

# CENTER OF GRAVITY GAZETTE

## NEW BOSTON'S SENIOR NEWSLETTER



May / June  
2024

### What's new?

- ◆ NB POLICE DEPT SCAM ALERT!  
The Grandparent Scam. Beware this is happening right here in New Boston!
- ◆ Senior Trips: May 7, to TulipFête 2024 - The Farm at Wolf Pine Hollow with lunch at Brady's American Grill, and June 11 to Simon Pearce flagship store in Quechee, VT.
- ◆ Historical Society Event—Thursday, May 9, 2024, 7:00 pm at the CCNB, "A Journey Along the Second New Hampshire Turnpike", Speaker: Bill McAuley
- ◆ Foot Care Clinic, May 20 and June 17, CCNB
- ◆ Red Cross Blood Drive—Tuesday, May 21 at 12:30pm at the Whipple Free Library



Celebrating Theresa Woodbury's Birthday at Senior Lunch



Director—Mike Sindoni  
Assistant—Sheri "Ree" Moloney

[www.newbostonnh.gov/recreation](http://www.newbostonnh.gov/recreation) ~ 603-487-2880  
[Recreation@NewBostonNH.gov](mailto: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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Mike and Sheri viewed the Solar Eclipse on April 8th from the picnic tables on the common. This photo was taken when the eclipse was at its height. The camera couldn't process the eclipse happening, but got a good photo of the ring!



"The arrogance of grass to keep growing after it has been cut down a thousand times.

Thank you, teacher."

~Dr. Jaiya John



## “Philbrick’s White Mountain Oil or Pain Extractor”

*by Dan Rothman, New Boston Historical Society volunteer  
for the May/June 2024 issue of the Center of Gravity Gazette*

For this issue of the *Center of Gravity Gazette* I would like to use the space that is ordinarily reserved for stories of New Boston’s past to tell you instead about a remarkable product that will no doubt be of interest to readers who, like me, are no longer as young as they used to be. I refer of course to “Philbrick’s White Mountain Oil or Pain Extractor,” bottles of which may be found in your local museum.

As it says right on the label, this elixir is intended “For the instant relief of Headache, Toothache, Earache, Neuralgia, Rheumatic Pains, Burns and Scalds, Chilblains, Bruises, Sprains, Pains in the Back or Stomach, Sore Eyes, Spider Bites, Bee Stings, &c., &c.” I don’t know about you but that checks a lot of boxes for me!

What’s in Philbrick’s “White Mountain Oil”? I’ve no idea. The bottle is too small to list the ingredients, or perhaps they’re a secret known only to L.E. Philbrick and the U.S. Patent Office, which issued him a patent in 1869. I do know that the price per bottle is a modest 35 cents.

Who was Lewis E. Philbrick? He was born in Grafton NH in 1826, the tenth child of Samuel and Sarah Philbrick. He lived in New Boston and Weare for his most productive years. The 1860 census shows Lewis and his wife Eunice living in our town. At that time he was a “Manufacturer of Gloves.” Ten years later the Philbricks were still in New Boston but by then Lewis described himself as a “Manufacturer of White Mountain Oil.”

In the 1880 census we see that Lewis and Eunice Philbrick have moved to Weare. Lewis reports his occupation as a “huckster,” which is a peddler or someone who sells small items. The word “huckster” has a negative connotation today – Merriam-Webster says it means “one who sells or advertises something in an aggressive, dishonest, or annoying way” – but that was not necessarily true in 1880.

Lewis Philbrick is described simply as a “Peddler” on his death record. He died of apoplexy in 1892, when he was 66 years old. We would now say he died of a stroke. Eunice Brooks Philbrick died of “old age” in 1903 just before her 86<sup>th</sup> birthday. According to her death certificate she had been living in the “Old Ladies’ Home” in Bedford NH.

I found no record that the Philbricks ever had children. I also could find no family connection between Lewis Philbrick and Nelson N. Philbrick (1826-1915); Nelson was a New Boston farmer who had a sawmill and match factory on the Weare Road in the 1850s.





