



AUGUST 2022  
EDITION

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# Gibson Times

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



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

## GREETINGS FROM THE DIRECTOR

As I write this we are continuing with mid-summer heat and I remind myself that I wait 9 months of the year for it to come along. I really do love the early morning freshness and gulp in the air outside my screens. We have had more bird songs this year and as always I say this is the year I am going to learn to identify their calls. I haven't done that but I did watch the robin pair work their nest over my front door and hatch 4 baby fledglings that just learned to fly on Thursday. Small miracles.

The other great thing about summer is reading later into the night. I love good characters who inspire or challenge me, provide a discovery and otherwise make me think. This summer, among non-fiction, I found *The Code Breaker* about the discovery by Dr. Jennifer Doudna of the workings of RNA that led to the remarkably fast development of our Covid vaccines. *The Longevity Economy* by Joseph Coughlin describes the immense consumer power of older adults who do not fit the stereotypes of being frail and needy and will change the way products are designed and developed. *Miracle and Wonder* is fantastic as an audiobook by Malcom Gladwell with songs and interviews with Paul Simon. And my all time favorite - *Gramma Gatewood's Walk* - about the woman who at 67, wearing dungarees and Keds and carrying her few items of gear in a sack, in 1957 became the first woman (and 5th ever) to complete the Appalachian Trail. Her story is inspiring and heartwarming told by her grandnephew.

For fiction and fun, try *Lessons in Chemistry*. It frankly has almost nothing to do with Chemistry and everything to do with the importance of being taken seriously. And that, my friends is the theme running through these books that I have only come to realize after putting them together. We all want and need to be taken seriously - at any age, with any history, gender, background or persuasion, we matter.

Send me your list of your favorite books. I love them. And visit the Believe in Books Bookmobile on Tuesdays at lunch. See you there.

Marianne Jackson, MD  
Executive Director

## WindowDressers HELPS REDUCE FUEL COSTS

MWV Age-Friendly Community Housing, Tin Mountain Conservation Center and Rotary of North Conway invite you to apply to have your windows insulated this winter and for years to come. WindowDressers insulating window inserts let in light while stopping drafts. Each insert is made of a custom-made pine frame wrapped on each side with tightly-sealed, clear polyolefin film, creating an airspace between the two layers for additional insulation. The insert is finished with a compressible foam gasket. The foam allows the inserts to be easily slid into place in the fall and removed in the spring, while holding firmly enough to provide a tight, friction-based seal. Energy costs can be cut by 30%. The inserts are installed inside of your existing window frame with no fasteners required.



### INSULATING WINDOW INSERTS

The inserts are free for those who cannot afford to pay, and low cost for middle and high income households thanks to the generosity of North Conway Rotary and through our non-profit model of local Community Builds.

If you are interested, **please call WindowDressers at 207-596-3073 or email Nora at [nbeem@tinmountain.org](mailto:nbeem@tinmountain.org)**

## CONWAY HUMANE SOCIETY - SENIOR DOG ADOPTION AND PET FOOD DRIVE

Conway Area Humane Society has partnered with Hill's Nutrition and The Gibson Center to raise funds and food to fill the **Pet Food Pantry**.

Elizabeth Lord of the Humane Society notes, "The Pet Food Pantry is one of several programs that helps to provide food for the animals in our care as well as pets within our community. Join us at The Gibson Center on **July 29th from 11am-2pm** to support the Food Drive. We are accepting and in need of unopened bags of cat and dog food as well as cans of wet food for both cats and dogs. In addition to collecting pet food, we will be handing out



donated food from our pantry so make sure to stop by if you're in need! No questions asked. Hill's Nutrition has donated over \$1,500 worth of pet food in support of this cause!"



Same day and time, meet us on the front lawn for the **Senior Dog Adoption Day!** Humane Society volunteers and adoption counselors will be on site 11:00-2:00 to showcase the senior dog residents but they will also

have adoptable dogs of all ages. Dogs can be adopted on the spot.

