



FEBRUARY 2023
EDITION

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CITIZENS SINCE 1979

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

Many of you commented on my working dog with her working owner. We are a pair. But there is another side of the story. I am reminded this month of the importance of PLAY!

We all know as kids that play is how we learn about fantasy, how to engage with our imaginary world and find joy in the release of laughter and delight. Guess what – it is no different when we get older. Not just taking pleasure in the gorgeous scenery around us that is created when the icy branches twinkle in the early sun after a storm. That is beautiful. But we also need to frolic, romp, dance, throw our arms in the air and sing!

We need play just as much if not more as we age. It is still how we can make relationships, find trust, win and lose without huge consequences, challenge our minds and relax. I don't have to be so serious!

There are many kinds of play. Games are a quiet form of engaging our minds in something other than worry. Board games, card games, word games, and others let us take a break. My friends here at the Gibson have invited me to join them on Wednesday afternoons for a trip down memory lane to relearn Canasta, Cribbage, Pinochle, and take my turn at Scrabble. They are really eager to take the time to teach me as a new old beginner.



There are lots of New Year's Resolutions I have made and broken over the years, but I think this delayed one might be the most important. Join me – Wednesday afternoons from 12:30 on. Come out and play!

Marianne Jackson, MD
Executive Director



QUOTE OF THE MONTH

"Adam saved my life." No, not literally, but a homeowner recently stopped by to say this to let us know that having the services of our Stay Warm, Safe and Dry contractor, Adam, arranged by Renee Wheaton, felt life saving.

This family no longer feels they must move out of their home and the area. Their beautiful home had just become too much to manage but now with safe railings from the garage, improved lighting and other repairs, the house no longer feels daunting or threatening. Please call Renee at 603-205-0909.



NH STATE PLAN ON AGING – MAKE YOUR VOICE HEARD.

On January 17th The Gibson Center was one of only 5 in-person locations for a focus group, listening session for the development of the new State Plan on Aging. Much has happened since the last Plan was written pre-Covid. We've experienced huge changes in public health, access to health care, the rise of isolation and loneliness, and the exorbitant increase in housing costs. Broadband is coming to fill in service areas. How will that be distributed, affordable and used? How will seniors continue to be able to live independently with dignity and joy? What of food costs? And fuel.



You can still take part by completing the online survey by going to the following URL:

https://unh.az1.qualtrics.com/jfe/form/SV_cMi08EzWMMtmRyC?jfe=new

BRAND NEW AUDIO-VISUAL ENTERTAINMENT FOR THE ACTIVITY ROOM

We are thrilled to announce the completion of a full renovation to the sound and presentation equipment in the Glenna Mori Activity room. We now have a full surround sound speaker system and new, easy to use, connectivity for WiFi, streaming and digital presentations. While some people prefer to continue with their DVD programs, we have the capability to offer music, movies and live performances with highly improved sound.



Please come enjoy the higher quality we can offer.

NEW WORKSHOPS ON USING YOUR COMPUTER OR MOBILE DEVICE

Coming in February, the Conway Public Library is partnering with the Gibson Center for Senior Services to offer tech training for anyone with computer hardware and software questions. David Smolen will be leading the series at the Library weekly on Friday mornings from 10:00 to 11:30 for anyone with a desire to grow their confidence in this digital world. Participants will receive a \$25 gift card for participating in this training that uses teaching modules from Digitunity and AT&T along with personal instruction. To register contact Marianne Jackson at [603-356-3231](tel:603-356-3231) or David Smolen at [603-447-5552](tel:603-447-5552). Participants are encouraged to sign up for any or all sessions that they want. There is no cost to register. Topics include:



1. Basics of Video Conferencing Including Telehealth – February 3, 2023
2. Online Safety and Security – Avoiding Fraud and Scams – February 10, 2023
3. Getting the Most from your Mobile Device – February 17, 2023

Future workshops might be available depending on participants' interest and needs.

VIRTUAL PERFORMANCES BEING SHOWN AT GIBSON CENTER

Don't miss! (please sign up for these concerts)

- Classical Concert:** The Rite of Spring: after lunch Thursday, February 23rd.
- Bach's Birthday Bash:** on the Kotzschmar Organ. Tuesday, May 2nd, after lunch.
- Classical Concert:** Marquez: after lunch Thursday, Monday, May 8th .