## Continued from page 2—“Philbrick’s White Mountain Oil or Pain Extractor”

In all my research I saw only positive references to L.E. Philbrick and his White Mountain Oil, which was advertised in publications far and wide. The oil is a local example of a “patent medicine,” described by Wikipedia as a term “used to describe quack remedies of unproven effectiveness and questionable safety sold especially by peddlers in past centuries, who often also called them elixirs, tonics, or liniments.”

Are we smarter than our ancestors with respect to the efficacy of non-prescription drugs? Perhaps not. In September of last year I read in a post on the Harvard University news website that “a Food and Drug Administration advisory panel concluded last week that the decongestant phenylephrine, contained in many over-the-counter cold remedies – including some formulations of popular brands like Sudafed, Tylenol, and Nyquil – is ineffective when taken orally.”

I checked my own medicine cabinet and found a box of Sudafed PE which contains phenylephrine, meaning that it’s probably no more effective than Philbrick’s White Mountain Oil. If you go to the Sudafed website today, you’ll see that the manufacturer is still happy to sell you their PE product, at a price thirty times that of White Mountain Oil; they simply added a link to the FDA advisory opinion that it doesn’t actually work.

*Disclaimer:* The author is not a medical professional and is not qualified to offer pharmaceutical advice. Please consult with your doctor or nurse before using Philbrick’s White Mountain Oil.

### The Historical Society Event

Thursday, May 9, 2024 7pm

at the New Boston Community Church

*"A Journey Along the  
Second New Hampshire Turnpike"*

*Speaker: Bill McAuley*



The 2nd NH Turnpike was built in 1800 by men and oxen in a straight line from Amherst through New Boston to Claremont. Bill McAuley from the Francestown Heritage Museum tells its story.



- May 6 ~ GERARD JUTRAS
- May 21 ~ ETHEL WARGO
- May 21 ~ TONY WYNANDS
- May 22 ~ GLORIA BARSS
- May 26 ~ PATRICIA PORTER
- May 30 ~ PATRICIA GROSSO



Ruth Miller's Birthday at Senior Lunch



- June 1 ~ IMMO CHRISTOPH
- June 7 ~ SHARLENE WHIPPLE
- June 9 ~ ERNIE WATERHOUSE
- June 10 ~ CATHY STRAUSBAUGH
- June 20 ~ SUSAN CARR
- June 24 ~ ARTHUR BERGEN
- June 25 ~ CLIFTON LABREE



## Whipple Free Library

There's Always Another Chapter



**American  
Red Cross**

Blood  
Services

**Red Cross Blood Drive**

**Tuesday, May 21 at 12:30pm**

### **What's the Hoopla about Hoopla? Friday, May 3rd at 3pm**

Tech Services Librarian Natalie walks us through how to use Hoopla, one of the library's most popular online resources. Learn how you can check out audiobooks, ebooks, movies, and more directly to your tablet or smartphone.

### **Craft Night: Watercolor Class with Katie Hawkes**

**Friday, May 3 at 6pm—Class Full**

**Friday, June 21st at 6pm**

All necessary supplies will be provided. The May 3rd class is currently full, but you can get on the waitlist by adding your name to the sign-up sheet, calling the library, or emailing Sue at [adultserviceswfl@gmail.com](mailto:adultserviceswfl@gmail.com).

### **FAQs (Frequently Asked Questions) Fridays**

**Thursday, May 9 from 3pm to 5pm and Friday, May 31 from 3pm to 5pm**

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.

### **Darbster Rescue: From Southern Shelters to New Homes in New Hampshire**

**Thursday, May 23 at 5pm**

Since 2015, Darbster Rescue has saved the lives of over 15,600 cats and 2,800 dogs! Come learn about their mission, partnerships, and rescue efforts as they work to prevent dogs and cats from being euthanized in the Southern United States.

### **2024 Summer Reading Program begins!**

**Monday, June 17th**

Reading challenges! Speakers, crafts, and special events! Raffle prizes! This summer, come experience how "Adventure Begins at Your Library!"

### **Magic Fred Show**

**Monday, June 17th at 6:30pm**

Join us on the town common for a show that's truly magical! Whether you're a child or a child-at-heart, all are welcome as we officially kick off our 2024 Summer Reading program.