The third area of partnership will be monthly after lunch excursions in your car or by our bus to the Humane Society. We will have a chance to help socialize cats and dogs by offering human touch. Join us the first Wednesday of the month so we can warm the heart of a furry friend. This is also a great chance to spend time with fur friends, especially if you now live without one at home. Please sign up for these monthly trips by calling 603-356-3231.

## VOLUNTEER APPRECIATION, JULY 19, 2022

At the Annual Gibson volunteer luncheon, Becky thanked each and every person for taking the time to volunteer with the Gibson Center- be it delivering meals on wheels, serving in the dining room, running a program or volunteering in the thrift shop. In case readers were wondering, people really do care and appreciate every single hour volunteers give. The time volunteers spend is a life-line to someone who needs that extra bit of care and kindness from someone during the day, and Becky took the opportunity to thank all of our volunteers who in total, have managed to give over 6100 total hours this year to help others.

Our **volunteers of the year for 2021-2022** are our agency drivers! We are so very appreciative of these dedicated, dependable and flexible volunteers. Between Northern Human Services, North Country Independent Living and Next Step Community Services there have been over 1400 hours spent delivering meals, totaling over 8400 miles throughout the entire valley. Their interest and concern for the well being of our local seniors is always at the forefront of their minds and hearts. They can be counted on to fill in in a pinch, and are always looking to be of help anywhere the Gibson Center needs them. From the staff, to the management, to the individuals themselves- there are no better groups of volunteers. We appreciate each one of them more than they know. We wouldn't be able to do what we do without their help!



## FUNDRAISING EVENTS

The **Artisan and Craft Fairs** are scheduled for holiday weekends. Plan to visit for amazing gifts and handmade items. Saturdays 10AM - 5PM, Sundays 9AM-4PM.

- Labor Day Craft Fair: September 3rd & 4th
- Columbus Day Craft Fair: October 8th & 9th

Crafters, download your [craft fair application here](#).



Mark your calendar for Thursday, September 29th, and join us for Deacon Street Dine to Donate. It is always a great time – 5PM until closing.

## THRIFT STORE HAPPENINGS- MANNIKIN MANIA

Starting the week of August 15th, come find and take a photo of the Manic Mannikin wearing outrageous styles and accessories with the "YOU FOUND ME" card. Send your photo with or without your creative caption to [info@gibsoncenter.org](mailto:info@gibsoncenter.org). Come every week for 8 weeks and be eligible to win the grand prize of \$50 gift certificate to the Thrift Store. Remember - it might be upstairs in the Holiday Galleria! Drawing will be in late October from those with all 8 Manic Mannikins photos submitted. Also, every week, a \$5 prize will be given to the best caption. Come join the fun.

See you at the Thrift Store - Mondays-Saturdays 10:00-2:00ish.



## ANYONE NEED A RIDE?

Transportation is such a need in the Valley. Please spread the word to neighbors, friends and local citizens in Jackson, Bartlett, the Conways, Eaton, Chatham, Albany, Madison and Freedom.

You can call to schedule a door-to-door ride by calling Penny at 603-356-3231 with at least 24-hour notice. Trips can be for our lunch or programs but also for medical appointments, shopping, banking, the beauty parlor. Let us get you where you need to go.



## MORE CONSULTATION SERVICES

It is our pleasure to have the consulting services of so many different individuals and organizations who are providing information and skills training for our patrons. At this time, there are 8 people or organizations offering to share their knowledge or bring services to you, at least once a month. **For all of these consults, you may call the Gibson Center at 603-356-3231 to schedule an appointment or get more information.**



**Veterans Administration:** This month we have added the services of the Veterans Administration. They will be coming the 1st and 3rd Thursday from 9AM to 3PM by appointment to provide consultation regarding Veteran's Benefits. Call 603-624-9230, ext. 301, or email Jay.Davis@va.gov to request an appointment directly.

**Medicare Questions:** Ele Border has been trained by Service Link to offer unbiased, unaffiliated information to people who are signing up for Medicare when they turn 65, as well as comparing different options during Open Enrollment in late Autumn. Of note, since she is getting many questions, Ele wants all to know the current negotiations between MaineHealth and Anthem will not impact Medicare supplement or Advantage plans.

