

CENTER OF GRAVITY GAZETTE

NEW BOSTON'S SENIOR NEWSLETTER



March / April
2025

What's new?

- ♦ **New Boston Recreation Turns The Big 5-OH!**
- ♦ **Red Cross Blood Drive**—Saturday, March 29, 9am—1pm at the Whipple Free Library
- ♦ **Free Transportation Program Update**

⇒ A program in transition.

- ♦ **Senior Trip** to Parkers Maple Barn, Monday, March 24th.
- ♦ **Senior Lunch** at NBCS, Thursdays that school is in session. Doors open at 10:50am. Followed by Bingo at the Rec Office at noon.
- ♦ EmerTech explains **Two-Factor Authentication** and why it is important for our online safety.
- ♦ **Exercise opportunities: See detailed info on page 11!**
 - ⇒ Pickleball—Tuesday Nights
 - ⇒ Tai Chi—Wednesday Mornings
 - ⇒ Yoga—Wednesday Nights
 - ⇒ A Walk in the Woods—Thursday Mornings
- ♦ **Historical Society:**
 - * “Portrait of a Lady—Frances Deering Wentworth” Article by Dan Rothman
 - * **CORRECTION FROM PRINTED VERSION!** "Mr. Whipple and his Farm" Speaker: Dan Rothman, Historical Society volunteer. Thursday, March 13 at 7:00 PM CCNB
- ♦ **Also Inside**—Jerel Speck's Close Encounters Article, Whipple Free Library News, Puzzles, Comics and more inside!

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Director—Mike Sindoni
Assistant—Sheri “Ree” Moloney

www.newbostonnh.gov/recreation ~ 603-487-2880
Recreation@NewBostonNH.gov



“Our mission is to enrich and enhance the lives of the residents of New Boston. We accomplish this by providing safe, welcoming facilities and affordable, diverse recreation and cultural opportunities for people of all ages to play, learn, and build community.”

*“Hope is the thing with feathers that
perches in the soul, and sings the tune
without the words, and never stops at all.”*
~Emily Dickinson



Understanding Two-Factor Authentication (2FA) and Why It's Important

By EmerTech's Operations Manager, Tania Emerson

In today's digital world, keeping our online accounts safe is more important than ever. One simple way to protect yourself is by using **Two-Factor Authentication (2FA)** also known as **Multifactor Authentication (MFA)**.

What is 2FA?

2FA is an extra layer of security that helps prevent hackers from accessing your accounts. Instead of just using a password, 2FA asks for a second piece of information to confirm it's really you.

Think of it like locking your front door. Your password is the key, but 2FA adds a second lock, like a deadbolt, making it much harder for an intruder to get in.

How Does 2FA Work?

When you sign into an account with your password, 2FA will ask for a second form of identification.

This could be:

- ⇒ A special code sent to your phone or email.
- ⇒ A fingerprint scan.
- ⇒ A code from an app like Google Authenticator.

Even if someone steals your password, they **won't** be able to access your account without this second step.

Why Should I Use 2FA?

Using 2FA makes it much harder for hackers to break into your accounts. Many services—like email, banking, and social media—offer 2FA to keep you safe. Taking this small step can **protect your money, identity, and personal information**.

How to Set Up 2FA

Setting up 2FA is easier than you think:

1. **Go to your account settings** on your bank/credit card etc. website or app.
2. **Look for "Security" or "Two-Factor Authentication."**
3. **Follow the instructions** to add your phone number or set up an authentication app.
4. **Repeat these steps** for each bank/credit card account you have.

If you need help, don't hesitate to ask a trusted friend or family member.

Conclusion

Two-factor authentication might sound complicated, but it's really just a way to **add an extra layer of safety to your accounts**. It's a smart habit to get into, helping you keep your personal information secure.

With just a few extra steps, you can make your online accounts much safer!



Celebrating 50 Years of Recreation in New Boston!