### **Historic Lighthouses and Keepers of New Hampshire and Southern Maine**

**Monday, June 24th at 6pm**

Jeremy D'Entremont (historian and president of the American Lighthouse Foundation) will regale us with stories of New Hampshire's and Maine's historic lighthouses – and the men and women who kept them. From tales of rescue and heroism to isolation and tragedy (and even a ghost story or two!), the keepers' lives prove as rich and fascinating as those of the lighthouses themselves.

**Library News — [whipplefreelibrary.org](http://whipplefreelibrary.org)**



**Monday Morning Quilters** — 10am Every Monday



**3rd Tuesdays — Piscataquog Quilters** - Tuesday, May 21 and Tuesday, June 18 at 7pm



**Wednesdays — Cribbage** - 6:30pm Every Wednesday



**Wednesdays — Hooked on Fiber Arts Group** - Wednesday, May 22 at and Wednesday, June 26 at 6pm .



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



**Friends of the Whipple Free Library** — Thursday, May 9 and Thursday, June 13 at 7pm



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



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

Friday, May 10 at 7pm: *City of God* (Brazil, 2002)

Friday, June 14 at 7pm: *Three Colors: Blue* (France, 1993)



**Puzzle and Game Night** — Friday, May 18 at 5pm Tentative—Check the WFL Calendar for more info.



**Saturdays — Chess Club** - 10am every Saturday

**Book Clubs:**

**Who Dunit? Book Club**

Wednesday, May 1 at **10am** – *The Golden Spoon* by Jessa Maxwell

Wednesday, April 3 at **10am** – *Talking to the Dead* by Harry Bingham

**Wed. Night Book Club**

Wednesday, Wednesday, May 8 at 7pm – *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants* by Robin Wall Kimmerer

Wednesday, June 12 at 7pm – *The Vanishing Half* by Brit Bennett

**Bon Appetit Cookbook Club**

Wednesday, May 15 at 6pm – *Cooking for Jeffery* by Ina Garten

Wednesday, June 19 at 6pm – *Dinner: Changing the Game* by Melissa Clark and *Sweet Enough: A Dessert Cookbook* by Alison Roman

**Fantasy Book Club—NEW!**

Thursday, May 16 at 6pm – *Piranesi* by Susanna Clarke

Thursday, June 20 at 6pm – *The Night Circus* by Erin Morgenstern



- ♦ May 7, Senior Trip to TulipFête 2024 - The Farm at Wolf Pine Hollow in Hancock, NH. Come walk through fields of tulips. Pick flowers for \$2.50 a stem, visit the gift shop and bakery. Bus is limited to 13 people. If you plan to drive yourself

you will have to make your own parking reservation for TulipFête. Call our office for parking contact details. We will dine out first at Brady's American Grill in Peterborough. We leave the town hall at 10:45. Please be aware there will be quite a lot of walking over rough terrain on this trip. Cost- There is no cost to enter Wolf Pine Hollow, just pay for your lunch and any tulip or purchases you make in the gift shop.



Tigris says:  
"I never get to go on the trips!"



- ♦ June 11, Senior Trip to the Simon Pearce flagship store in Quechee, VT. Watch expert glass blowers create wonderful bowls, glasses and more! Visit the store and have lunch at a local restaurant TBD. There is no cost for this trip, just the price of your lunch and any purchases that you make.

To sign up call or email our office! 603-487-2880 ~ [Recreation@NewBostonNH.com](mailto:Recreation@NewBostonNH.com)

**EASIER SUDOKU**

1					5	7	4
		5					
		7	4		1	6	
				3		1	
3				8	6		
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**HARDER SUDOKU**

# A Walk in the Woods, Touch A Truck, Frankestown Market, Pickleball

## A Walk in the Woods

Thursdays, 9-11am  
Discover the beautiful conservation trails in New Boston.



Louise Robie will be our guide as we discover new places to hike and enjoy our beautiful woods.

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. We will discuss where we will hike and then carpool/convoy to that location. Dress for the weather.



Whipple Free Library  
There's Always Another Chapter

## TOUCH A TRUCK

**What:** A Touch a Truck is a community event meant for children of all ages to come experience their favorite vehicles up close!