**Finding Reliable Health Information:** Dr. Charlie Felton, a retired pulmonologist, is offering to serve as a medical librarian to help clarify what you read and hear in the media. Do you have general questions about a disease or condition? Are you confused by what you read online? Dr. Felton can help you find reliable healthcare websites and research. He will not be acting as a medical provider.

**End of Life Care Planning:** Joan Lanoie has years of experience helping people think through and document their own answers to difficult end of life questions. She describes for individuals and families how Advance Directives, Living Wills, and in some cases, POLST forms can help others make the choices you want them to make if you can no longer speak for yourself. Anyone of any age is welcome to meet with Joan.

**Communication Computer skills :** Help is available to learn how to connect with distant family, use medical portals, search websites, join Zoom, schedule appointments, and more. Andrea Libby at the Gibson Center, and Jeff Beavers at the Conway Public Library (603-447-5552) will train you to use tablets, laptops or Chromebooks to communicate with doctors, nurses, family, and friends. Whether due to long distance, illness or just gas prices, communicating virtually can keep you connected.

**Other Computer Skills:** Two new volunteers have stepped forward to offer one to one computer instruction. Do you have a new phone or camera? How do you use different programs like Excel or Word? Is there an app that you want to download on your phone? Mark and Rick are available by appointment at the Gibson Center to help you find the answers to your questions.

## CARE GIVERS

There are now two options for caregivers, REACH, and 1:1 Peer Support. Call Jill if you are interested in either.

**REACH:** stands for Resources for Enhancing Alzheimer's Caregiver Health in the Community. Caregivers will meet with trained coaches and learn to solve common caregiver challenges. Meeting options are currently in-person one-to-one coaching or via phone or ZOOM.

**Caregiver Peer Support:** There are caregivers who have probably experienced your challenges and can offer a non-judgmental ear. Currently caregivers prefer phone calls so they can keep their loved ones safe.

## FRIENDLY VISITOR PROGRAM:

The Gibson Center is one of the members of a valley wide Dementia Friendly Community Grant. The grant works with people who may be in the early stages of cognitive challenge and still living independently in the community (either alone, or with family intervention). The grant is led by Memorial Hospital working with community partners who include Visiting Nurse Home Care and Hospice, MWV Adult Day Center and Northern Human Services. We will be offering programs to help people live well at home, more fully and as independently as possible.

We are offering the **Friendly Visitor Program**. Several new volunteers and Meals on Wheels drivers have begun training for the program. Many people on our Meals on Wheels program say the only person they see all day is the Meals on Wheels Driver. As many of us learned during our self isolation over the last two years, our social interactions are key to our well being, cognitive health, and mood. The Gibson Center is beginning to match home-bound people with people who are willing to meet with them once or twice a month for common ground visits (playing cards, writing letters, going for a walk, baking cookies, painting, reading aloud, or a good old-fashioned chin wag). People who want visitors will fill out an interest survey, and agree to let one trained individual visit on a regular basis (determined by both participants). People who are willing to be visitors will be subject to background checks, training in confidentiality, and visitor protocol.

If you would like a visitor, or would like to be matched up with a person to visit, please call Jill, 603-356-3231.

## Donate To The Gibson Center



### Ways To Give:

1. **Make it VIBRANT:** One time or monthly recurring donation
2. **Make it ABUNDANT:** Honor or memorial gift, abundance guild
3. **Make it LAST:** Legacy honor society member, planned giving, charitable bequests, IRA charitable rollover, give appreciated stock, name a charity as the beneficiary of your retirement account

### Donation Link

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

Gibson Center is a 501(c)(3) and donations are tax deductible & our EIN is 02-0351152.

