaries. We aim to include residents of Western Maine and southern Carroll County via direct services and collaborative relationships.
- 3. Create a vibrant and inclusive image Using reframing and openness to change, we aim to create a more vibrant and positive image of all activities associated with the Gibson Center so that all feel welcome and eager to participate.
- 4. Create a strong financial foundation through development, marketing and fundraising We will expand our base of support, widen our options for giving, promote the Gibson Center with pride at every opportunity, and show deep appreciation for everyone who makes the Gibson Center exceptional.

These are not idle statements. As you read the newsletter you will see evidence of our commitment to collaboration to reach more seniors as we welcome our partnership with OLLI and as we join elders with campers at the North Conway Community Center day camp. The Town of Ossipee has joined the Mount Washington Valley Age-Friendly Community giving us many ways to learn and share resources. We have new young members of our Board, an Instagram account for the Thrift Store, and a volunteer booth at Mud Bowl. We have a new donations page on the website providing you a wide menu of choices for making your contributions now or in the future to the Gibson Center. We won't stop but we need you to join us and tell us how we're doing. We are nothing without you. Marianne Jackson, MD Executive Director **1**

Volunteer Appreciation and Volunteer of the Year Awards

The Gibson Center held a joint Volunteer Luncheon with RSVP under the tent on a beautiful day at the Wentworth Resort in Jackson. Receiving the MOW award as Driver of the Year was Phyllis Sherman with 360 hours, and 1700 miles as well as large amounts of donated fresh produce from her family owned Sherman Farms.

Pat Belluche -better known around these parts as "Ma" – was awarded the Thrift Shop Volunteer of the Year, where she has served for over 12 years. The crowd got quite a laugh when Pat jokingly said she really appreciated the award and would likely try to sell it in the Thrift Shop on Monday!



Phyllis Sherman



Karen and Ma Hugging

The biggest surprise that afternoon, however, came when it was announced that the Gibson Center was the recipient of the **RSVP's Best Station Award**. This was quite an honor when one remembers that they partner with 45 other stations! A station is any of their partnering organizations. A Heart Felt thank you to all of our volunteers, especially those who delivered Meals on Wheels and worked in the Thrift Shop this year during COVID, and we look forward to welcoming back all of our other volunteers in the near future.

NH Gives - June 2021

NH Gives – an initiative of the NH Center for Nonprofits – was a powerful, statewide 24-hour online fundraising event that raised over **\$6,000** for the Gibson Center.

We had 40 generous donors who showed their belief in our programs, services and people. New Hampshire is a remarkable place like no other for local giving of both money and time. We are so grateful.



NCCC - Gibson Summer Camp Collaborative

The Gibson Center is partnering with the North Conway Community Center summer camp on Tuesday and Thursday mornings bringing the experience of elders to participating kids. We are looking for Gibson volunteers who would like to share a talent or skill or simply join in fun. You can work in the raised bed gardens, do baking, make puppets, tell stories. You can play Ping Pong, Chess, Checkers, or old-fashioned playground games. The day campers are ages K-6th Grade, so please let us know if you prefer the younger or the older kids.



The campers will be under the supervision of the

camp staff. You will be there to teach a class, or partner with a child for a game or class. Since you will not be alone with the children, we are hoping not to require back-ground checks. Health and Safety precautions will be followed.

There will be an orientation on Tuesday, June 29th at 10 AM. Tour the building, meet the staff, and learn where different programs will take place. If you missed that orientation there is still a place for you. Please sign up with Penny, 603-356-3231. Let her know if you prefer to be a general aide or if you have a skill to share. If you need transportation, we have the bus and driver for you. And stay for Grab and Go lunch before you leave!

Lisa DuFault wins in Framing Aging photo contest



As a member of the MWV Age-Friendly Community, we asked Lisa DuFault, of Valley Promotions to enter some of her work into the F.R.A.M.E. (Focus on Real Aging in Maine) photo contest.