PSO
PORTLAND SYMPHONY
ORCHESTRA

The Gibson Center is offering these showings of a variety of concerts in our upgraded surround-sound seven speaker activity room with a large screen for projection. These are live performances of the Portland Symphony. Programs must be ordered in advance, so please sign up at least one week before the event.

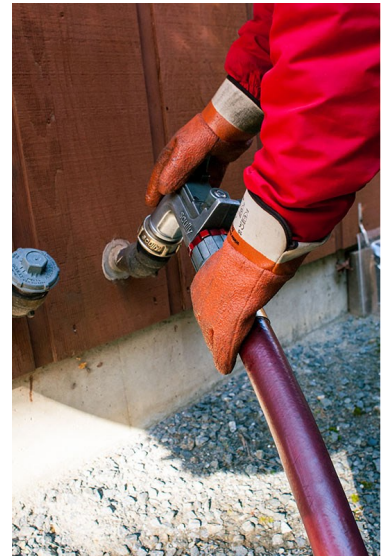
FUEL AND ELECTRICITY ASSISTANCE AVAILABLE

Fuel Assistance Program: As funds become available, the Fuel Assistance Program provides benefits to qualified New Hampshire households to assist with heating costs. Grants ranging from \$210 to \$1,575, can be used to secure an emergency delivery of fuel, delay a shut-off notice or they may refer clients to another source of assistance. Benefits are based on household income, energy costs, the number of heating degree days and housing type to prioritize households with the lowest incomes and highest energy costs. Contact Tri-County Community Action at www.tccap.org or 603-323-7400 and for more information try <https://www.energy.nh.gov/sites/g/files/ehbemt551/files/inline-documents/sonh/fuel-weatherization-assistance-brochure.pdf>

Packets with the forms can be obtained at the Tamworth, Freedom, Conway, Pope, Madison and Jackson public libraries along with the Gibson Center.

Electric Assistance: New Hampshire Energy Assistance Program (NH-EAP) provides eligible customers (Eversource, Unitil, Liberty or NHEC) with a discount on their monthly electric bills. A 1-person household with income of approximately \$39,000 or two persons with income of \$51,000 can receive discounts ranging from 8% to 76%. All electric utility customers support the statewide EAP through the system benefits charge portion of their electric bill.

To learn more about the EAP, including how to apply, call Tri-County Community Action at **603-323-7400** or visit their website at www.tccap.org



RESERVE THE SPRAGUE DINING ROOM FOR YOUR MEETINGS – ONLINE

The beautiful Sprague Dining room and the Glenna Mori Activity room can be reserved for members of the Valley to use for meetings and activities. Reservations for the Dining room can be easily made for available times by going to our website, <https://www.gibsoncenter.org/product/sprague-dining-room/>

SPRAGUE DINING ROOM: The 65-seat dining room (without kitchen) is available from 8:00-10:00 am weekday mornings and again from 1:00-4:00 in the afternoon. The calendar of available times and room policies are posted on the website under Book a Room. There is a nominal fee of \$35 for the Dining room. Details and agreements are posted. We hope you will come enjoy the central Valley location, parking, and congenial facilities for your organization meetings, presentations or club events.



GLENNA MORI ROOM: Activity Room is a 70-person seating capacity program room with projector and 7 high quality stereo surround-sound media for use by up to 20 people for exercise and dance.

The Activity Room can be requested by completing an inquiry form with a response time of 3 business days as we check for availability of this much used space. <https://www.gibsoncenter.org/glenna-mori-activity-room/>

DINE-TO-DONATE: CHIPOTLE

Sunday, March 5th, from 4-8PM, **Chipotle's** will donate 33% of their sales to the Gibson Center, when you show them the flyer. You may also order on line, using the code 2MAWKPP, for the Gibson Center to receive the donation. Orders must be placed between 4 & 8PM on March 5th.



Our Calendar Link:

<https://www.gibsoncenter.org/calendar/>

OLLI OFFERINGS WITH GIBSON CENTER

Gibson continues to co-sponsor programs with OLLI – Osher Life-Long Learning Institute with special classes being offered at the Gibson Center. Enrollment is online and begins on February 6th. Some classes fill up fast.