It's hard to believe that the New Boston Recreation Department has been enriching our community for 50 years! From our founding director, Sandy Gallup, and a dedicated committee of New Bostonians who built the foundation of our department, to our current director, Mike Sindoni, who continues to strengthen and grow our programming—our commitment to serving the children, adults, and seniors of New Boston has never wavered.

For five decades, we have brought our community together through programs, sports, and events that inspire, engage, and create lasting memories.

Whether it's **summer concerts, senior trips, yoga, and Tai Chi**, or **basketball, softball, baseball, karate, and adult coed sports**, we are proud to offer something for everyone. Thanks to our dedicated Recreation Commissioners, who carefully steward our revolving account, we can continue providing these outstanding programs and more.

At the heart of everything we do is our mission:

"To enrich and enhance the lives of the residents of New Boston by providing safe, welcoming facilities and affordable, diverse recreation and cultural opportunities for people of all ages to play, learn, and build community."

Join Us for a Year-Long Celebration!

We're making 2025 a year to remember with special events marking this milestone!

We kicked things off with our **Annual Lip Sync Contest** and the thrilling **Fire and Ice Skating/Sledding Party** at the ice rink.

On the evening of **June 4**, we are planning a Recreation Department slide show with photos and newspaper articles from 1975 to the present day. In conjunction with the slide show, we are going to have a "roundtable" discussion with current and past recreation directors, commissioners, and volunteers. Next up, don't miss our **"Block Party" on June 7th**—a fun-filled extravaganza featuring **food, games, music, and more!** Look for more info in the next newsletter as well as the April issue of the Beacon.

Stay tuned for more anniversary celebrations throughout the year. Thank you for being part of our incredible journey—here's to 50 years of recreation and many more to come!

Follow us on Facebook and Instagram for updates and event details.



“Portrait of a Lady Frances Deering Wentworth”

*by Dan Rothman,
New Boston Historical Society volunteer,
for the March/April 2025 issue
of the Center of Gravity Gazette*



Photo courtesy of Dan Rothman

Patriot’s Day, April 19th of this year, marks the 250th anniversary of the Battle of Lexington & Concord, the start of the American Revolution. For this issue of the Center of Gravity Gazette I wish to share with you the story of Frances Deering Wentworth, who at the time of the Revolution was the wife of New Hampshire’s very last Royal Governor.

If my editor can’t read my handwriting, I’ll spell the lady’s name for her. It’s “Frances” as in “Francetown,” “Deering” as in “Deering, New Hampshire,” and “Wentworth” as in “Wentworth, New Hampshire” – all three towns were named after Frances and her family!

The painting of Frances, which now hangs in a museum in Bentonville, Arkansas, is formally known as the “Portrait of Mrs. Theodore Atkinson Jr.” and I’ll explain why in a moment. The artist was John Singleton Copley, who painted Frances when she was twenty years old. Unfortunately, history does not record the name of the pet squirrel you see on the tabletop.

Frances Deering Wentworth (1745–1813) was born in Boston to a wealthy merchant and his wife. At the age of 16 she fell in love with John Wentworth, who was her first cousin and the nephew of New Hampshire’s Governor Benning Wentworth. Alas, John seemed more interested in business and politics than in Frances, so she got herself engaged to another first cousin, Theodore Atkinson Jr., to get John’s attention. John promptly sailed to England without her, so Frances was stuck with Theodore, who later commissioned the Copley portrait of his wife and her squirrel for their Portsmouth home.

When John returned to New Hampshire as the new Royal Governor, succeeding his unpopular uncle, it was apparent to Frances that she’d married the wrong first cousin. Fortunately for her, if not for her first husband, Theodore Atkinson died young of consumption. After a respectful



Continued from page 2

mourning period of two weeks, the young widow married Governor John. Their first child was born seven months later. People did have calendars and could do arithmetic in 18th-century New Hampshire, and the Wentworths' haste did not go without notice.