**When:** Saturday, June 1st 12-2pm  
Quiet hour - Noon to 1 pm

**Where:** New Boston Central School

MEET ANDY THE ARMADILLO  
FROM TEXAS ROADHOUSE



DON'T MISS THE  
TOLA-ROSE  
ITALIAN EATS  
FOOD TRUCK!

INTERESTED IN BRINGING A TRUCK?  
EMAIL THE LIBRARY AT CHILDRENSWFL@GMAIL.COM



FRIDAY - May-October  
4-6:30pm

2 New Boston Road, Frankestown, NH

Questions?

Check us out on Facebook or email us at  
[frankestowncommunitymarket@gmail.com](mailto:frankestowncommunitymarket@gmail.com)



Tuesdays 7-8:45pm, NBCS Gym.

Sign up online or drop in for \$3

All levels welcome

We have extra equipment available to use.



The market opens on **Saturday, June 8 from 10am-1pm** on the town common. Local New Hampshire farmers and artisans will be there with their home grown and handmade products.

On opening day, the New Boston Garden Club looks forward to offering a “Plant a Mug to Go...and Grow.” Join them for a FREE hands-on activity of potting a plant in a mug to bring home with you! The club will provide all the supplies you need.

The delicious Tola Rose Italian Food Truck will be there, as well as music group *Eyes of Age* who will provide tunes as they perform an eclectic mix of original and cover songs, from ballads to straight ahead rock n’ roll on the gazebo.



During the month of June, look forward to these special guests and musicians:

June 8, Opening Day:

New Boston Garden Club, Tola Rose Italian Eats Food Truck, and music group *Eyes of Age*.

June 15:

Cameron Sutphin (country/folk music).

June 22:

4th of July Association  
(volunteer opportunities for the 4<sup>th</sup> of July celebration),  
and music group *The Fretbenders*  
(blues, Americana, folk, country, and rock).

June 29:

Music group, *Arthur James* (award winning blues guitarist).



Also, make sure to mark your calendar for the popular Children’s Market scheduled for July 20, with musical guests Sam Gorton and Lynn Reimer.

### Music Sponsors Needed:

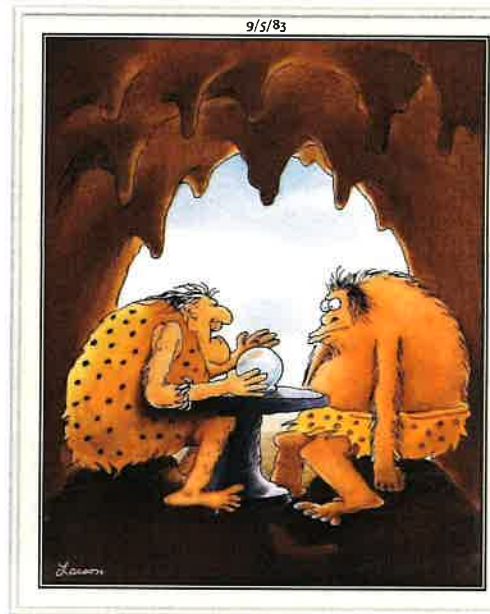
We are still seeking additional music sponsors for the 2024 season. Music enriches the market each week and we appreciate the support of our sponsors. Please consider becoming a sponsor for just \$20.00. As a non- profit, the New Boston Farmer’s Market can provide musicians with a stipend more competitively than other venues.

Checks can be payable to New Boston Farmer’s Market and mailed to: New Boston Farmer’s Market, PO Box 538, New Boston, NH 03070





Well that's redundant..



