

CENTER OF GRAVITY GAZETTE

NEW BOSTON'S SENIOR NEWSLETTER



May / June
2025

What's new?

- ◆ **New Boston Rec 50th Celebration Events! “50 Years of Rec” Presentation and a Block Party.**
- ◆ **Red Cross Blood Drive**—Tuesday, May 27, 12 pm—4:30 pm at the Whipple Free Library
- ◆ **Free Transportation Program Update**
- ◆ **Senior Trip** to Nashua Historical Society, Wed. May 28.
- ◆ **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 shares important info on how to avoid Phone Scams
- ◆ **Exercise opportunities: See detailed info on page 17!**
 - ⇒ Pickleball—Tuesday Nights
 - ⇒ Tai Chi—Wednesday Mornings
 - ⇒ Yoga—Wednesday Nights
 - ⇒ A Walk in the Woods—Thursday Mornings
- ◆ **Historical Society:**
 - * Event: “Tangled Lives: Native People and English Settlers in Colonial New England ” Thursday, May 8 at 7:00 PM
 - * Article: “The moveable shop of Frank Greer, Druggist”
- ◆ **Footcare Clinic Update**
- ◆ **Farmers Market Opening Day Saturday, June 14th!**

Also Inside—Jerel Specks *Defying Gravity in New Boston* Article, Whipple Free Library News, Puzzles, Comics and more inside!



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.”

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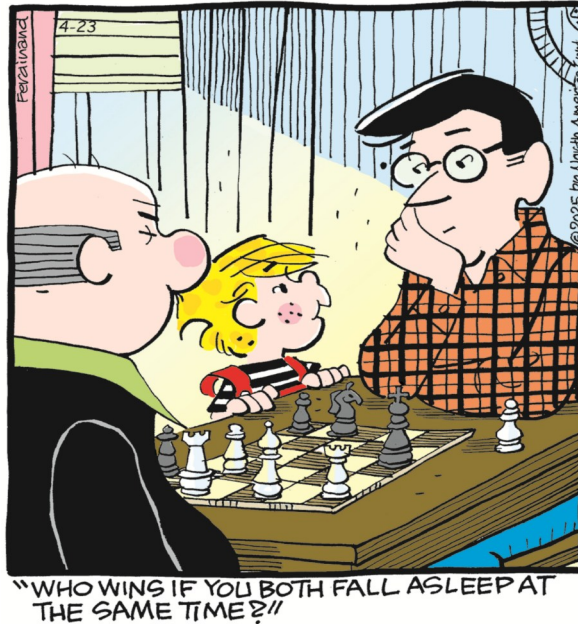


*“Age is an issue of mind over matter.
If you don’t mind, it doesn’t matter.*

~Mark Twain



6 ~ GERARD JUTRAS
 21 ~ ETHEL WARGO
 22 ~ GLORIA BARSS
 26 ~ PATRICIA PORTER
 29 ~ MARLA FOOTE
 30 ~ PATRICIA GROSSO



1 ~ IMMO CHRISTOPH
 7 ~ SHARLENE WHIPPLE
 9 ~ ERNIE WATERHOUSE
 10 ~ CATHY STRAUSBAUGH
 20 ~ SUSAN CARR
 24 ~ ARTHUR BERGEN

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!





Phone Scams

By EmerTech's
Operations Manager, Tania Emerson



A Wake-Up Call We Can All Learn From

We've all heard the warnings about phone scams, but when the phone rings and it sounds like a loved one is in trouble, it's easy to get swept up in emotion. That's the situation faced by "Mary," a fictional 72-year-old grandmother in the story that follows. Her experience is based on real scam scenarios that have happened to countless seniors across the country.

While Mary is a fictional character, the danger she faced is very real—and so is the smart way she handled it. This story shows how scammers use urgency, fear, and personal information to trick people into making quick decisions. But it also shows how a little caution, asking the right questions, and verifying the facts can stop a scam in its tracks.

Mary's story is more than just a cautionary tale—it's a guide to protecting yourself and others. Read on to learn what "Mary" did right, the common red flags of a scam, and how you can stay safe when the phone rings with an unexpected—and suspicious—call.

Mary's Unexpected Call - And What She Did Right

Mary, a 72-year-old grandmother, was enjoying her morning coffee when the phone rang. The caller ID read "Unknown," but she answered anyway.

"Grandma! It's me, Jake," the voice on the other end said frantically. "I'm in trouble! I had a car accident, and I need money right away. Please don't tell Mom and Dad, they'll be so mad!"

Mary's heart pounded. Jake was her grandson, and she couldn't bear the thought of him being in trouble. "Oh, honey, are you okay? Where are you?"

A different voice suddenly came on. "Ma'am, this is Officer Johnson. Your grandson hit another driver, and we need bail money immediately. If you wire \$5,000 now, we can release him. But hurry, or he'll go to jail."

Something didn't feel right. Mary hesitated. "Can I call Jake back?"

"No, ma'am," the *officer* said quickly. "His phone was taken by the police."

This was a critical moment. Mary's emotions told her to act fast, but she stopped to think.

"I'll call his parents first," she said firmly.

Click. The line went dead.