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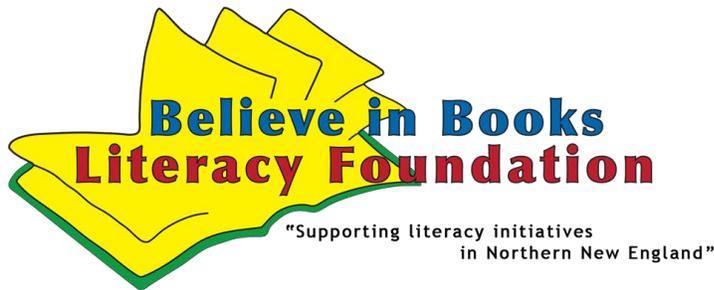


**CALL FOR A SCHEDULE OF FUTURE  
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GIBSON CENTER**

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

## SUMMER READING - BELIEVE IN BOOKS

### BOOKMOBILE TUESDAYS



Believe in Books Bookmobile will be at the Gibson Center every Tuesday through the summer from 12-1PM. Make sure to stop and see them when you leave lunch. What a great way to read a variety of books! Bring your suggestions of favorites. Believe in Books also accepts books, so if you have some books to share, you may bring them on Tuesdays as well.

### ART FOR LUNCH

The Gibson Center is open for different groups and individuals to share a short performance during our lunch time. We have had musicians, authors, and a book read in an interpretative manner. This month Jonathon and Jane Hively will visit us on August 1st. We will be celebrating International Music, and Jonathon and Jane have been brushing up on international songs from Europe and the Americas.

Invite your friends, as the Art for Lunch is always entertaining.



**Volunteer Opportunities Link:**  
<https://www.gibsoncenter.org/volunteer-opportunities-at-gibson-center/>

## Silver Lake Landing Apartments

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

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## ONGOING WEEKLY PROGRAMS

<b>Monday</b>	Chair Exercise FunDay Tai Ji Quan, Moving for Better Balance General 1:1 Computer	10:30 AM 12:45 PM 3:00 PM By Appointment
<b>Tuesday</b>	Strength, Balance & Stretch Joan Lanoie, Advanced Directive, 2nd week	10: 00 AM By Appointment
<b>Wednesday</b>	Veteran's Coffee 1st & 3rd weeks Quilt 2nd & 4th weeks Gameday General 1:1 Computer	10:00 AM 10:00 AM 12:30 PM By Appointment
<b>Thursday</b>	State of NH Veterans Service, 1st & 3rd week Call for your appointment 603-624-9230 X 301 Strength, Balance & Stretch Afternoon rides, scenic, historical, social Tai Ji Quan, Moving for Better Balance	By Appointment  10:00 AM 12:30 PM 3:00 PM
<b>Friday</b>	Computer Classes, Communication Grant Dr. Charlie Felton Q&A, 1st & 3rd week Belly Dance Chair Exercise Class	By Appointment By Appointment 9:30 AM 10:45 AM



JOIN US FOR LUNCH IN PERSON  
Gibson Center, Mon-Fri. 11:30 am -12:15 pm

## AUGUST SPECIAL EVENTS

**With the safety of our patrons and their loved ones in mind, the Gibson Center follows Federal Health Guidelines.**

**Art for Lunch** on *August 1st* we will celebrate international music. Jane and Johnathon Hively will join us for lunch, and sing songs, recite poetry, and play music from across Europe and North America. Invite your family and friends for this fun event. If you have others you would like to hear, give us their names and we will reach out.

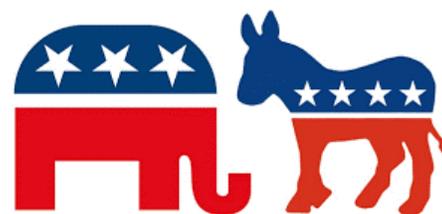
For two weeks, *August 1st and 8th*, there will be a **Teepa Snow workshop on Positive Approaches to Care** of persons with dementia. Together we will watch her inspiring, upbeat, videos followed by discussion that will be moderated by Julie VanDyne of the Adult Day Center. This presentation is brought to you by the Dementia Friendly Grant, and will be offered at Gibson Center after lunch from 12:30-3:30 each of the two days. Family members, caregivers, and volunteers who interact with people with dementia find Teepa's perspective refreshing. Please sign up for this event, 603-356-3231.

**Humane Society**, on *Wednesday the 3rd* we will visit the Cat Room to help socialize the felines. This is a wonderful way to have additional furry friend time. The bus leaves Gibson at 12:30.