**ACROSS**

- 1) St. Paul's recess
- 5) Cliffside debris
- 10) Chowder morsel
- 14) It may be furrowed or knitted
- 15) Capricious ideas
- 16) Move, in Realtor lingo
- 17) Low-fat, casually
- 18) Camel's stopping place
- 19) "Go back," on a PC
- 20) Psyche section
- 21) Spiny-shelled crustacean
- 23) Roaring success
- 25) Do penance
- 26) Wall-covering workers
- 31) "Me, Myself and \_\_\_" (Carrey movie)
- 32) "Got it"
- 33) St. Paul's seating
- 36) Celestial Seasonings products
- 37) Big exam
- 39) Clothier Strauss
- 40) Hairy Himalayan beast
- 41) Johnson of "Laugh-In"
- 42) Minimal amounts
- 43) Sidestroker's leg movement
- 46) Modify to fit
- 49) Ignited anew
- 50) Where gains are equally balanced by losses (and a clue to this puzzle's theme)
- 54) Short-lived craze
- 57) Lyft alternative
- 58) Islam branch
- 59) Dunce cap shape
- 60) Littlest litter member
- 61) Unforeseen difficulties
- 62) Half-inning threesome
- 63) Cockpit guesses, for short
- 64) Symbolic ceremonies
- 65) Arduous journey

**DOWN**

- 1) Fit to serve
- 2) Prudish sort
- 3) In a way
- 4) Lea female
- 5) Nike's logo
- 6) Dance with a three-step turn
- 7) Capitalist's gamble
- 8) Disney's boy detective
- 9) Old U.S. gas brand
- 10) Pie perimeters
- 11) Slowly, in music
- 12) Priscilla's John
- 13) Julianne of "Still Alice"
- 21) Roast beef order
- 22) Like Hubbard's cupboard
- 24) Department store department
- 26) Be sorry for
- 27) Neck of the woods
- 28) Dressed to the \_\_\_
- 29) Govt. property overseer
- 30) Sniggler's quarry
- 33) Bite-size cake
- 34) Escape action, briefly
- 35) "Ring around the collar" brand
- 37) TGIF part (Abbr.)
- 38) Common possessive
- 39) Trickster in Norse myth
- 41) Gets off the fence
- 42) Capri or Wight
- 43) Is wearing
- 44) Oriole color
- 45) Shirking one's duties
- 46) Clear sky color
- 47) Air for the first time
- 48) Where the action is
- 51) Cold War initials
- 52) Bond type, briefly
- 53) Swarming pest
- 55) \_\_\_ up (pay one's share)
- 56) Blotter's spot
- 59) Cabin bed

**HAND SHAPES**

By Victor Fleming

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

AWESOME  
BARBECUE  
CARD  
CARING  
CELEBRATION  
COMMITTED  
DAD  
FAIR

FATHER  
FISHING  
FIXER  
HANDSOME  
INSPIRING  
JOYFUL  
KIND  
LOVING

PAPA  
PROUD  
SMART  
STRONG  
SUPPORTIVE  
TEACHER  
WISE  
WORKER

# Lithium-Ion Battery Safety



Lithium-ion batteries supply power to many kinds of devices including smart phones, laptops, e-scooters and e-bikes, e-cigarettes, smoke alarms, toys, and even cars. If not used correctly, or if damaged, these batteries can catch on fire or explode.

## The problem

- These batteries store a large amount of energy in a small amount of space.
- Sometimes batteries are not used the right way; batteries not designed for a specific use can be dangerous.
- Like any product, a small number of these batteries are defective. They can overheat, catch fire, or explode.

## Safety Tips

- Purchase and use devices that are listed by a qualified testing laboratory.
- Always follow the manufacturer's instructions.
- Only use the battery that is designed for the device.
- Put batteries in the device the right way.
- Only use the charging cord that came with the device.
- Do not charge a device under your pillow, on your bed, or on a couch.
- Do not keep charging the device or device battery after it is fully charged.
- Keep batteries at room temperature when possible. Do not charge them at temperatures below 32°F (0°C) or above 105°F (40°C).
- Store batteries away from anything that can catch fire.

## Signs of a Problem

Stop using the battery if you notice these problems: odor, change in color, too much heat, change in shape, leaking, or odd noises. If it is safe to do so, move the device away from anything that can catch fire. Call **9-1-1**.

## Battery Disposal

- Do not put lithium-ion batteries in the trash.
- Recycling is always the best option.
- Take them to a battery recycling location or contact your community for disposal instructions.
- Do not put discarded batteries in piles.

## Charge into Fire Safety™

Do not keep charging the device or device battery after it is fully charged.