John Wentworth was an effective Royal Governor who did his best to reduce tensions after the Boston Tea Party, but revolutionary fervor made it necessary for John and Frances to flee New Hampshire two months after the Battle of Lexington & Concord. When the war ended they sailed to Halifax in Nova Scotia, where John became the Surveyor General of the King's Woods, a job which involved long absences from his wife.

Lady Frances, who'd enjoyed an active social life in London, was not at all happy in Halifax, which you'll understand if you've visited that quiet town. Also, she was lonely without her husband. Therefore it was only natural that she became quite friendly with King George's son William, who visited Halifax more than once while serving in the Royal Navy. The Prince was 21 and Frances was 41, but she was as beautiful as ever. John Wentworth made his displeasure known to the King, and Prince William was sent to Quebec.

John became Governor of Nova Scotia, was knighted, and received a baronetcy. Frances died in England at the age of 68. John died in Halifax seven years later. They had at least one child together; John had another son with his mistress.



Tigris says:
" This Historical
Society article
gets 4 paws up
from me!"



The New Boston Historical Society invites you to:

"Mr. Whipple and his Farm"

Speaker: *Dan Rothman, Historical Society volunteer*

Thursday, March 13 at 7:00 PM
in the Community Church of New Boston

Joseph Reed Whipple brought the railroad to New Boston in 1893 so he could supply his Boston hotels from his Valley View Farm. Join us for an illustrated presentation about this amazing man.

Library News — whipplefreelibrary.org

Library Hours:

Monday: 10:00 - 8:00—Tuesday: Closed—Wednesday: 10:00 - 8:00—Thursday: 2:30 - 6:30

Friday: 10:00 - 5:00—Saturday: 9:30 - 12:30—Sunday: Closed



Monday Morning Quilters — 10am Every Monday



Friends of the Whipple Free Library — Tuesday, March 11 and Tuesday, April 8 at 6:30pm



3rd Tuesdays — Piscataquog Quilters - Tuesday, March 18 and Tuesday, April 15 at 7pm



Wednesdays — Cribbage - 6:30pm Every Wednesday



Thursday Knitting — 10am Every Thursday. All experience levels and types of fiber arts welcome.



Mahjongg — 1-3pm Every Friday. All experienced players welcome!



2nd Fridays — Second Friday Foreign Film. All are welcome!

- Friday, March 14 at 7pm: *The Consequences of Love* (Italy, 2004)
- Friday, April 18 at 7pm: *Alan Partridge* (UK, 2014) - **Please note: April's** foreign film is on the **third Friday** of the month.



Chess Club - 10am every Saturday

Book Clubs:

Who Dunnit? Book Club

Wednesday, March 5 at 10am – *Track of the Cat* by Nevada Barr

Wednesday, April 2 at 10am – *The Man in the Brown Suit* by Agatha Christie

Wed. Night Book Club

Wednesday, March 12 at 7pm – *The Six: The Untold Story of America's First Women Astronauts* by Loren Grush

Wednesday, April 9 at 7pm – *Demon Copperhead* by Barbara Kingsolver

Bon Appetit Cookbook Club

Wednesday, March 19 at 6pm – *Paula Deen & Friends: Living It Up, Southern Style, Paula Deen's Kitchen Classics, and Paula Deen's Southern Cooking Bible*, all by Paula Deen

Wednesday, April 16 at 6pm – TBD

Fantasy Book Club

Thursday, March 20 at 6pm – *Dreams of Gods & Monsters* (Daughter of Smoke & Bone #3) by Laini Taylor

Thursday, April 24 at 6pm – *Perdido Street Station* by China Mieville



**American
Red Cross**

**Blood
Services**

Red Cross Blood Drive

Saturday, March 29, 9am—1pm

FAQs (Frequently Asked Questions) Select Fridays below from 3-5pm

March 7 & 21 and April 4 & 18

Having problems with your tech? Tech Services Librarian Natalie is here to help! Whether you're struggling with smartphones or spreadsheets, drop in and get answers to all your technology questions.