Amateur and professional photographers of all ages submitted 82 photos celebrating the lives of older Mainers! The photos far exceeded our expectations in quality and in their depiction of the diversity of older people's lives and contributions to Maine towns, economic

vitality, and way of life. She won 3rd prize in the professional photographer category

To view all of the amazing photos contributed, have a wonderful time, see some familiar faces, read the stories behind the photos, and download them, visit the FRAME Photo Library. <u>https://mainecenteronaging.umaine.edu/F-R-A-M-E/</u>

COVID-19 - WE ARE OPENING

We have **unlocked the doors!** You are welcome here! You can come by and register in person for a trip or a program. You can come talk to Becky to volunteer as a MOW driver, or with Jill to volunteer in classes or activities. And towards the end of this month you will be able to come for **CONGREGATE DINING!**

We are following the NH DHHS Universal Best Practices Guidelines that ask us to be aware of the present risks of Covid. In New Hampshire, as of this writing, we have <5 active cases in Carroll County. We watch this weekly. The state has a 55% fully vaccinated rate overall. About 85% of those over age 65 are fully vaccinated but the rate among young parents and children hovers at 35%. Grandparents play with grandchildren who play with friends and neighbors. Covid is still present in the Valley and could resurge. We will watch closely but are very encouraged.

We are so excited to have you back for lunch and on the bus. All of the staff, out of courtesy and safety, regardless of vaccination status will wear masks when you are here. Anyone who is not vaccinated is strongly encouraged to wear a mask or enjoy eating at the picnic tables outdoors. The buses can now take full capacity of ridership with masks required while riding. It is a small thing to do for our common safety and so we can unlock our doors.

Programs and Classes. Stretch and Balance classes and chair exercises have begun outdoors and inside when it's too hot or rainy. We will be outdoors as much as possible and indoors with masking, smaller groups, and spacing. Returning are support groups, quilters, coffee groups and exercisers. Jill is taking registrations for day trips now.

The guidelines will continue to change often because the rates of COVID-19 and vaccinations continue to change. **We strongly encourage everyone who is eligible to get vaccinat-ed** for your own protection, and ours, so we can see this nightmare of a pandemic recede and let us return to our vibrant and connected lives, never to be quarantined again.

PHOTOS FROM RECENT EVENTS....





In Memory

Over its lifetime the Gibson Center has meant so much to so many. We have fun, bring joy, connection and purpose to everyone who comes our way. We are family.

We have been blessed to have gifts given in Memory of special people who have participated and volunteered at the Gibson Center.

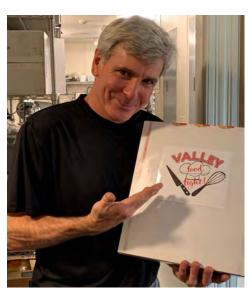
In the last three months we have had these remarkable people honored:

- Warren "Pete" Carpenter
- Agnes "Aggie" Birch
- Fred Kennett
- Pauline Whalley
- Larry Miller
- Luther Earl Smith "Smitty"!

If the Gibson Center has held a special place in the heart of someone you have known and loved, we urge you to make your gift to honor that person.

Website Donation Link:

https://www.gibsoncenter.org/donations-ways-to-give/



Chef Tapper shows his creativity in Valley Food Fight

Chef Tapper shows his creativity in Valley Food Fight. Chef Mark Tapper went above and beyond supporting the Gibson by entering the Valley Promotions Food Fight, where representatives from 8 local non profits were asked to create a 1960's style TV Dinner.

The twist was that each chef was given a box containing 3 mystery ingredients. When Mark opened his box he had strawberry jelly beans, a large jar of pickled red cabbage, and crispy pork rinds. Together with advice from Nutrition Director, Becky, he created a German themed TV Dinner, featuring Crispy Pork Rind breaded Schnitzel, red cabbage and carrot

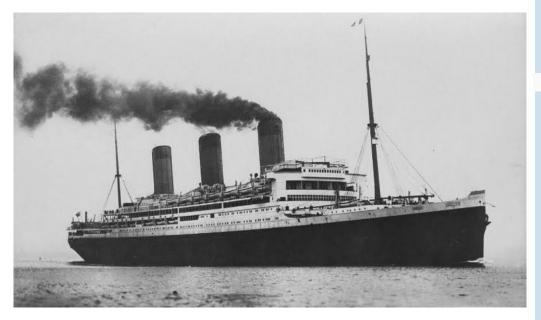
based German slaw, and a strawberry and rhubarb strudel. He does this creative magic everyday.

We thank all who made donations, this event raised nearly \$500 for the Gibson Center.