Mary called Jake's parents and confirmed that Jake was perfectly fine, at home, safe and sound. She had almost been scammed, but her caution saved her money and peace of mind.

Continued on next page

What Mary Did Right and How to Protect Yourself from Phone Scams

- ✓ **She Didn't Rush** - Scammers use urgency to manipulate you. Mary paused and listened to her instincts. If something feels off, take a moment before reacting.
- ✓ **She Asked Questions** - Scammers often use vague statements like "It's me, your grandson," because they want you to fill in the details. Be careful though, they often have some accurate information such as a name, pet's name, or other details they may have acquired through social media or a previous scam to seem more convincing. Mary asked, "Where are you?" and "Can I call you back?" which made the scammer uncomfortable. Always ask personal questions only your real family member would know and listen closely for the tone and cadence of the voice.
- ✓ **She Recognized Red Flags** - The caller insisted on secrecy and pressured her to send money fast. No real law enforcement officer would tell someone to keep an arrest secret or demand immediate payment over the phone.
- ✓ **She Verified the Story** - Instead of sending money, Mary called her grandson's parents to check. This simple verification step exposed the scam and saved her thousands of dollars.
- ✓ **She Knew Not to Send Money** - Scammers often demand wire transfers, gift cards, or cryptocurrency because they are hard to trace. No real official or police officer will ever demand payment this way.

Other Common Phone Scams

IRS/Tax Scam

How It Works: You receive a call claiming to be from the IRS or tax authorities, saying you owe back taxes and must pay immediately, or you will be arrested. Some scammers even spoof the IRS's caller ID.

Red Flags: Threats of arrest or legal action if you don't pay immediately. Demands for payment via gift cards, wire transfer, or cryptocurrency.

How to Stay Safe: The IRS never demands payment over the phone. Hang up and contact the IRS directly at their official number.

Medicare or Health Insurance Scam

How It Works: A scammer pretends to be from Medicare or an insurance company, asking for your Medicare number, Social Security number, or other personal details to "verify" your benefits. They might claim you need to pay a fee for a new card or offer fake medical services.

Red Flags: Caller asks for personal information like your Medicare or Social Security number. Promises of free medical services or equipment in exchange for personal info.

How to Stay Safe: Medicare will never call and ask for sensitive information. If in doubt, call Medicare directly at 1-800-MEDICARE.

Final Thought

Mary's story reminds us that **stopping to think, verifying information, and refusing to act under pressure are the best defense against phone scams**. If something feels wrong, trust your instincts and check before you act!

Goffstown YMCA



**Inviting all adults 60+ to a
delicious and nutritious meal!**

**Location: 116 Goffstown Back
Rd, Goffstown**

When: 05/16/2025

Time: Noon

Food: Lasagna

From: Dollar Shy Farm

**Meals on Wheels
Suggested
Donation
\$3**

Partnered with The Granite YMCA!

**RSVP by 5/8 at HCMOW.org or call
(603) 424-9967**



DINE OUT CLUB

SOEL SISTAS

30 Temple Street Suite 202 Nashua, NH

Tuesday and Thursday 11:30am - 2pm, 4-7pm
Friday 12-2pm, 4-8pm

(603) 943-1469 | soelsistas.com



488 South Main Street, Manchester, NH

Tuesday-Friday: 7:00am - 1:30pm

603-206-5329 | francoeurscafe.com

Our mission is to continue the classic New England tradition of diner fare with a home-like atmosphere.



136 Kelley St, Manchester, NH 03102

7:00am - 2:00pm

Monday, Tuesday, Thursday, and
Saturday

(603) 625-9660 | ChezVachon.com

Love Dining Out? Join the Dine Out Club!

If you're **60 or older** and enjoy a **fresh, healthy meal at a local restaurant**, the **Dine Out Club** is just for you!

This is a **donation-based program** with a **suggested donation of \$4.00 per meal**. Once you sign up, you'll get a **Dine Out Club card** that you can use at participating restaurants.

Each restaurant has a **special menu just for Dine Out Club members**, designed to be healthy and meet the nutrition standards of the Older Americans Act.

Please note: **It may take up to 8 weeks to receive your card** because the program is very popular, but it's worth the wait!



Tigris says:

"Got leftovers?
Doggie bags
accepted at the
Rec Dept!"

SIGN UP AND VIEW MENUS HERE: <https://www.hcmow.org/dineoutclub>

No internet access? Call us and we can sign you up online

NEW BOSTON RECREATION TURNS 50!

Celebrations kick off with "50 Years of Recreation" a presentation at the Whipple Free Library with a special **SURPRISE GUEST!** Guest speakers will narrate a Recreation Timeline to who we are in the present day. Loads of memories will be shared through discussion and a photo slide show. **Join us on Wednesday, June 4th at 6:30 pm. in the WFL.** There will be refreshments, laughter, maybe a few tears too as we reconnect with past and present—volunteers, Directors, coaches, camp and afterschool staff, program instructors and recreation commissioners.



NEW BOSTON REC BLOCK PARTY!

Music, Karaoke, dunk tank, bounce house, snacks and beverages, yard games and more!

- **Where:** Town Hall Ball Field
- **When:** Saturday, June 7th
- **When:** 1-4pm
- **Cost:** FREE!



