

## OBITUARIES

### JEAN CATHERINE SICA

Jean Catherine Sica, 87, of Bow, died peacefully at home surrounded by her loving family. She was born in Jamaica, NY on January 5, 1933 the daughter of James T. and Helen (Purcell) McElduff.

Jean was raised in Floral Park, NY and graduated from the New York Foundling Hospital in 1953. She worked as an Infant Care Nurse at Mercy Hospital in Rockville Center, NY until she was married and started a family. Jean and Carl raised five children together. Her role as mother was her true vocation. After relocating to New Hampshire she worked as a Kindergarten Aide at Pembroke Hill School from 1988 - 1991.

She is survived by her husband, Carl; her son, Robert and his wife Kelly of Wilmington, DE; her daughter Catherine of Bow, NH; her daughter Nancy Reid and her husband Michael of Floral Park, NY; her son Thomas and his wife Margaret of Laconia, NH; her daughter Susan Howell Hinchy and her husband James of Floral Park, NY; and nine grandchildren. She will be greatly missed by her entire family, as well as by her faithful canine companion, Katie.

In addition to her parents, she is predeceased by her only sibling, James T. McElduff.

A calling hour will take place at Christ the King Parish, 72 S. Main Street Concord, NH, on Monday, February 10, 2020 from 9:00am to 10:00am, followed by a Mass of Christian Burial at 10:00am.

A committal service will be held at New Hampshire State Veterans Cemetery, 110 DW Hwy Boscawen, NH at 12:00pm.

In lieu of flowers, memorial contributions may be made in Jean's memory to Concord Regional Visiting Nurse Association (Hospice Program) The Slusser Center 30 Pillsbury Street Concord, NH 03301 [www.crvna.org](http://www.crvna.org).

### ERIC A. THORELL

Erick A. Thorell of Bow, passed away unexpectedly on January 6, 2020 at age 37.

Born on August 2, 1982, in Manchester, he was the son of Allan and Janet (Applegate) Thorell of New Durham. Erick grew up in Hooksett and graduated from Kingswood High School in Wolfeboro. He went on to attend Plymouth State and was able to pursue his love of playing football. He was a weightlifter and body builder, competing in several competitions over the years. He enjoyed being outdoors, whether it was hiking, archery hunting, skiing, boating or waterskiing.

He worked many years as a painting contractor with his father at A.C. Thorell Custom Painting and was in the process of establishing his own business. He had a passion for fitness and was a certified personal trainer as well. Despite living most of his life in New England, he had a love for Colorado and was an avid Denver Broncos fan.

His true passion in life, though, was spending time with his three children who were the center of his world. He was an amazing father and husband and he will be sorely missed.

He was predeceased by his maternal grandmother, Eva Chomack Applegate, as well as his paternal grandparents, Andrew Charles and Abbie Kosch Thorell.

He is survived by his loving wife, Dr. Jennifer Duprey of Bow, his son, Jackson Allan; daughters, Olivia Catherine and Elizabeth May and his brother, Andrew Thorell, III, of Thornton. In lieu of flowers donations may be made in Erick's memory to Hope for Recovery, P. O. Box 358, Manchester, NH 03105.

### PHILIP LAWRENCE DOWNIE

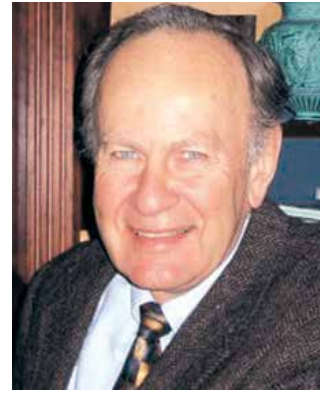
Philip Lawrence Downie of Bow died at age 92 on December 31, 2019.

Philip was born to Arlo and Betty Downie, August 6th, 1927, in Houlton, Maine. He graduated from Fort Fairfield High School and received a B.S. degree in agronomy from the University of Maine in 1949. He married Barbara Ann Hills November 8th, 1952 and they had 67 wonderful years together.

He was preceded in death by his son Dana and his 3 sisters Kay, Bunny, and Jean. He leaves his wife Barbara and their 3 remaining children: Linda Wedemeyer, Marsha Coulter, and Keith Downie.

His children remember him as a devoted husband and a loving father. He was active in the Concord Coach Square Dance club, Bow Conservation Commission, Bow Men's Club, and Bow Open Spaces. He enjoyed working on trails around the town of Bow. He was an avid fly fisherman.

A celebration of Phil's life is scheduled for August 8th, 2-6pm at the Bow Community Center. In lieu of flowers, the family requests that donations be made to Bow Conservation Commission at 10 Grandview Road, Bow, NH.



### 2019-NCOV

Sounds like a code name for an undercover operation? There may be more truth to that than meets the eye. It is the label that has been given to the new virus detected in the Chinese city of Wuhan. This is a completely new, never before seen virus.

It is in the "family of viruses" called coronaviruses which includes SARS (Severe acute Respiratory Syndrome) which killed more than 800 people and sickened 10 times that many, and MERS (Middle East Respiratory Syndrome) which also killed over 800 people. But this is a new and different virus. At the time I am writing this (26 January) 56 people have died and over 2,000 have been sickened in 10 countries. There are 5 cases in the US.

Let's start with the basics. The idea that there existed something smaller than bacteria that was able to cause disease was discussed at the end of the 19th Century. When the electron microscope was invented (1931) it was possible to actually see a virus. Most viruses are much smaller than bacteria. Viruses come in a variety of shapes and sizes. For instance, the poliovirus has a diameter of 30 nanometers, which makes it 10,000 times smaller than a grain of salt. (1)

Most viruses have some form of protein shell that encases the RNA or DNA called a capsid. Some viruses also have an outer 'envelope.' The coronavirus is so named because of the crown-like spikes on this envelope. They attack our respiratory system.

Since a virus only contains RNA or DNA, it cannot reproduce itself. Not only that, viruses cannot carry out normal metabolic processes – most notably they cannot make ATP (the essential source of cell energy). In order to survive and reproduce a virus must enter a cell that has all the 'machinery' to replicate and make proteins (remember your biology 101!) The virus essentially hijacks the cell's normal mechanisms for making ATP, proteins, and starts replicating its DNA or RNA. Thus an infected cell is turned into a virus-making factory.

The infected plant, animal or person loses that cell's normal function. When the replicating viruses have reached a volume that is somewhere between 2% - 5% of the volume of the infected cell, that infected cell bursts and a whole new load of virus particles are dispersed throughout our body, and by coughing, sneezing, and sometimes body fluids, into the environment ready to infect new hosts.

#### Here are the CDC recommendations on what to do:

There are currently no vaccines available to protect you against human coronavirus infection.

- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid close contact with people who are sick

If you have cold-like symptoms, you can help protect others by doing the following

- Stay home while you are sick
- Avoid close contact with others
- Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands
- Clean and disinfect objects and surfaces

There are no specific treatments for illnesses caused by human coronaviruses. Most people with common human coronavirus illness will recover on their own.

#### How did this all start?

"At the end of the day", says virologist Ed Rybicki, "despite all of their common features and unique abilities to copy and spread their genomes, the origins of most viruses may remain forever obscure." (2)

1. David R. Wessner, Ph.D. (Dept. of Biology, Davidson College) © 2010 Nature Education 3(9):6

2. Where did viruses come from? Scientific American 27 Mar 2008