GIBSON AND OLLI PARTNER FOR GREAT PROGRAMS FOR SENIORS

We are excited to announce that The Gibson Center and OLLI at Granite State College are partnering to provide additional educational and social opportunities for older adults in the Mount Washington Valley. OLLI will be offering a combination of inperson classroom and outdoor classes along with on-line classes. Class listings will be available mid-July, with registration beginning August 2nd. Looking forward to seeing familiar and new faces!

For our first we get to welcome back Carl Lindblade to present RMS Lusitania: Caught in the Crosshairs on August 27 at 1:00 – 3:00 in the Gibson Center Dining Room.



"This class examines the series of circumstances, including the tides, that led, really by chance, to the sinking of the majestic liner Lusitania. This torpedoing by a German U-boat contributed to the US entrance into WWI. But was she just an innocent, unarmed passenger vessel? We'll discuss the various theories." Membership in OLLI is 40.00/ year. OLLI at Granite State College has reserved 2 free seats for Gibson Center members. Please call the Center if you would like a free seat. **For more information please visit: olli.granite.edu or call 603 513-1377**."

COVID-19 VACCINES

People over 12, may now sign up for the vaccine, Visit vaccines.nh.gov Or call 211

Call the Gibson Center for transportation, 603-356-3231

Later this month, Join us for lunch in Person Gibson Center, Mon-Fri. 11:30-12:15

You will be able to come for CONGREGATE DINING!

Please Remember The Gibson Center in Your Will

THE GIBSON CENTER 2021 CRAFT FAIRS

We have fine jewelry, photography, art, pottery, stained glass, doll clothes, clothing, quilts, pillows, woodcrafts, Adirondack chairs, wood signs and furniture. **Benefits the Gibson Center for Senior Services, Meals on Wheels Program.**



2021 Craft Fair Dates:

Independence Weekend Fair: Sat & Sun July 3 & 4 Labor Day Weekend Fair: Sat & Sun September 4 & 5 Columbus Day Weekend Fair: Sat & Sun October 9 & 10

All are held at the Gibson Center, from 10AM-5PM

For 2021 application please go the link below on our website to download it.

<u>https://www.gibsoncenter.org/craft-fair-rules-application/</u>



We are looking for

1) Thrift shop

volunteers

2) MOW Drivers

VETERAN'S COFFEE



Meets the first and third Wednesday Mornings at 10:00 am. A chance for veterans to meet and socialize, as well as having educational program

CHAIR EXERCISE

Every Monday & Friday 10:45 am at Gibson Center

DINE TO DONATE IS BACK AT FLAT BREADS PIZZA



Flat Breads Pizza is one of our favorites anyway but they are our first in line to generously provide us with their venue and proceeds for the popular Dine to Donate events.

Mark your calendars for July 26th starting at 4:30 PM.

The Flatbread Company will donate \$3.50 for each large flatbread and \$1.75 for each small flatbread sold during the benefit.

This is a great mid-summer celebration for them and for us. Bring friends and family. Tell us if you want a ride – we will come pick you up.

GIBSON HELLO

The Program Department sends out Activity Letters a few times a week. They include information about Gibson events (the menu), some form of art (photos, music, or a poem), a joke (we all need to laugh these days), some links to educational articles and entertainment videos, as well as scam alerts, and a game or puzzle.

If you would like to be added to the list, please send us your email, <u>jill@gibsoncenter.org</u>. In these times of increased isolation, thank you for reaching out to friends and neighbors.

CARE GIVER SUPPORT GROUP

The Care Giver Support Group is available for 1:1 consultation.

There are experienced volunteers who will speak with you, and listen.

Call Jill for a referral to one of our Peer Support Care Givers.

Later this month, Join us for lunch in Person Gibson Center, Mon-Fri. 11:30-12:15

You will be able to come for CONGREGATE DINING!

Please Remember The Gibson Center in Your Will

FOND MEMORIES FROM THE PAST....









SUMMER SALE

50% off Women's shorts, skirts and swimwear. Golf skirts, short skirts, office skirts. Designer brand names for causal wear, hiking the mountains and lounging the pools.

July 6th to July 17th

Hours: Monday - Saturday, 10:00 AM to 2:00 PM.