This is an all ages event! Gather with your neighbors and help us celebrate 50 year of Recreation Programing and Events!



TOUCH A TRUCK!

The Whipple Free Library is hosting this popular kid friendly event alongside our block party to help us celebrate our 50th Anniversary. What is there to do: Visit all kinds of vehicles from fire trucks and police cars to excavation trucks and even the Recreation van will be there. So many "Trucks" for the kids to sit in, learn about and touch!

Saturday, June 7th
NBCS from 1-3pm



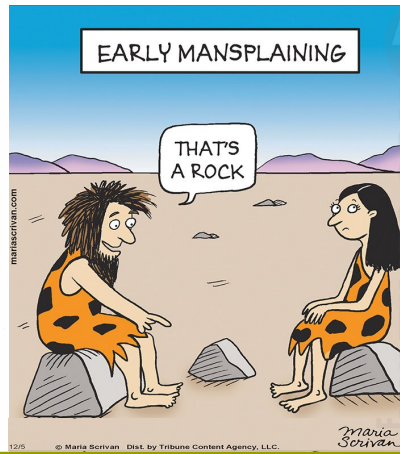
"Our mission is to enrich and enhance the lives of the residents of New Boston. We accomplish this by providing safe, welcoming facilities and affordable, diverse recreation and cultural opportunities for people of all ages to play, learn, and build community."

TOWN WIDE YARD SALE

Proceeds benefit
Second Chance Rescue

Saturday, June 7
8AM-1PM
Rain or Shine





The New Boston
Historical Society
invites you to:

***"Tangled Lives: Native People
and English Settlers in
Colonial New England"***

SPEAKER:

Jo Radner, Storyteller/historian

*Thursday, May 8 at 7:00 PM Tangled Lives: Native People and English Settlers in
Colonial New England in the Community Church of New Boston*

Storyteller/historian Jo Radner juxtaposes Native American oral traditions
and stories told by her New England ancestors.

— SPONSORED BY THE NH HUMANITIES COUNCIL —

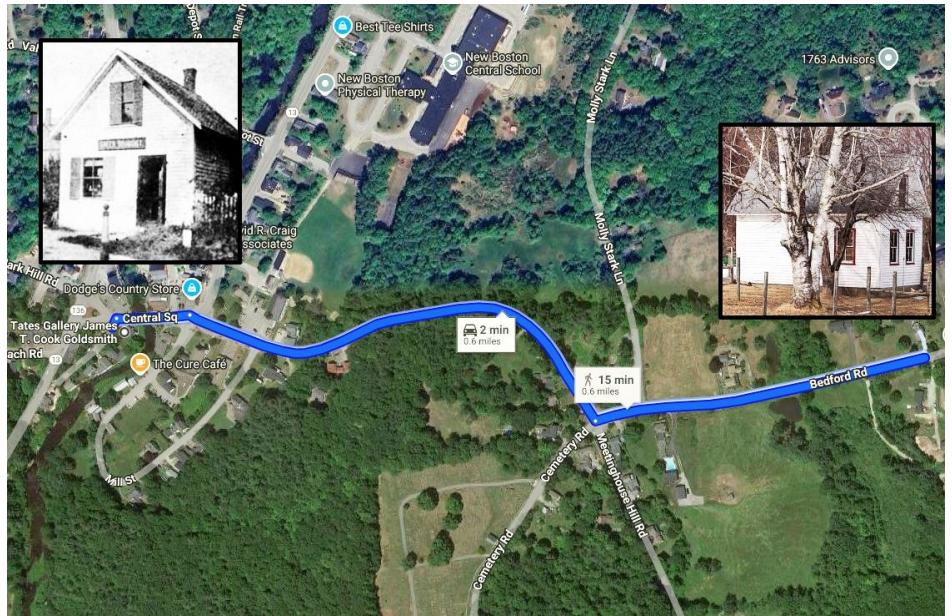
For more information contact Lisa Rothman at 487-3867 or
email newbostonhistoricalsociety@gmail.com



“The moveable shop of Frank Greer, Druggist”

by Dan Rothman,

*New Boston Historical Society volunteer,
for the May/June 2025 issue
of the Center of Gravity Gazette*



Frank Greer's shop was moved in 1908.

Did you know there was a small building in the center of New Boston that was picked up and moved to Bedford Road? Today you can see the little shop of “Frank Greer, Druggist” behind the big white house at 35 Bedford Road. You may remember that Carl and Barbara Eiermann lived in this house for many years; it has new owners and the drugstore is now a one-horse barn.

According to New Boston historian Rena Davis, a cobbler named Ezra Dodge once owned a small workshop next to the village bridge, located where Tate's Gallery is today. (A cobbler is someone who repairs shoes, like the man on Kelley Street in Manchester.)

In 1892, the year before he died, Ezra Dodge rented his shop to a pharmacist named Frank Greer. Greer filled prescriptions and sold patent medicines in little glass bottles. When Ezra's widow Betsey Dodge died in 1908, Ernest Bartlett bought the property and moved the old workshop up to his house on Bedford Road. Bartlett then built a bigger drugstore for his tenant Frank Greer.