Songs of Emigration: Storytelling Through Traditional Irish Music

Monday, March 10 at 6pm

Join us as Jordan Tirrell-Wysocki explores the emigrant experience through traditional Irish music. Through fiddle and guitar, he'll bring to life the stories of those who left Ireland – stories of departure and loss; stories of arrival; and stories of yearning for what was left behind. Tirrell-Wysocki places these songs in their historical context and discusses how these old country songs became part of New England's musical repertoire. This is an evening not to be missed!

Reading & Relaxation Society

Monday, March 24 at 6pm

Monday, April 21 at 6pm

Come down to the library and leave the chores behind. For a couple hours, bask in front of the fire with a warm beverage, a delicious treat – and nothing else you should be doing! Take time to read your book, work on a puzzle, color, craft, or any other peaceful activity you choose. Sound delightful? Then we'll see you at the next Society meeting! Refreshments will be provided.

Friends of the Whipple Free Library Auction

Saturday, April 12 at 6pm

Find your next treasure and support the Friends of the Whipple Free Library at the same time! Festivities start at 6pm – enter to win raffle prizes, view the Live Auction lots, or purchase items immediately from the Treasure Trove. Live Auction bidding starts at 7pm. And stay tuned for details about the Friends' first ever online Silent Auction!

Interested in donating items to the auction? The Friends will happily accept items from April 3 through 11 during regular library hours. They ask that items be clean and in excellent condition. Please no electronics. If you're looking to donate a large item or if you have any questions, please email the Friends at friendsofthewhipplefreelibrary@gmail.com.

And there are even more programs to come as we continue building out our Spring schedule! For all the latest programming information, check out the calendar of events on our website www.whipplefreelibrary.org. You can also sign up for the library's monthly newsletter on our Home Page.



17 ~ PATRICIA BERGEN
 28 ~ RUTH MILLER
 30 ~ JEANNINE BALLOU



2 ~ ROXANNE POLAK
 2 ~ RICHARD SILVERNAIL
 4 ~ THERESA WOODBURY
 5 ~ FLOYD GUYETTE
 11 ~ KATIE KACHAVOS
 14 ~ KEN HOLBROOK
 17 ~ GEORGIA CHANCEY
 20 ~ JACKIE MALANDRINO
 22 ~ KATHY PALUMBO

Senior Trip—

In March we will head to Parkers Maple Barn to dine, shop and visit the Sugar Shack. Call or email us to sign up!

Monday, March 24th—We leave the town hall at 9:15 am.

Senior Lunch, Bingo—

Senior Lunch at NBCS is on Thursdays that school is in session. Seniors play Bingo at noon in the Recreation Office after lunch.