- Carl Lindblade: Winston Churchill, You Decide. March 2
- Ukrainian Egg Decorating, for beginners, March 3
- Herb Basket weaving, March 9 & 16
- Ukrainian Egg Decorating, for intermediate, March 31
- Gnome Making, sew your own, Tuesdays April 11-25



Membership in OLLI for the year is \$40 and allows you to take classes throughout NH and many are by Zoom. Thanks to a generous donor, the Gibson Center can pay for up to 20 memberships for those who need. OLLI also offers some scholarships for some of their classes with fees.

It also allows you to attend free Special Interest Groups: Hiking; Winter Snowshoeing; Games Group; Munch Bunch. Cost for classes vary but hover around \$20-\$25. You can see the listings and virtually hear from the presenters by going to www.oli.granite.edu You can also call [603-513-1377](tel:603-513-1377) with questions.

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.

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 & learn to solve common caregiver challenges. Meeting options are currently in-person one-to one coaching or via phone or ZOOM. REACH is funded in part thru Administration on Community Living grant #90ADPI0060

Caregiver Peer Support:

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

NEW TO MEDICARE - INDIVIDUAL COUNSELING

Anyone turning 65 has to make informed decisions about Medicare enrollment. It can be a daunting experience. Let our board member, Ele Border introduce you to your options in an unbiased, unaffiliated and pleasantly educational manner. She is meeting with individuals or couples for counseling sessions.



All people turning 65 have 6 months to sign up for Medicare (3 months before and the three months after one turns 65) without a penalty in the future. She can explain your options and how to understand the differences between Medicare Advantage Plans and traditional Medicare. Please call [603-356-3231](tel:603-356-3231) to schedule your personal appointment with Ele.

GIBSON CENTER BOOK CLUB ENTERS VALLEY PROMOTIONS CUPCAKE BATTLE!

On Sunday, February 26th, members of the Gibson Center Book Club will promote reading for fun, by entering the Cupcake Battle, using the theme of the children's story *The Gingerbread Man*. We will be offering gingerbread cupcakes with a caramel apple glaze. Book club members will be making a gingerbread house to decorate our table. Other members will bake the cupcakes, and man the table. The public is invited to attend the event, at the North Conway Community Center from 1-3:30PM. Run Run Run, as fast as you can, because admission is limited, and only \$12 this year. Invite your family and friends to this fun event.



MOW DURING BLIZZARDS



Meals on Wheels covers Snow Days. Becky and Kristin fill and organize all the extra meal bags ready for delivery to our Meals on Wheels recipients to anticipate the snow days. Every year we pack shelf stable foods with nutritious elements to tide people over the blizzards.

OUR BUSINESS SUPPORTERS

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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

KILL-A-WATT-PREVENT ELECTRICITY WASTAGE

At current NH electricity rates, the average American family wastes \$150 per year in lost “phantom load” electricity. This is 1.45 kilowatt hours (kWh) per day or approximately 43 billion kwh per year in the USA. Examples of phantom loads are plugged in coffee makers with clocks, sound and TV equipment, computers and chargers – anything with a light or a digital readout.

Besides phantom load, many of us are running very old, inefficient appliances (think that old freezer in the basement) that might need to be replaced for cleaner, less costly service. NH Saves will take it away and recycle it for you! Rebates for new Energy Star appliances are available.

To know how much electricity and dollars you could save, you can now borrow a Kill-A-Watt meter from the Gibson Center, the Jackson, Pope, Conway, Madison or Tamworth Cook libraries. These small devices come with step-by-step instructions for plugging the device into your wall socket and plugging the appliance into the meter and leaving it for several days or a week. Pushing the KWH button will display the KWHs used since you plugged in the meter. Push it again and you will get the number of hours.

A 20-year-old refrigerator of about 17 cu. ft. could use 1,700 kWh of electricity every year, compared with about 450 kWh for a similarly sized new ENERGY STAR model that costs between \$750-950. At \$0.31 per kWh, that is \$387 per year so the new refrigerator is paid for in 2-3 years and saves lots more over the life of the refrigerator.

We are all becoming more energy conscious. Let us make it easy for you to identify and reduce wasted electricity charges in your home or office.