The Bedford Road house of Ernest Bartlett c. 1900. It's the 3rd house on the left after Molly Stark Lane. The old drugstore was moved here from the village center.



The former drugstore is now a one-horse barn behind the house.

Greer retired in 1920, and for many years Ernest Hagland was the druggist at this location. I wrote about Hagland's Drug Store in the September/October 2022 issue of the *Center of Gravity Gazette*, with a photo of Ernest standing near his soda fountain. After Ernest Hagland died in 1948, the store beside the bridge became Kane's Luncheonette, then Pringle's, Roger Webber's antiques, and Hunter's Angling Supply, before it was Tate's Gallery. However, this column is not about the “new” store – it's about the cobbler's shop / drugstore that was moved up-hill in 1908.

We have two views of Greer's drugstore when it was in the village, both copied from an 1897 issue of the *Granite Monthly*. In the first view, the



Continued from page 9

photographer was standing between what's now Tates Gallery and the Gravity Research Foundation monument.

To the left of the shop you see the old iron bridge, behind which is a blacksmith's shop with a steep ramp leading upstairs to a carriage painter's shop. The blacksmith's shop is gone now; there's a garden center at that location. The building in the background is Dodge's general store, although in 1897 the storekeeper was S. D. Atwood.



Frank E. Greer, Druggist.

Frank Greer's shop was moved in 1908.



View Southwest from Valley Hall.

Greer's drugstore can be seen across the bridge from the 2nd floor of Dodge's Store.

For the second view, the photographer moved his or her camera to Valley Hall, which was and is on the second floor of the general store. Dances and graduations were once held here. From this vantage point you see the rear of Greer's drugstore just over the bridge, next to a big building which Bartlett tore down in 1908.

When the new owners of 35 Bedford Road converted the old drugstore into a barn, they found small glass bottles hidden in the walls. The bottle marks indicate that these were druggist bottles made before 1900. One bottle still has its cap, labeled "Pinesalve acts like a poultice" on one side and "Pineule Medicine Co. Chicago U.S.A." on the other.

How was the old cobbler's shop / drugstore moved up hill? It was most likely dragged on rollers by a team of oxen or horses. A hundred years ago it was not unusual to move buildings much larger than this little shop. For example, there once was a two-story house just across from Dodge's Store, off-camera to the left of the bridge in the "View from Valley Hall." This house was jacked up and slid across Mill Street in 1927 to make room for the brick Wason Memorial building that's now the Historical Society museum. The house is attached to the Community Church and it's called "Nan's House."

Postscript: When I showed a draft of my story to Historical Society president David Woodbury, who has an excellent memory, David said about 35 Bedford Road, "That's where Delbert Quimby was gored by a bull in 1936!"

1936 was before David was born, but he heard the bull story many years later from Delbert himself. It seems that when Delbert Quimby was a young man, he worked for Harland Shattuck, who owned the Bedford Road property at the time. One day, Delbert was busy wrestling with an obstinate cow in Harland's barn, and he forgot to pay attention to the bull that was chained in the next tie-up. (You can't see the cow barn today – it was struck by lightning and burned in 1944.)

The inattentive Delbert was gored in the leg by the big bull, and he sued his employer seeking compensation for his injury. The lawsuit "Quimby v. Shattuck" went all the way to the New Hampshire Supreme Court, where the judge ruled that Delbert should have known better, and dismissed the case.



Bottles found in the shop when it was converted to a barn

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

CLOSED—Saturday, May 24 and Monday, May 26 in observance of **Memorial Day**



Monday Morning Quilters — 10am Every Monday



Friends of the Whipple Free Library — Tuesday, May 13 and Tuesday, June 10 at 6:30pm



3rd Tuesdays — Piscataquog Quilters - Tuesday, May 20 and Tuesday, June 17 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, May 9 at 7pm: *Under the Shadow* (Iran, 2016)
- Friday, June 13 at 7pm: *My Donkey, My Lover, and I* (France & Belgium, 2020)



Chess Club - 10am every Saturday

Book Clubs:

Who Dunnit? Book Club

Wednesday, May 7 at 10am – *A Cold Day for Murder* by Dana Stabenow

Wednesday, June 4 at 10am – *Rock with Wings* by Anne Hillerman

Wed. Night Book Club

Wednesday, May 14 at 7pm – *American Ramble: A Walk of Memory and Renewal* by Neil King Jr.

Wednesday, June 11 at 7pm – *The Kitchen Front* by Jennifer Ryan

Bon Appetit Cookbook Club

Wednesday, May 21 at 6pm – *The Art of Pie* by Kate McDermott

Wednesday, June 18 at 6pm – *Does This Taste Funny?* By Stephen Colbert

Fantasy Book Club

Thursday, May 15 at 6pm – *Mistborn: The Final Empire* (The Mistborn Saga #1) by Brandon Sanderson

Thursday, June 19 at 6pm – *The Well of Ascension* (The Mistborn Saga #2) by Brandon Sanderson



**American
Red Cross**

Blood
Services

Red Cross Blood Drive

Tuesday, May 27, 12pm to 4:30pm

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

May 2, 16, & 30 and June 13 & 27

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.