**AARP Safe Driver**, on *Wednesday, August 17th*. The 6-hour class will be offered at the Gibson Center to the first 10 participants who sign up. The class, is \$25 for non-members, and \$20 for AARP members. It runs from 9AM to 4PM with a break for lunch in the dining room. Class participants will be offered a chance to register for a *CarFit* assessment the following Monday.



Every two years, there are State and local elections. The Gibson Center has a 16 year tradition of offering the **5 Minute Forum**, where each candidate who appears on the ballot in Northern Carroll County is offered 5 minutes. The candidates may share their platforms, introduce themselves, or talk about their opponents. As is the tradition, for the Primary Elections, there are two Forums, one for each party, since voters only see candidates on the ballot for the party they choose. There will be a General Election 5 Minute Forum in October, where you will meet the winners of the Primary Election. The **Republican** will have their **5 Minute Forum** after lunch on *Thursday August 18th*. The **Democrats** will have their **5 Minute Forum** after lunch on *Tuesday, August 23rd*. Voters and the press are invited to both.



### Looking Ahead:

- **Labor Day Cookout**, eat in, on Friday, September 2nd, in the dining room
- **Labor Day Craft Fair**, Saturday the 3rd from 10-5, and Sunday the 4th from 9-4
- **Gibson Center** will be Closed September 5th
- **OMA open House with ART SHOW**, on Thursday September 8th.

If you created anything crafty this year, consider letting us display it at the Fryeburg Fair. Please let Jill know if you will have items to display. Looking for people to set up the display this year, see Jill.

## GIBSON CENTER DAY TRIPS

For all bus trips, please sign up, and pay in advance. Call 356-3231. Federal health precautions are followed on the bus.

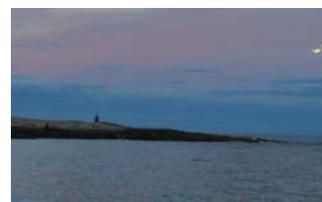
For Door to Door Transportation trips, you will be called with your individual pick up time, the day before the trip.

**Old Orchard Beach Concerts:** Door to door home pickups

- Frankie Vallee Tribute, August 16th, \$50

**Other trips this summer:**

- **Crescent Beach State Park:** Thursday, July 28th, board the bus at 9:30 AM, return home by 5:00PM. Transportation is only \$10 due to generous sponsors. Pay your own entrance fee at the park. Bring a picnic lunch, lawn chair, hat, sunscreen, towel, bathing suit, and book!
- **Summer concerts at the Band Stand.** Home pick ups, August 2nd. Enjoy the music of the *Mount Washington Valley Band*, visit the *Farmer's Market*. Bring a picnic supper, or buy one at the market. Donations accepted at the concert and for the bus. Bring your lawn chair.
- **Portland Sea Dogs**, on Sunday, August 7th, board the bus at 10AM. We will sit in reserved seats with backs. The transportation and reserved seats are \$30. You will need to bring money for stadium food, or eat a brown bag lunch on the bus, as they do not allow outside food in the stadium. Bring sun hat and sun screen.
- Tuesday, August 9th: **Full Moon, Sunset Cruise on Casco Bay**, \$38, bring a picnic to eat on the boat. Board bus at 3:30PM, home about 11PM.
- Thursday August 11th, a trip to the **Brownfield Community Market**, for shopping. Their produce is unbeatable for quality and price. Bus donations accepted. Bring your own bags.
- White Mountain Museum, **Watching the Seasons Change**. On August 24th, board the bus at 10AM, return about 5PM. Bring money for lunch and ice cream on your own. Trip cost is only \$10 due to the generosity of donors. The Exhibit looks at seasonal changes seen in art, both typical seasons, and as our climate has changed over the years.
- Tuesday, August 30th, **Madison Historical Society summer exhibit :Yesterday's Child**. See toys, games, clothing, furniture, and other items that relate to a child's life. After lunch. Donations accepted for the bus, and at the museum. The museum also has raffle tickets, and you will want money for ice cream.



## GIBSON CENTER DAY TRIPS CONTINUED...

- Wednesday, August 31st, we will visit the **Barnstormers Theater** and see their production of **Lucky Stiff**, a musical comedy. Dinner on your own before the show. Transportation and tickets \$54.
- **Two Lights State Park & Lobster Shack Restaurant:** September 6th & 14th. Only \$10 due to the generosity of donors. Pay your own admittance to the park, varies by age and state of residence.