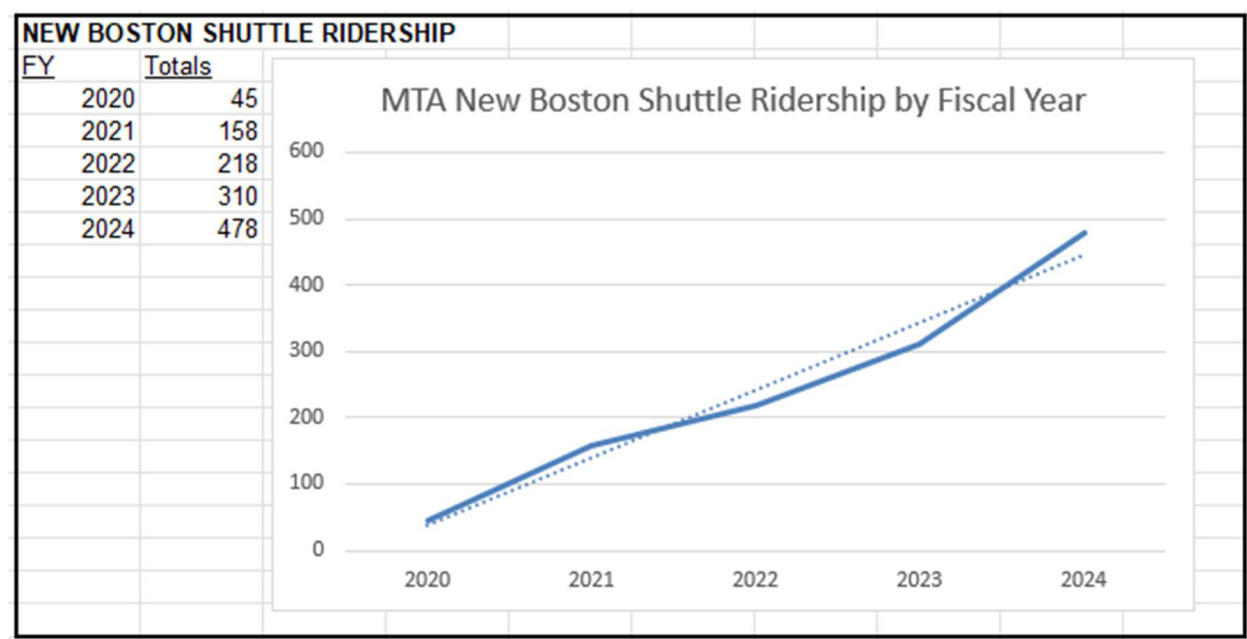
- * Gym doors open at 10:50 AM
- * Buy a Hot lunch for \$3 or bring your own.
- * We will provide coffee, tea and water. Hot lunch includes milk
- * Join us for Nickel ante Bingo at the Rec Dept from Noon until 3pm.
- * We will provide all of the Bingo supplies, just bring your nickels!



In January 2025, the Southern New Hampshire Planning Commission notified the Town that the current program through Manchester Transit Authority (MTA) will end on June 30, 2025. This program was originally voted on in 2019 to provide once a week van services to include rides to medical appointments, shopping, and other events.

New Boston is presently covered up to 25 trips per month with Section 5310 funding where the cost is subsidized. Providing trips above and beyond that 25 trip per month cap is proving challenging for MTA due to the distance from Manchester. This Pilot Program was spearheaded by Susan Carr and has served the Town well for the past few years.

Participation in the program has grown significantly since 2020.

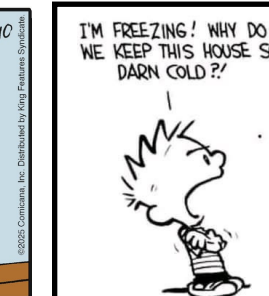
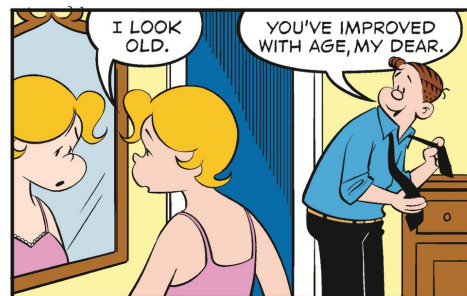
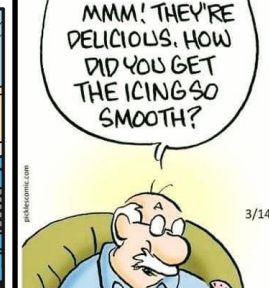
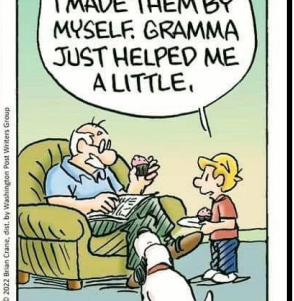
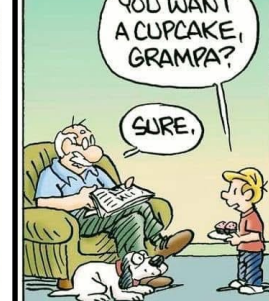
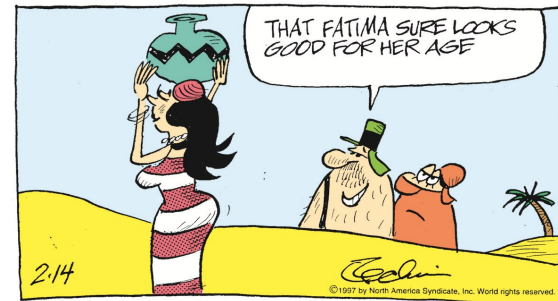
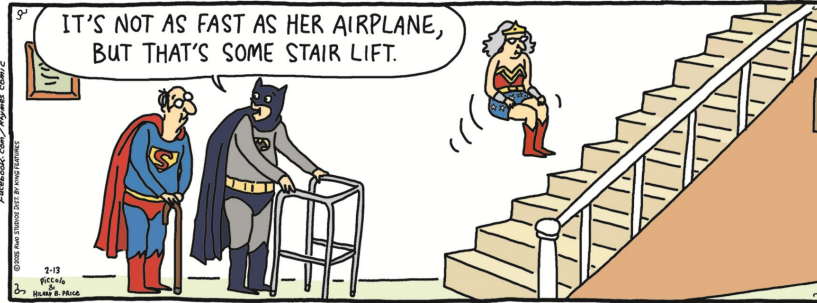