***Creaky Acres*: Author Talk and Book Signing**

Monday, May 12 at 3pm

Author Calista Brill visits the Whipple Free Library to discuss her newly published middle-grade graphic novel *Creaky Acres*. A horse girl story with heart, *Creaky Acres* explores the pains of being the new kid, making new friends, and learning to trust yourself. Copies of the graphic novel will be available for purchase or bring your own copy for Calista to sign. This fun, interactive event is not to be missed!

Fierce Females: Women in Art

Monday, May 19 at 6pm

Women have long been the subject of art, often depicted as nothing more than objects of (primarily male) desire. But what happens when women become the creators? How do images of women change? Join us as Jane Oneail explores these questions. She'll begin with a brief history of women in art before moving on to examine the lives, careers, and works of specific women artists such as Artemisia Gentileschi, Mary Cassatt, and Frida Kahlo.

3rd Annual Touch a Truck

Saturday, June 7 at 1pm

Stop by the New Boston Central School and experience your favorite vehicles up close and personal! This is a hands-on opportunity for children to explore and touch trucks, emergency response vehicles, and other equipment. And this year is even more special because we're celebrating Touch a Truck in conjunction with the Recreation Department's 50th Anniversary!

We're still on the look out for fun and unusual vehicles of all kinds. If you have one you'd be interested in sharing, please reach out to us by phone at (603) 487-3391 or by email at circulation@whipplefreelibrary.org.

Registration for the 2025 Summer Reading Program begins!

Monday, June 16

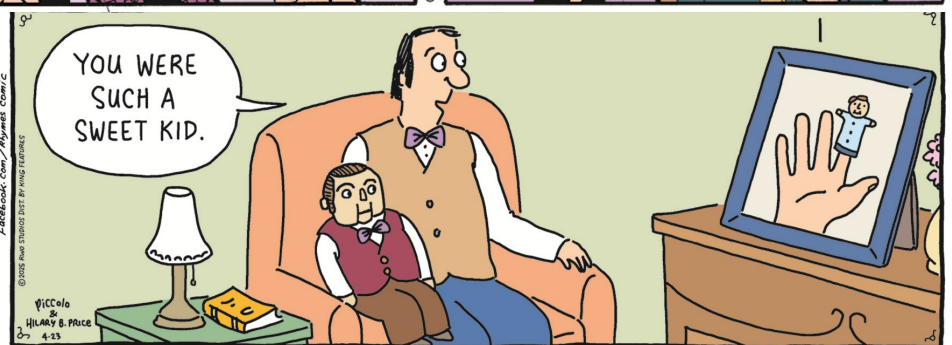
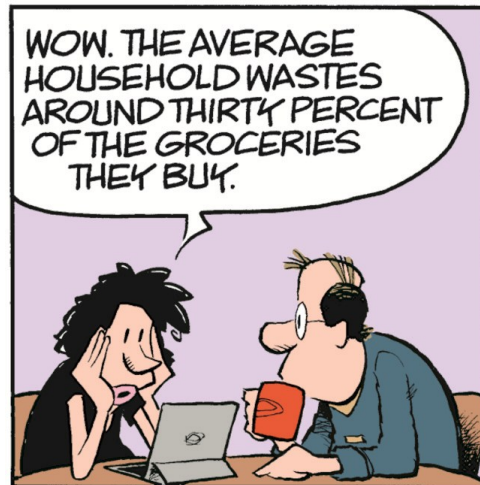
Speakers, crafts, and special events! Raffle prizes! This summer, come "Level Up at Your Library"!

Wildlife Encounters

Monday, June 23 at 6:30pm

Join us on the Town Common, and get face-to-face and hands on with some animals that are truly wild! Whether you're a child or a child-at-heart, all are welcome as we officially kick off our 2025 Summer Reading program.

And there are **even more programs** to come as we continue building out our Summer Reading 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.



"I don't need an alarm clock
I have aches that wake me up on schedule."



Join us Wednesday, May 28 for a trip to Nashua's Historical Society museums. The free Speare Museum features exhibits on WWII, firefighting, tools, and 1800s photography, plus an optional 1-hour WWII-era documentary, *At Home and Abroad*. You may also tour the neighboring Abbot-Spalding House for a \$10 fee (note: not handicap accessible, includes stairs). The trip is free aside from lunch at The Peddler's Daughter and optional museum entry. Departure likely around 9 AM.

The Abbot-Spalding House in Nashua, now owned by The Nashua Historical Society, has had four notable owners. Built around 1802 for Daniel Abbot—Nashua's first lawyer and known as "The Father of Nashua"—the home later passed to merchant George Perham, who modernized it. Rev. Henry Lessard owned it briefly but never occupied it. In 1905, banker and city official William Edward Spalding acquired the house; his daughter Sylvia sold it to the Historical Society in 1978, reserving lifelong residence and bequeathing its contents upon her death in 1984.



Founded in 1870, the Nashua Historical Society found a permanent home with the construction of the Florence H. Speare Memorial Museum in 1971–72, funded by the Sceva Speare Trust. Named after Speare's first wife, Florence, the museum showcases Nashua's history—from its origins to its mill town days and modern role in tech and manufacturing. It also features rotating exhibits and the Frank B. Clancy Research Library, honoring the Society's longest-serving president.