ONGOING WEEKLY PROGRAMS

Monday	Chair Exercise FunDay	10:45 AM 12:45 PM
Tuesday	Strength, Balance & Stretch Computer 1:1	10: 00 AM By Appointment
Wednesday	Veteran's Coffee 1st & 3rd weeks Quilt 2nd & 4th weeks Gameday	10:00 AM 10:00 AM 12:45 PM
Thursday	Strength, Balance & Stretch Afternoon rides, scenic, historic, social, ice cream	10:00 AM 12:45 PM
Friday	Computer Classes, Communication Grant Belly Dance Chair Exercise	By Appointment 9:30 AM 10:45 AM

GIBSON CENTER THRIFT SHOP SUMMER SALE



The Thrift Store has what you need for SUMMER! Women's shorts, skirts and swimwear. Golf skirts, short skirts, office skirts. Yes, we are going back to the office. Petites to plus sizes while they last.

50% off from July 6th to July 17th.

Thrift Store hours are from 10:00AM to 2:00 PM Weekdays and Saturdays.

Designer brand names for causal wear, hiking the mountains and lounging the pools. Come see!

LATER THIS MONTH, JOIN US FOR LUNCH IN PERSON

MONDAY - FRIDAY 11:30 AM TO 12:15 PM You will be able to come for CONGREGATE DINING! Special Thanks to local radio stations for <u>supporting us</u>







Our Business Supporters



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GIBSON CENTER DAY TRIPS

Please sign up for all programs: 603-356-3231.

The Gibson Center is following CDC Guidelines for Transportation.

Thursday afternoons we will have local rides to scenic and historical sites. The bus will pick people up at their homes. We plan to stop for ice cream.

- July 1st: CCC Interpretive Site
- July15th: Crawford Notch
- July 22nd: Russell Colbath Historical Site
- July 29th: Chatham

Tuesday Evenings there will be concerts, home pickups are available. Bring a picnic supper.

- July 6th MWV Community Band, bring a lawn chair
- July 13th OOB Pavilion, Frankie Vallee, \$54
- July 22nd MWV Community Band, bring a lawn chair.
- August 3rd, OOB Pavilion, Tapestry, the music of Carol King. \$54
- August 10th MWV Band Concert, bring your own lawn chair.

Other Concerts:

- Saturday, July 17th, POP's Concert at the OOB Pavilion, the music of John Williams \$50
- Sunday, August 15th, Club Sandwich featuring John Davidson. \$35.50, which includes door to door transportation, ticket and handling fees.

Full Day trips:

- Crescent Beach State Park, 9AM-5:30PM. price \$25 bring a picnic and your towel, lawn chair and swim suit
 - Wednesday July 27th
 - Tuesday, August 31st
- Two Light State Park, 9AM-5:30 PM, \$25. Lunch on own at the Lobster Shack which has outside tables.
 - Tuesday, September 7th

Silver Lake Landing <u>Apartments</u>



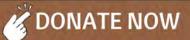
Located on the shore of Silver Lake in Madison, NH.

Vacancies occur occasionally, call Ken to inquire or to be put on the waiting list

Contact Ken: 603-356-3231,

Ext 112

Donate to The Gibson Center for Senior Services



You can help our cause by donating at www.gibsoncenter.org/and click on Donate Now button

UPCOMING JULY EVENTS

Check our web calendar at www.gibsoncenter.org/ calendar or call us at, 603-356-3231.

Friday, July 2nd : The Gibson Center will kick off Independence Day weekend with an out side picnic on Friday, July 2nd. We will set up the picnic tables, and Chef Mark will prepare a cold plate, so that you can stay to eat lunch at the picnic tables. You might want to bring your own lawn chair, and sun hat. We will have the croquet set available for those who wish to play.

Sat and Sun, July 3rd & 4th: Make sure to visit the Annual Independence Day Artisan and Craft Fair on the Gibson Center front lawn on Saturday and Sunday, July 3rd and 4th. The fair will be open from 10AM-5PM.

The Gibson Center will be closed on Monday, July 5th.

Veteran's Coffee Group : will meet at 10AM on July 7th. The Gibson Center follows CDC Guidelines, so people will wear a mask while inside.

FunDay resumes on Mondays at 12:45PM

- July 12th FunDay is BINGO. Bring a donation for the prize table.
- July 19th FunDay is Word Search
- July 26th FunDay is a Cross Word Puzzle

The **Community Quilt Club** meets on the 2nd and 4th Wednesday at 10AM, July 14th and 28th.