The Pilot program of these rides was designed to demonstrate the demand in the Town so we would be equipped with actual figures we could use in planning a long-term approach.

The Select Board is looking at options to continue this program and Susan Carr is once again assisting the Town with developing options after the current program ends in June of 2025. In the proposed CY 2025 budget there is \$11,232 requested for this program, an increase from \$9,036. If the proposed CY 2025 budget passes, in addition to the funds available for rides, there will be a Police Vehicle coming out of the rotation that could be repurposed as a Senior Services vehicle and the funds allocated in the proposed budget could be used for expenses for that vehicle, paying for drivers, and other expense to keep and even enhance this program. For seniors who need mobility options beyond that vehicle, the existing Recreation Department bus could augment the service since it is equipped with a wheelchair lift.

The Select Board will be reviewing options and ideas on how to best continue this service starting in July.

If you have questions, suggestions, or ideas about this program please contact the Town Hall at 603-487-2500 ex 121.



Tai Chi/Qigong with Theresa Rogers



Join instructor Theresa Rogers, a Zen Wellness Certified Qigong Instructor and advanced student of Senior Instructor Janet Briggs of East Wind Tai Chi, as she guides you through the relaxing and revitalizing art of Tai Chi and Qigong. Theresa trains in Alex Dong's Taijiquan lineage of Yang Style Tai Chi, bringing authentic and mindful instruction to every class.

In this class, you'll learn the fundamentals of Qigong and Tai Chi, including breath work, movement, posture alignment, and visualization techniques that nurture the mind, body, and spirit. This gentle, meditative practice will help improve balance, flexibility, strength, and mental clarity, while easing stress and promoting emotional well-being. The movements are safe and accessible, adaptable for all abilities, and are a great complement to other health and wellness routines.

Time: Wednesdays, 10:00 AM - 11:00 AM **Location:** White Building #2

For more info on session dates, cost, and to sign up call the rec office at 603-487-2880

**Come experience the calming power of Tai Chi and Qigong,
and find balance in every movement.**

A Walk in the Woods—Thursdays from 9-11:30

Once a week meet ups for a casual walk in the woods The pace will be according to the fitness of the group as a whole. Expect easy to moderate terrain to traverse and please dress accordingly to the weather. This is an all-ages walk but children must be accompanied by an adult. Well-behaved, leashed dogs may attend. Please meet at **8:55** in the Town Hall Parking lot.



VINYASA FLOW YOGA

Whipple Free Library on **Wed's**, 6-7 pm.