**To get on the list for this trip call or email us at
603-487-2880 or Recreation@NewBostonNH.gov**

There will be no senior trip in June due to the launch of Camp Coolio and preparations for our two major 50th anniversary events: the slideshow and panel night on Wednesday, June 4, and the block party on Saturday, June 7. Mike and Sheri will be fully engaged with these celebrations. Senior trips will resume in July. Thank you for your understanding.

TRANSPORTATION CONTINUES IN



NEW BOSTON!

Starting July 1st, 2025, **Community Volunteer Transportation Company** will expand their service area to include the town of New Boston, replacing the MTA Shuttle service.

Need help getting to appointments?

Schedule a free ride with CVTC!

CVTC provides "no-fee" transportation for those who don't have access to a car due to age, ability, economics, or other circumstances.

Volunteer drivers give rides based on availability to non-emergency medical or social service appointments and to the grocery store, bank, post office, or pharmacy.

Have a few hours each month to help a neighbor?

Become a CVTC Volunteer Driver!

With their online scheduling tool, you choose which rides you would like to do, based on your availability and area preference.

You'll receive staff-supported enrollment and orientation, calendar reminders via email, monthly mileage reimbursement, and loads of appreciation.

To learn more, visit cvtc-nh.org, call 603-821-0569, or email info@cvtc-nh.org



with
support
from



MONADNOCK REGIONAL COUNCIL
FOR COMMUNITY
TRANSPORTATION



Get ready to welcome the warmth, sunshine, and fresh local goods. The New Boston Farmers Market will open on Saturday, June 14 at 10am on the town common, and will return every Saturday through October 11th, from 10am to 1pm. Local farmers and talented artisans will bring their freshest harvests and handcrafted treasures to our community.

To kick off the season, the market welcomes the New Boston Garden Club as the first community guest of the year. Award-winning blues guitarist Arthur James will be filling the air with his fantastic music from the gazebo

Mark your calendars for these wonderful musicians and guests throughout June:

June 14th, Opening Day

New Boston Garden Club

Arthur James, award-winning blues guitarist

June 21st

New Boston's own Elijah Boisvert will share his captivating indie-pop sounds

June 28th

Enjoy the eclectic blend of folk and rock from Eyes of Age



The ever-popular **Children's Market returns on July 19th**, featuring the delightful and talented musical duo of Sam Gorton and Lynn Reimer.

Exciting news for this year!

Roots and Wings School will host a **youth activity tent** every Saturday. Bring the little ones for free, engaging activities led by the caring and skilled staff of Roots & Wings.



Above Top: KC's Enchanted Cottage

Above Bottom: Arthur James

Below: New Boston Garden Club

Help keep the music alive: The market is still seeking music sponsors for the 2025 season.

Live music enriches and creates a vibrant atmosphere each week and community support is greatly appreciated. Consider becoming a sponsor for just \$20.00, which helps provide talented musicians with competitive stipends, thanks to the market's non-profit status.

If you'd like to become a music sponsor, please make your check payable to "New Boston Farmer's Market" and mail it to:
New Boston Farmer's Market c/o Jacki Filiuallt
PO Box 538, New Boston, NH 03070

Are you passionate about supporting local businesses and connecting with your community? The New Boston Farmers Market is looking for enthusiastic volunteers. If you're interested, please reach out via email to learn more: newbostonfarmers-market111@gmail.com



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.

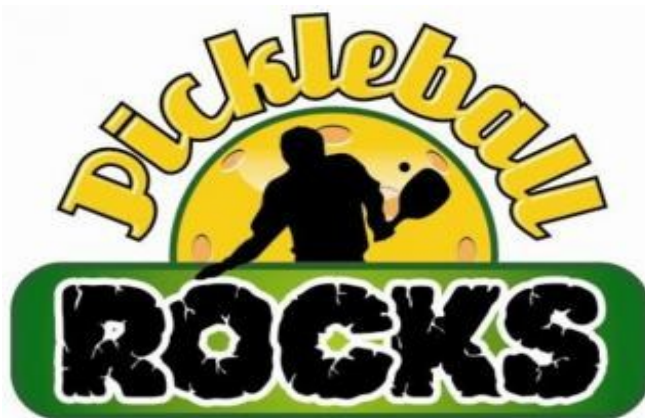


VINYASA FLOW YOGA

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

Visit us online or call for the next session dates or
drop-in for \$15

Please wear comfortable, loose, warm clothing.
Bring a mat and blanket.