OUR BUSINESS SUPPORTERS

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PLEASE REMEMBER THE GIBSON CENTER IN YOUR WILL

PROGRAMS RESUMING IN JULY

Programs held inside the Gibson Center will follow all health precautions, including safe distance and health masks. There will not be food, until the mask mandate is lifted.

Chair Exercise: a gentle exercise program, to help you return to your Pre-COVID level of ability, or help people who use assistive walking devices. There will be warm up, strengthening ones core muscles, and stretching, building up to using weights, some aerobics, and eventually working on standing balance. Meets **Monday and Friday mornings at 10:45**. Please see Penny for the required paperwork, in advance.



Veteran's Coffee: a chance for veterans to meet and socialize, as well as having educational program. Meets the **first and third Wednesday Mornings at 10**.

The Quilt Club: Meets the **second and fourth Wednesday mornings at 10**. Bring your current project for show and tell, as well as materials you want to swap.

FunDay: Meets Monday afternoons. We socialize and play group games.

Game Day: Meets **Wednesday afternoons**. Join a table for Scrabble, Canasta, King's in the Corner, Bridge, Cribbage...if you play it, we might too!

Computer Classes: There will be two different one on one classes offered at the Gibson Center. You need to sign up for these classes.

- We have received two grants for helping enhance internet communication, through Tufts Health Foundation and Spectrum, Charter Communications. You can learn the skills you need to do Zoom meetings, communicate with your doctor via TeleHealth, and use email. You can sign up to meet with Jeff Beavers at the Conway Public Library, or meet with Andrea Libby or Nancy Goldenhar at the Gibson Center.
- The other computer classes are offered at the Gibson Center, but will help people with using electronic devices (lap tops, tablets, cell phones, digital cameras...) These 1:1 sessions are Tuesday afternoons.

KUDOS - DONATIONS

The many people who have called us and offered help! This is such a wonderful community!

Peter Levesque – Donation of 18 Kiwanis Passbooks Vaughn Community Services Food Pantry & Jennifer Shaws, Wanda Wirling NH Food Bank Catholic charities of NH Wal-Mart; Phil Spinney Old Village Bakery Kim & Neysa Packard The Farm Stand in Chocorua Al Zaino: Pantry Bags Phyllis Sherman, Sherman Farms, fresh produce Andrea Polosi, Sol Farm, ground pork

Local Radio Stations:

Easy 95.3 WBNC 93.5 WMWV 104.5 WVMJ - Magic.



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PROGRAM VOLUNTEERS

The many people who have called us and offered help! This is such a wonderful community!

TUFT'S COMPUTER GRANT:

- Jeff Beavers
- Andrea Libby
- Computer Port, computer cleaning
- Tom Albert

COMPUTER DONATIONS:

• The generous people of the Valley

NEW VOLUNTEERS:

- Lily Robles and Nancy Goldenhar are new Meals on Wheels drivers this month, along with Breighton Trembly from NCIL- who is doing double duty – driving for NCIL and on his own time, too.
- Nancy Goldenhar has also volunteered for computer and cellphone training.

Volunteer Opportunities at The Gibson Center

We are delighted that you are interested in donating your time to the Gibson Center.

Every hour is worth gold to us and has lasting impact. Here we describe each opportunity but if you have more questions or would like to sign up, please call Jill Reynolds at <u>603-356-3231</u>



Volunteer Opportunities Link:

https://www.gibsoncenter.org/volunteer-opportunities-at-gibson-center/

PLEASE REMEMBER THE GIBSON CENTER IN YOUR WILL

UPCOMING OVERNIGHT PROGRAMS

Please sign up for all programs: 603-356-3231. Collette has a fantastic insurance policy, one can cancel up to 24 hours before the trip



Source: https://www.gocollette.com





Imperial Russia: May, 5-13, 2022 9 days, 11 meals, \$4449ppdo. Moscow: The Kremlin and Armory Museum, Red Square, St Basil's Cathedral, High Speed train to St. Petersburg, Hermitage Museum, Catherine Palace, Church of Savior of Spilled Blood, epicurean tours. https:// gateway.gocollette.com/link/1044763

Painted Canyons of the West: September 19-27 2021, 9 days, 11 meals, \$3899ppdo Colorado National Monument, Moab, Arches National Park, Canyonlands National Park, Dead Horse Point State Park,, Capitol Reef National Park, Grand Staircase-Escalante National Monument, Bryce Canyon National Park, Zion National Park, Las Vegas. https:// gateway.gocollette.com/link/1032968 May still be room for wait list seat