David with Kill a watt meter

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

OUR BUSINESS SUPPORTERS



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

ONGOING WEEKLY PROGRAMS

Monday	<p>Chair Exercise FunDay Tai Ji Quan, Moving for Better Balance General 1:1 Computer Tutoring</p>	<p>10:30 AM 12:45 PM 4:00 PM By Appointment</p>
Tuesday	<p>Strength, Balance & Stretch Joan Lanoie, Advanced Directive, 2nd week</p>	<p>10: 00 AM By Appointment</p>
Wednesday	<p>Veteran’s Coffee 1st & 3rd weeks Quilt 2nd & 4th weeks Gameday General 1:1 Computer Tutoring</p>	<p>10:00 AM 10:00 AM 12:30 PM By Appointment</p>
Thursday	<p>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</p>	<p>By Appointment 10:00 AM 12:30 PM 4:00 PM</p>
Friday	<p>Computer Classes Dr. Charlie Felton - medical resources 1st & 3rd week Chair Exercise Class Friday Painters, bring your own supplies</p>	<p>By Appointment By Appointment 10:30 AM 12:30 PM</p>

TIM DI PIETRO



- Residential Electrician
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OUR BUSINESS SUPPORTERS



2448 Main Street
North Conway, NH 03860
603.356.5819

info@northcountryfairjewelers.com

KUDOS - DONATIONS

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

Marsha Carlin: Box Making Class

Conway Area Humane Society

The Gibson Center Trip Angels

Little Angel Service Dogs

Ele Boarder, New to Medicare

Pamela Memmolo, Book Club Group

The Dining Room Elf, for fun and decorations

State Commission on Aging for holding Listening Session Here

Vaughn Community Services Food Pantry & Jennifer

Shaws, Wanda Wirling

NH Food Bank

Catholic Charities of NH

Wal-Mart; Phil Spinney

Old Village Bakery

Local Radio Stations:

Easy 95.3 WBNC

93.5 WMWV

104.5 WVMJ - Magic.



Box Making Class



Nellie from
Little Angel Service Dogs



GENESIS HEALTHCARE MINERAL SPRINGS

Short Stay Skilled Rehabilitation
Long Term Nursing Home Care
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1251 White Mtn. Hwy
North Conway, NH 03860
Call 603-356-7294

Locally Owned / Caring Pharmacist

3631 White Mt Highway, North Conway
603-730-5432

**OUR BUSINESS
SUPPORTERS**

PHOTOS FROM RECENT EVENTS & TRIPS

Stonehurst, 12 Days of Christmas, Ski Museum, Ice Sculptures, Box Making, State Listening Session, and Chinese New Year.



FEBRUARY SPECIAL EVENTS

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

Please complete the **NH State Plan on Aging Surveys**. You (WE) want your voice to be heard! You can access the online survey at [NH State Plan on Aging Survey \(qualtrics.com\)](https://qualtrics.com). You can also pick up a paper copy here. Do it today!

We will play **BINGO** on Monday, the 6th. Bring an item for the prize table.

On Wednesday, the 8th, the **Red Parka Pub** is opening for a special lunch, just for the Gibson Center. Please sign up, as space is limited to the first 100 people. For only \$10, people have a choice of steak or fish, with vegetable, starch, dessert, and coffee. We suggest you leave a generous tip for the servers, who volunteer their time for the lunch. Please call to sign up, 603-356-3231. MOW will be delivered this day, but the dining room will be closed, no Congregate Dining.



Wear Red for **Valentine's Day** on the 14th. There will be an especially nice meal that day. We want people to celebrate the friends that make their lives special!

On Valentine's Day join Marsha Carlin, who helped us create paper boxes, to make **beautiful beads** that you can use to craft necklaces for yourself or as a gift. It's a simple project with a big and satisfying result. Some materials will be provided but please bring, as you are able, old dry cleaner hangers with paper tubes on them (found in the back of a lot of NH closets) colorful magazine pages, and/or a few of your favorite cocktail napkins which we will use to glue onto the tubes before we cut them up into beads and string them on fishing line or string. You can also paint your paper beads for stringing. Join Us!