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

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

ACROSS

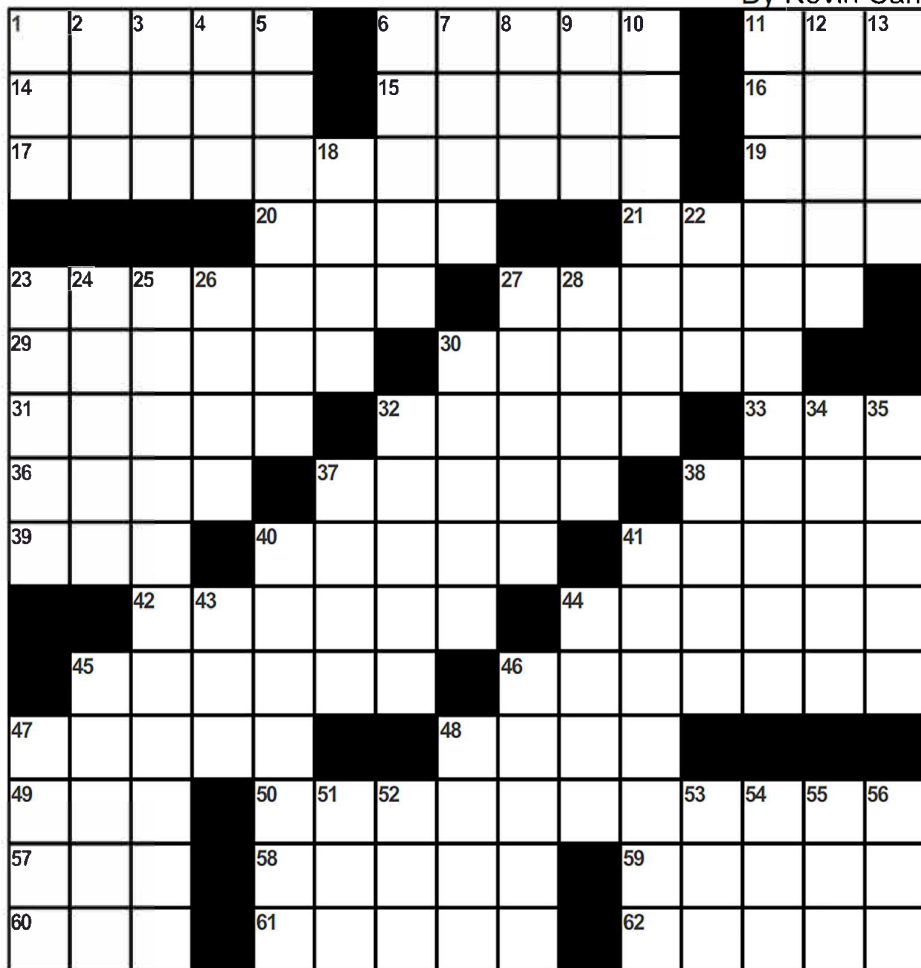
- 1) Author Asimov
- 6) Theater backdrop
- 11) Like Mardi Gras' Tuesday
- 14) Major airline
- 15) Craze
- 16) Statement made in church, often
- 17) Place to win a ribbon
- 19) Brazilian city, informally
- 20) Long depression in the land
- 21) Disinfectant brand
- 23) Straighten, as a hose
- 27) Darts
- 29) Like Miss Congeniality
- 30) Make an appearance
- 31) Foul moods
- 32) Director's setup
- 33) Pharmaceutical mogul Lilly
- 36) Incredibly long time
- 37) Assumed name
- 38) "You got me!" look
- 39) It's dynamite stuff
- 40) Shoe blemish
- 41) Attended
- 42) Land mass connectors (Var.)
- 44) Angler's jubilant cry
- 45) Leans on the horn
- 46) Mustard, in a game
- 47) Game ragout
- 48) "Teach," at a college
- 49) Santa ____, Calif.
- 50) Plight flights?
- 57) Hood's gun
- 58) Blow up
- 59) Having a cow
- 60) Drink in a yard
- 61) Common thing?
- 62) Like pickle juice

DOWN

- 1) Fingers, as a perp
- 2) "Hold on a ____!"
- 3) "____ Baba and the 40 Thieves"
- 4) Made a sub go down?
- 5) Solicit support, in a way
- 6) Use one's nose
- 7) Cousin of a tearoom
- 8) Retrovirus component
- 9) One of the Rocky films
- 10) Raymond Chandler sleuth
- 11) "I'm Adam" style?
- 12) "Bye," somewhere
- 13) Carpenter's helper
- 18) Links rental
- 22) "____ rang?"
- 23) Loose, as a gem
- 24) Curtain fabric
- 25) Show many flashes of light
- 26) Brings home
- 27) Bundle
- 28) Scams
- 30) This puzzle's theme
- 32) Run-down urban areas
- 34) Climbing vine
- 35) Big chip-maker
- 37) Target of pain relief
- 38) Cat in una casa
- 40) Heated clashes
- 41) Steppe child?
- 43) Legendary soul singer Cooke
- 44) Bits of baby talk
- 45) Yawn-inducing
- 46) Aegean vacation locale
- 47) "Roots," e.g.
- 48) ____ up (invigorates)
- 51) Intense outrage
- 52) Camden Yards score
- 53) Busy IRS month
- 54) Tire inflation abbr.
- 55) Night, to the Bard
- 56) Pig's home

ALIEN GENRE

By Kevin Carr



F C O C K T A I L K B L I A T E R
 S F H Y R A L K W E P I P L I A T
 Q H L L M I L I A T Y N O P B X E
 T D I Q U L T E A C L I A T B O B
 H U A R W G B Q A T U Z N T L L C
 G C T U T A D K H Q N R F M I T W
 I K E N B T U T C I D O T A D W M
 L T V N X E A R N A G E T A H Y L
 L A O A K I O I L H B H T T I K I
 I I D N L L P X L I S L T A O L A
 A L N W I S K P D I A U I A I C T
 T W I A L J S N F B W T Z A I L T
 N N T I C A T T A I L I G D T L A
 D T A I L B O N E U B C Z I P E O
 R T S A L E E N T A I L M E P I C