Alaska Discovery, Land & Cruise: Fairbanks, Sternwheeler Discovery, Fannie Q's Saloon, Denali National Park, Tundra Wilderness Tour, Luxury Domed Rail, Anchorage, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, Inside Passage aboard Princess. Summer 2022

Bus Tour - Amish, Queen Esther, Gettysburg: Sep 20-24, 2021. Queen Esther at Sight & Sound Theatre, Gettysburg; Amish tour, & Landis Valley. \$595. http://www.grouptrips.com/ gibsoncenter





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CALL FOR A SCHEDULE OF FUTURE ESTATE PLANNING SEMINARS AT THE GIBSON CENTER

Please call for information about future presentations 1-800-370-5010

GENESIS HEALTHCARE MINERAL SPRINGS



Short Stay Skilled Rehabilitation Long Term Nursing Home Care Assisted Living / Respite Care

> 1251 White Mtn. Hwy North Conway, NH 03860 Call 603-356-7294

OUR BUSINESS SUPPORTERS



THE GOVERNMENT WANTS TO PAY YOUR INTERNET BILL FOR A FEW MONTHS

A surprising number of Americans can get \$50 each month from the new \$3.2 billion Emergency Broadband Benefit. That includes tens of millions who lost work during the pandemic. You can use the link below for more information and eligibility.

Eligibility information Link:

https://getemergencybroadband.org/do-i-qualify/

BUSINESS SUPPORT NEWSLETTER LISTINGS

Abundant Blessings Homecare, Inc (603-473-2510, fax 603-522-9211 provides living assistance services for the aging in the comfort of your home. Services include: personal care, meal preparation, 24 hour care and more. Call to schedule a free home assessment. Visit us at www.abundantblessingshomecare.com.

Ask me about Medicare: Bert Weiss. bert@bertglassbenefits.com. Office: 603-694-3058, Cell: 603-986-5650.

Beasley & Ferber, P.A. (1-800-370-5010) David Ferber, estate planning including avoiding probate, protecting assets from nursing homes, avoiding state taxes, and elder law.

Chalmers Insurance (356-6926) Steve Cote, full line of personal and business insurance, including Long term care, life and annuities.

Christmas Farm Inn & Spa (603-383-4313), Jackson NH. Historic Inn and Restaurant. Aveda Spa with local discounts

Coleman Alvin J. & Son (447-5936) 9 NH Route 113, Conway. General Contractor

First Allied Securities (356-9371) 3277 White Mt. Hwy. Investments including Stocks, Bonds, Annuities, Retirement, College Planning

Gamwell, Caputo & Co., PLLC (447-3356 or fax 447-6563) Dave Caputo, certified public accountants providing tax, accounting, and financial statement services for businesses, individuals, trusts and estates.

H.R. Hoyt Construction Inc. (447-2612) Conway, NH. Poured Concrete

Maureen Cason Hanlon, LICSW (730-5722) 13 NH Route 16A, Intervale, NH: Counseling services for adults and elders.

Memorial Hospital (356-5461) The community hospital of Mt. Washington Valley. Your partner in good health.

North Country Fair Jewelers (356-5819) Brian Smith, Main St, N Conway. Diamonds, gold and silver jewelry, coins, pearls, watches, clocks and antiques. Repairs, appraisals, buy, sell & trade. **NorthEast Auto Body** (356-5808) David Smith, 530 Eastman Road, North Conway, N.H.

Northeast Delta Dental delivers quality dental insurance products and services to individuals and families, and groups of all sizes. We work hard to make dental care more affordable and available to the public.

Notchland Inn (374-6131) Harts Location, NH Romantic dining and lodging.

Settlers Green Outlet Village (356-7031) over 60 stores. Every Tuesday is Senior discount day at participating stores.

Varsity Beverage Conway (447-5445) Distributor of Pepsi Cola, Schweppes, Dole Juices, Lipton Tea, Gatorade, Aquafina Water, Mountain Dew, Mug Root Beer, Frappuccino, and Hawaiian Punch.

White Mountain Oil and Propane (356-6386) The Saunders Family, oil and propane, major appliances.

Yankee Smokehouse Restaurant (539-7427) Joseph Ferriera, Jct. Route 16 & 25 in West Ossipee. Real open pit barbecue.