6-week session is \$72

Dates: March 5, 12, 26 & April 2, 9, 23

or drop-in for \$15



**No session fee or
pre-registration required**

Tuesdays, 6:30-8:30 pm in the NBCS Gym

ACROSS

- 1) Head pests
- 5) Arctic breakaway
- 9) Nodded off
- 14) "While ___ it ..."
- 15) Say with certainty
- 16) Type of gas
- 17) Lawrence, in Stockholm
- 18) Epsilon follower
- 19) Not under one's breath
- 20) L.A. 10-percenter
- 21) Things done in the gym
- 23) Black-eyed legume
- 25) Master of rhymes
- 26) Abominable
- 29) Wagner contemporary
- 33) Firewood measure
- 35) Beehive State flowers
- 37) Break bread
- 38) Atkins or Huntley
- 39) Detach
- 40) Tasting of wood, as some spirits
- 41) Address on the Web
- 42) Furrier John Jacob
- 43) End table?
- 44) Free-for-all
- 46) Earth models
- 48) Difficult
- 50) Detroit player
- 53) Things done in the gym
- 58) "Wheel of Fortune" buy, perhaps
- 59) Sacred song
- 60) Group of three
- 61) MIT, for one
- 62) Aboveground?
- 63) Birthright seller of Genesis
- 64) Chick's ending
- 65) ___ down (softened)
- 66) It's tossed in a pub
- 67) Speedy fliers no more

DOWN

- 1) Dooryard bloomer, in a poem
- 2) Insect stage
- 3) Things done in the gym
- 4) ALF and Mork, for two
- 5) Charity sale
- 6) It's almost seven, but seven's not
- 7) Living in Fla., perhaps
- 8) Get hold of
- 9) Successful trap setters
- 10) 1962 Kubrick film
- 11) Black, poetically
- 12) Tub stopper
- 13) Kennedy and Danson
- 21) "Help yourself"
- 22) Address abbr.
- 24) Ship's destination
- 27) "Amazing, ___ it?"
- 28) Clear, as a windshield
- 30) Things done in the gym
- 31) ___ ends meet
- 32) Underworld river
- 33) Bunny tail
- 34) "No ___ traffic"
- 36) Mary or Jane
- 39) Software buyers
- 40) "This ___ on me!"
- 42) Protected, as a home
- 43) Stork's kin
- 45) Put away for a while
- 47) Decide to withdraw
- 49) Not fashionable
- 51) It's a start
- 52) Informal evenings
- 53) Bit of bickering
- 54) Capital on a fjord
- 55) Kind of attraction
- 56) Night-sky bear
- 57) Whopper creator
- 61) ___ in Idaho (elementary lesson)

GYM DANDY

By Carla Azure

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A L I Z A R B V S R A W R A T S L
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ALIEN

DUNE

STAR WARS

AVATAR

GATTACA

STARGATE

BLADE RUNNER

INCEPTION

SUPERMAN

BRAZIL

METROPOLIS

PREDATOR

COCOON

MOON

THE MATRIX

CONTACT

ROBOCOP

TRANSFORMERS

CUBE

SERENITY

TRON

DARK CITY

SOLARIS

EASIER SUDOKU

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HARDER SUDOKU**In Loving Memory of Frances Towne**

With heavy hearts, we share the passing of one of our cherished seniors, Frances Towne. Frances was a truly special person, known for her warmth, kindness, and wonderful sense of humor.

At Senior Lunch, she lovingly—and often jokingly—served as the interpreter for her beloved husband, Howard, when he couldn't hear conversations. She found joy in sharing meals, laughter, and companionship with her Senior Lunch friends and always looked forward to our outings.

Frances was a wealth of knowledge, a source of endless humor, and a light in our community. Her gentle voice, kind soul, and loving presence will be deeply missed by all who had the privilege of knowing her.

Our thoughts are with her family and friends during this difficult time. May her memory continue to bring smiles, just as she did in life.