The **Veteran's** will meet on the 15th. Lindsay Pratt-Bluemle, the new Licensed Clinical Social Worker at the local Community Based Outpatient Clinic (CBOC) will attend the meeting. This will be a nice way to meet her. Invite other veterans to this meeting to meet Lindsay.

Our **Art for Lunch** will be Friday the 17th with Natalie MacMaster and Donnell Leahy, Canada's reigning couple of Celtic music. Invite your family and friends for this amazing taste of Celtic Fiddle Music.

American Heart Health Month, "Heart Matters: Know your risk and learn about prevention" presentation after lunch by Memorial Hospital cardiology staff Sarah B Petersen, FNP-MSN and Sarah A Lacey, APRN-FNP from Cardiology at Memorial Hospital. Friday the 17th after lunch in the dining room.

The Gibson Center is **closed** on Monday, the 20th for President's Day.

Tuesday the 21st is **Mardi Gras!** We will celebrate with great jazz from New Orleans. Wear beads, a mask, or the Mardi Gras colors, green, purple, and gold.

Ash Wednesday is the 22nd. The Gibson Center offers a vegetarian entree for every meal. We just need to know that you will be here. If you prefer to eat vegetarian on Ash Wednesday, and Fridays in Lent, please let the kitchen know, so they prepare enough vegetarian entrees for the day.



Virtual Concert, Classical Guitar, Thursday the 23rd.

The Book Club will meet on the 28th. Members should look for an email the first week of the month, announcing the title and alerting you that the book is in.

FEBRUARY SPECIAL EVENTS CONTINUED...

Save these Dates for upcoming months:

Dine to Donate at **Chipotle's**, on Sunday March 5th (get your flyer, to present, so Gibson receives 33% donation).

Pi Day **Pie Auction** on March 14th. (make one, and bid often!)

Saint Patrick's Lunch: March 17th Corned Beef and Cabbage. Irish music will be played, have fun and wear green!

Virtual Dementia Tour, Monday March 27th, after lunch. Please sign up to participate.

Gibson Gala, Thursday May 11th.

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. Many venues will only hold tickets for so long. Please indicate your interest, so we can reserve tickets.

Monthly trip to the **Humane Society, to socialize Cats**, first Wednesday each month, after lunch.

Thursday, February 9th, a trip to the **Brownfield Community Market**, for shopping. Their produce is unbeatable for quality and price. Bus donations accepted. Bring your own bags.

Ride to view the Ice Sculptures: after lunch on January 30th.

Tap Tap Jazz: Maine State Ballet, lunch on your own. Transportation and show, \$32 due to generosity of donors. February 4th. We still have unclaimed tickets.

Red Parka Pub: February 8th. Both Gibson buses will offer transportation, one will do the usual home pick ups, the other will meet people who drive, at the Gibson Center parking lot, for a drop off at the door to the restaurant.

Kancamagus Highway, frozen waterfall ride: after lunch, Thursday, February 16th.

Local Bookie Wacky Wednesday: ride after lunch, Wednesday, February 22nd.

Weston's Market, Fryeburg: after lunch, February 24th.

The Simon & Garfunkel Show: Thursday, March 9th. \$78. Dinner on your own at Sebago Brewery.

After lunch bus trip to Settler's Green St. Patrick's Day **Scavenger Hunt!** March 17th.

Million Dollar Quartet: March 23rd. Lunch on your own at Farmer's Kitchen. Transportation and show reduced to \$50, due to a very generous donation. We need 10 people registered by February 10th.

We will go to a **Maple Sugar Bush**, when the sap is flowing.

Settler's Green Art Labyrinth: after lunch April 27th.



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**



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>



Beautiful Vermont: May 23-25, 2023. Dinner Cruise on Lake Champlain with entertainment, Shelburne Museum, Rock of Ages Granite Quarry, Cold Hollow Cider Mill, and Maple Sugar Farm. **Sign up now, cut off mid February.** Follow this link for the flyer. [Link to the trip flyer](#)



Lancaster Show Trip: September 18-21, 2023. September 18-21, 2023. Explore Amish Country. Enjoy two shows: Sight and Sound Theaters *Moses*; and a show at Magic & Wonder Theater. Includes breakfast and dinner each day, with mouthwatering Amish inspired cooking. [Link to the trip flyer](#)

Planning next year travels, where would You like to venture?



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

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.

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.