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# KUDOS - DONATIONS

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

Veteran's Coffee: Frank McCarthy

Conway Humane Society

Saco River Canoe & Tubing; Paddle for a Cause

Dr. Fawn Langerman: **Moose Antler Talk**

North Conway Community Center, Acoustic Jam Session

Believe in Books, Bookmobile

Trail's End; Cone for a Cause

Little Angel Service Dogs

Shaws, Wanda Wirling

NH Food Bank

Catholic charities of NH

Wal-Mart; Phil Spinney

Old Village Bakery

Al Zaino: Pantry Bags

Vaughn Community Services Food Pantry & Jennifer

Red Fox Grill: Homemade Bread

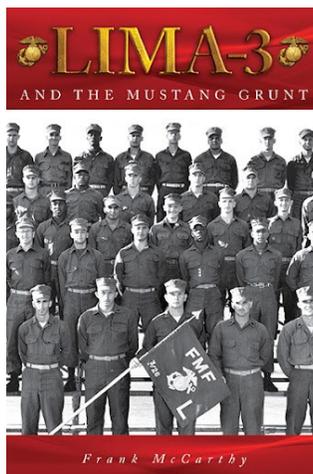
FlatBread

## Local Radio Stations:

Easy 95.3 WBNC

93.5 WMWV

104.5 WVMJ - Magic.



# PHOTOS FROM RECENT EVENTS & TRIPS

Humane Society Trip, Mount Washington Valley Band Concert, FlatBread, Trail's End, Frye-burg Historical Society, Summer Intern, Annabel, Belly Dance Hafla, Lunch trip to Five Guys



## 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**



**There might be last minute space available on the Lancaster Trip. Once the trip is a go we can accept signups until August 19th, but that depends on having 30 people by August 1. Call to check the status of this trip. (as of press time, we are still short people).** September 19-23, 2022. The trip is \$578, and insurance is \$48, totaling \$626 per person, double occupancy.

Bus Trip with Diamond Tours. Sight and Sound Theatre presents David. Visit Gettysburg National Park with a guided Battlefield tour. We will tour Amish Country, Kitchen Kettle Village, and Landis Valley Museum and Village. Payment is now due.

## TRIPS FOR 2023!



**Spotlight on Santa Fe: March 20 - 25, 2023 • 6 Days • 8 Meals.** Walking Tour of Santa Fe Plaza, Open-Air Tram Tour, Loretto Chapel, Santa Fe School of Cooking, Turquoise Trail, Allan Houser Sculpture Garden, Bandelier National Monument, El Santuario de Chimayo, Choice on Tour. Collette trip, follow this link for the flyer. <https://gateway.gocollette.com/link/1100656>



**Spotlight on Santa Fe: September 24 - 29, 2023 • 6 Days • 8 Meals.** Walking Tour of Santa Fe Plaza, Open-Air Tram Tour, Loretto Chapel, Santa Fe School of Cooking, Turquoise Trail, Allan Houser Sculpture Garden, Bandelier National Monument, El Santuario de Chimayo, Choice on Tour. Collette trip, follow this link for the flyer. <https://gateway.gocollette.com/link/1118363>



**England, Scotland, Wales, Ireland: April 16 - 30, 2023 • 15 Days • 20 Meals.** Edinburgh, York, High Speed Train, London, Afternoon Tea, Stonehenge, Bath, Wales, Cardiff Castle, Welsh Evening, Waterford, Blarney Castle, Killarney, Ring of Kerry, Jaunting Car Ride, Dublin, Traditional Irish Night. Collette Trip, follow this link for the flyer. <https://gateway.gocollette.com/link/1100644>

## 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](http://www.abundantblessingshomecare.com).

**Ask me about Medicare: Bert Weiss.** [bert@bertglassbenefits.com](mailto: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

**LA. Drew Inc** (356-6351) has been a leading contractor in the Mount Washington Valley since 1969. Working with homeowners and architects, we can help you build your dream home from the ground up.

**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.