**NATIONAL FIRE  
PROTECTION ASSOCIATION**  
The leading information and knowledge resource  
on fire, electrical and related hazards



Free Transportation Bus Operates: Monday - Friday, 7:00am to 4:30pm

- Make a reservation as early as 1 week prior, and no later than 1 day prior
- Priority rides for age 62+ or disabled passengers
- Priority rides for medical appointments
- Rides available to all New Boston Residents
- All buses accessible for disabled passengers
- Riders may go anywhere within New Boston, Goffstown and Bedford and medical appointments to Manchester.
- 



Reservations call: 603.623.8801

You will hear: A greeting for Manchester Trans Authority

Dial - Opt. #2 This will bring you to the **Cart and Step Saver** receptionist. **If no one answers, please leave the following information listed below. Someone will return your call.**

- Full Name
- Address of pick up
- Address of place you are travelling to
- Phone Number
- Age
- Purpose of Travel

## TOWN WIDE YARD SALE

### SATURDAY JUNE 1, 2024

### 8AM-1PM ~ Rain or Shine

Want to sign up your home or sell your items on the common?  
Visit our office to grab a sign up form.

Maps are available on the Town Common Gazebo starting at 7:45am for \$2. The map lists all participants and specific items and/or types of things they are selling! All proceeds from map sales benefit the Laura Wiggin Scholarship Fund.



**DO YOU NEED HELP  
WITH HOME  
REPAIRS AND  
MAINTENANCE?**



The Retired Senior Volunteer Program (RSVP) provides a **FREE\*** service to homeowners who need assistance in the areas of plumbing, carpentry and electric.

The **RSVP Fix-It Program** is available to seniors over 60 and disabled homeowners in Hillsborough County to enable them to remain safe and secure in their homes.

Some of the services offered by our retired senior volunteers are:

- Installation of grab bars and railings
- Steps and flooring repairs
- Installation of door locks
- Fixing/replacing leaky faucets, toilets
- Installing/replacing light fixtures
- Install and remove air conditioners
- Insulate windows
- Install/change smoke detectors

If you need our services or if you are interested in becoming a Fix-It volunteer, call Chris @ 603-598-9421

\*Homeowners assume the cost of any materials needed and labor is free




# Connect 2 Affect




## learn about the Power of Connection

Join Granite VNA and Wellness Link NH virtually for AARP's Connect2Affect program! Let's have a meaningful conversation about the "Power of Connection," which is the 2024 theme for Older Americans Month. We want to avoid social isolation and loneliness but what are some tools and education we need to do that? Grab a pen and paper, then log in to be a part of this conversation!

**Thursday, May 9, 2024**  
**10-11:30 a.m.**



**Join Zoom Meeting:**  
<https://us02web.zoom.us/j/87559117549>  
 Meeting ID: 875 5911 7549



Contact Brooke Noonan at (603) 410-9880 for information.



**OLDER AMERICANS MONTH**

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POWERED BY CONNECTION: MAY 2024



**Granite VNA**



CELEBRATING **125** YEARS



**AARP** Foundation  
connect **2** affect



**WellnessLink**  
Connect to Living & Aging Well





## NBPD urges our citizens to be aware!

### **“Grandparent Scam” ~ How the scam works:**

The “Grandparent” receives a call on their landline. The caller identifies himself as an “Attorney” who was also the father of one her grandchild’s friends. He reports that her grandchild (usually a grandson) has been involved in a motor vehicle accident and the other driver was a 17-year-old female who was pregnant and injured in the collision. His bail had been set at \$24,000 cash and he provides a case number. He also states there is a “gag” order from the court in effect and that they cannot speak to anyone about the case. The Attorney requests she obtain cash and a courier will come to the home to obtain the bail.

If the transaction takes place, the Attorney usually calls back and states the baby has died, charges were upgraded, and more cash is required. They often have family details through public records searches and can be very convincing during the call.

**If you ever receive this type of call, 1<sup>st</sup>, check with your family. If they cannot be reached, call your local Police Department and have them verify the information before you post any bond.**

Simply, this is not how the process works in NH. These criminals are extremely difficult to track and it is unlikely the cash would be recovered. Arrest records are public records. While gag orders have been discussed in the national media due to a NY trial, they are not something that would be in place at the time of the arrest. This type of language should always serve as a red flag.