BOBTAIL

DUCKTAIL

TAILBACK

CATTAIL

ENTAIL

TAILBONE

COATTAIL

FISHTAIL

TAILGATE

COCKTAIL

HIGHTAIL

TAILLIGHT

COTTONTAIL

PIGTAIL

TAILOR

CURTAIL

PONYTAIL

TAILPIPE

DETAIL

RETAIL

TAILSPIN

DOVETAIL

SHIRTTAIL

TAILWIND

EASIER SUDOKU

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

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

HARDER SUDOKU**FootcareClinic Update**

Please note that the final Footcare Clinic in New Boston will be held on May 19. After that date, Granite VNA will no longer be offering clinics in New Boston. However, they continue to hold clinics in other locations.

To find out where and when these clinics are held, please call (603) 224-4093 or (800) 924-8620, ext. 85664.

We understand how valuable this service has been to many in our community. While we are actively seeking a new organization to bring this service back to New Boston, options are currently limited. At this time, it appears unlikely that we will be able to continue the program in the near future.

We will keep you updated with any new developments.

Defying Gravity in New Boston

by Jerel Speck

“Life is full of infinite absurdities, which, strangely enough, do not even need to appear plausible, since they are true.” – Luigi Pirandello, *Six Characters in Search of an Author*

One has to find a proper balance in their own existence, when navigating through the occasionally difficult waters of our little hamlet of an estimated 4,579 souls. Whether you believe that business theorist and Cold War alarmist, Roger Babson, was a technological innovator or the leader of a rural doomsday cult, everyone who lives in New Boston can agree that it truly is “the gravity center of the world.” Yet, it’s not just some hypothetical quote that the prominent entrepreneur made back in the day, but a way of life that grounds us to what we all call home in New Boston.

That is something Babson’s proposed antigravity insulator could have never rendered ineffective, no matter how much gravitational research that he did in the 1950’s.

For additional proof of this, look no further than the Piscataquog River, where an inanimate boulder has been actually lifting the spirits of many residents in town for some time now. The hubbub over this location started a few years ago, when a log miraculously perched itself on top of this rock. “Gravity Log” drew admirers far and wide to view this oddity of sorts, after it made an appearance on the Facebook town page. And, after reading this piece, maybe “Balancing Rock” can possibly join the town’s pantheon of other famous glacial erratics that consist of Frog Rock, Teetering Rock, Sunday Driver Rock, Monkey Rock, and Courtship Rock.

However, upon a closer examination of the stone, some of the prestige of this unique magic trick from Mother Nature would be revealed with it having a ramp-like slope in back, where objects easily can ride up to the subtle lip on the edge and stop. But that doesn’t make it any less of an impressive sight to behold, when you see something randomly resting on the rock’s summit. Unfortunately, a winter rainstorm would eventually wash away the log on December 22, 2022, making it feel like New Boston had lost its “Old Man of the Mountain.”



Frankly, I was amazed that it stayed on the rock for as long as it did. When the river got really low during the summer, I half-expected someone to just walk up to the log, and knock it down out of spite. It certainly goes without saying that everyone loves an underdog, which has explained its immense popularity.

And it shouldn’t have been a surprise when a sheet of ice recently balanced itself on the same rock. Although it had a rather limited time in the spotlight, the ice would still become a similar conversation starter before it finally melted almost a week later. Now, this begs a rather important question to ask.

What is going to wind up on Balancing Rock next?

proves that everybody needs a second job, as they make their way around the cosmos.



*New Boston’s
Transfer Station Alien*

GYM DANDY

By Carla Azure

A L I Z A R B V S R A W R A T S L
O R N S N D K A P X H B G D S Y C
A A C O U N E R W V C K T I R T A
C T E X Y P E Y B R H U L S Q I R
O A P E V D E N T S O O B N Y C E
N V T U A X O R S I P B E E F K N
T A I T J O I T M O N I O Q H R N
A S O V C H A R R A L E O C Q A U
C R N O E R D T T A N Q R E O D R
T H C P G G E R L A W K N E S P E
V I G A B M O Y R L M N Q O S N D
J G T R A N S F O R M E R S O S A
E E O Y W A C A T T A G H Z G M L
U M S O L A R I S P L A D T A M B

1 2 3 4 5 6 7 8 9 10 11 12 13
L I C E B E R G S L E P T
14 15 16 17 18 19 20 21 22 23 24 25
I M A T A V E R N O B L E
L A R S Z E T A A L O U D
A G T H A N D S P R I N G S
C O W P E A P O E T
H O R R I D B R A H M S
S T E R E S E G O S E A T
C H E T U N F I X O A K Y
U R L A S T O R I N D E X
T U S S L E G L O B E S
H A R D P I S T O N
S O M E R S A U L T S A N I
P S A L M T R I O I N S T
A L I V E E S A U A D E E
T O N E D D A R T S S T S

MARCH / APRIL ANSWERS

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

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

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