Close Encounters of the New Boston Kind

by Jerel Speck

"Space isn't remote at all. It's only an hour's drive away if your car could go straight upwards." – Fred Hoyle, quoted in The Observer

In the advent of the mysterious drone sightings across the country, people have begun watching the skies again, with some folks starting to wonder if they really are alone in the universe. And who can really blame them, as spotting unidentified flying objects in the mid-20th Century became somewhat of a cultural pastime for most. With the interrupted journey of Betty and Barney Hill in 1961, and the incident in Exeter four years later, New Hampshire seemingly became the alien destination of choice for a brief moment.

That's not to say that New Boston didn't have its fair share of visits of little green men.

For example, the redacted files of Project Blue Book, a military group formed to study the reports of UFOs (now called UAPs – unidentified anomalous phenomena,) had a civilian case from New Boston, which consisted of a stationary object that was red and soft white in color. The alleged craft would eventually head south by southeast, after having been watched by the witness for thirty minutes. Taking place on August 20, 1956, it was simply dismissed as being astronomical in origin, possibly the planet Mars appearing through thick clouds.

Nearly a decade later, my father would have his own unusual experience with what he believed to be a spaceship. While on a date, he supposedly saw a silver blimp-shaped entity, with all kinds of colors emanating from within its skin. Although they never officially reported it to the proper authorities, the speculation of what exactly happened in that vehicle was debated in front of Dodge's Store for many years after.

On a more serious note, there is the account of a former New Boston resident's experience with a presumed UFO (sorry... UAP) on November 2, 1973. Lyndia Morel was driving home through Goffstown when she spotted a bright object following her car. After the ensuing chase, it would be witnessed by a local family, who initially helped the frightened young woman, a police officer, and by happenstance, Morel's husband, Bob.

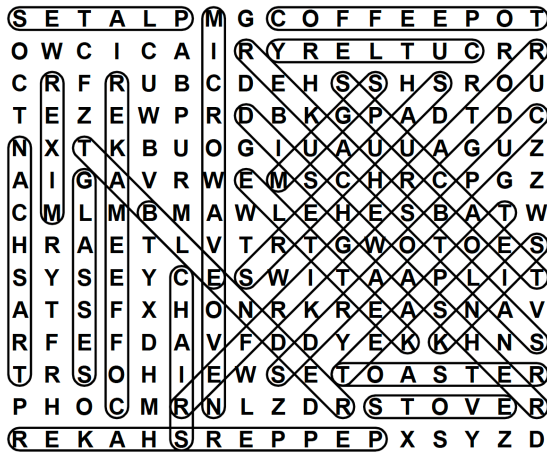
Her ordeal would appear on the front of The Union Leader the next day, and Lyndia would meet with Betty Hill in Portsmouth to compare their stories. Despite the events that unfolded, the Morels remained remarkably grounded, and still have a lot of affection for our community. I had the pleasure to interview both of them, almost eight years ago, and remain in Facebook contact with the couple.

And with that, Lyndia Morel is probably the most famous person from New Boston to ever have a close encounter with the third kind. But that was over fifty years ago. So, the real question is... are these space invaders even showing up in our little hamlet nowadays?

Well, if there is any doubt that aliens are currently among us, one should look no further than the town's recycling center. You can actually find one such fellow, working by the cardboard baler. If anything, this only further proves that everybody needs a second job, as they make their way around the cosmos.



*New Boston's
Transfer Station Alien*



9	2	7	1	5	8	4	6	3
3	1	6	9	4	7	8	2	5
4	8	5	2	3	6	7	9	1
1	4	3	7	2	5	9	8	6
2	5	8	3	6	9	1	7	4
6	7	9	8	1	4	3	5	2
5	9	1	4	7	2	6	3	8
7	6	4	5	8	3	2	1	9
8	3	2	6	9	1	5	4	7
6	9	4	8	1	5	7	3	2
8	7	1	3	4	2	9	5	6
3	5	2	6	7	9	4	8	1
7	1	5	4	9	6	8	2	3
9	2	6	1	8	3	5	4	7
4	3	8	2	5	7	6	1	9
1	4	9	7	3	8	2	6	5
2	8	7	5	6	1	3	9	4
5	6	3	9	2	4	1	7	8

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