**Remember—It never hurts to verify any call or email solicitation for money with the Police Dept. We urge you to play it safe and ASK especially when being instructed not to contact anyone in your family, your friends or the local authorities.**

**Think you have been scammed or attempted to be?**

**Call NBPD at 603-487-2433**



# Monthly Foot Care Clinic

## New Boston Community Church

Wellness Services for Adults 65 and Older



**Third Monday of Each Month**

**9 a.m. - 3 p.m.**

**New Boston Community Church  
2 Meetinghouse Hill Rd., New Boston**

Services offered include:

- Foot Care
- Blood Pressure Screening
- Medication Education
- Nutritional Education

A suggested donation of \$10 is requested for services.

To schedule an appointment, call **(603) 224-4093, ext. 85815.**

30 Pillsbury Street | Concord, NH 03301 • (603) 224-4093 | (800) 924-8620 • [www.granitevna.org](http://www.granitevna.org)  
Offices in Laconia and Wolfeboro

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Concerts are on Tuesday evenings from 6-7:30 pm. Bring your blanket or chair and enjoy a Tuesday summer evening on the town common full of music, friends, and community. **Concerts are free, kid-friendly, and fun!**

The Rail Trail Grill concession stand will benefit the New Boston Rail Trail and will feature hot dogs, hamburgers, soft drinks, snacks, and more. The Community Church will offer a dessert table with various yummy delights. You can also bring your own picnic and nonalcoholic beverages.

## SUMMER CONCERT SCHEDULE

### June 25 - BEDFORD BIG BAND

Music from Count Basie to Duke Ellington, plus your favorite pop, funk, and Latin selections. The Bedford Big Band, under the direction of Karen Sayward, is a New Hampshire favorite with over a decade of performances across New England to its credit. The band's repertoire favors iconic Swing Era tunes, well-known jazz standards, and more modern pop, funk, and Latin selections.

### July 9 - CHRIS FITZ BAND

This power trio has a spicy sound all their own! The Chris Fitz Band is a hot pot of blues jambalaya, mixing swing, jump, Chicago, and Texas blues styles with a healthy dose of funk, soul, rock-n-roll, and a touch of British blues rock (think Eric Clapton with the Blues Breakers and Cream).

### July 23 - OVERSERVED AGAIN

A blend of country and rock, with catchy melodies, intricate harmonies, and driving rhythms. The band's three vocalists, Luke, Braeden, and Garrett, bring a range of vocal styles to the group. Overserved Again's two guitarists, Garrett and Luke, are both passionate musicians who complement each other's playing styles. Garrett's solos and fingerpicking add depth and complexity to the band's sound, while Luke's powerful riffs and driving rhythms provide a solid backbone to their tunes. The band's bassist, Braeden, and drummer, Lee, form a tight rhythm section that keeps the band's energy high and their sound grounded.

### August 6 - THE SLAKAS

High-energy music that will get you up on your feet dancing and singing along! The Slakas sound and music has been evolving over the years and they enjoy playing challenging songs that are not widely covered by other bands. They cover a wide variety of artists such as Led Zeppelin, Heart, Journey, Bad Co., Donna Summer, Luke Bryan, Pearl Jam and many many more.

### August 20 - NORTH RIVER MUSIC

Strong harmonies and expressive musicianship! North River Music is an Americana band with strong harmonies and expressive musicianship. Playing familiar songs with their own roots/bluegrass sound, a North River set is fun to listen to with something for everyone. From Crosby Stills and Nash, The Eagles and Dylan to traditional American standards come to listen - you'll like what you hear!

**NEW BOSTON'S SENIOR NEWSLETTER**

T U R T L E S            D  
 R E E S E S S T I C K   S O B  
 B O K R A C K E L            N V O  
 A H C M            H            K I E U  
 R H R R            U T            I C B N C  
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 O N N I            K I            D E R Y R  
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 N O U G A T T I            N            S  
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**HIGH AND INSIDE**

By Agnes Brown

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3	8	5	6	4	7	1	9	2

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