

Thanks to our columnists!

Our newspaper has completed another year, filled with terrific content from our formal and informal columnists who take the time to share their information and narratives with our readers in the Bow, Dunbarton, and Hopkinton area.

Food Editor - Debra Barnes

Medical Editor - Dr. Richard Johnson

Sports Editor - Matt Mampuzha

Travel Editor - Chase Binder

Wine Editor - Annie Kinney

Baker Free Library- Lauren Porter

Dunbarton News - Nora Le Duc

Hopkinton News - Kathy Butcher

Individual Fitness - Jim Olson

Tale Spinner - Paul Pomeroy


Talking Trash - Danielle Ruane

The Music Lady - Martha Kuepper

And, of course, great photos from Eric Anderson.

Thanks for your time, talent and dedication.

We all appreciate it!





Question of the Month?

We have killed 87 people in boats, alleging they are bringing cocaine into the United States. Donald Trump just pardoned a former president of Honduras who was convicted in our courts under the Biden administration for conspiring to bring 800,000 pounds of cocaine to our country.

If you can square those facts as both promoting the war on drugs, we will publish your letter next month.



Bow Young at Heart Club

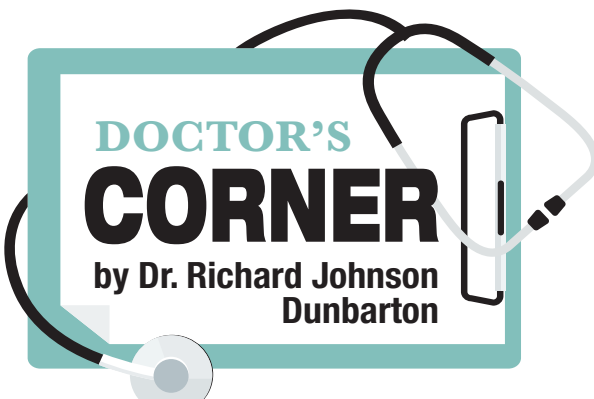
UPCOMING EVENTS

JANUARY 10, 2025 11:30 AM - 2:30 PM

Sue Stevens will give a lively presentation about her visit to Japan with photos and a discussion of the differences in culture.


Meetings are at Old Town Hall, 91 Bow Center Road. Bring your own lunch at 11:30, desert is provided. The public is welcome! Membership is open to all residents 55 and older.

For more information contact Peter Cherici at (603) 774-7682 or email at fairfield_a@hotmail.com.



DOCTOR'S CORNER

by Dr. Richard Johnson
Dunbarton



CHRISTMAS AT THE DEEPEST LEVEL

The other day, between Thanksgiving and Christmas, I received an unsolicited email that contained this quote from Jon Kabat-Zinn, “At the deepest level there is no giver, no gift, and no recipient... only the universe rearranging itself.” Jon Kabat-Zinn is a very intelligent person who has written a great deal, and many would say they have been helped by his insights, but when I read this, I was immediately depressed. Think about it, no matter how good you felt during your Thanksgiving celebration, “at the deepest level” it was all meaningless because you never received or gave anything...it is all meaningless; there is nothing for which to be thankful. There is no gift; there is no giver. The very thought of gift or giver is ultimately meaningless. “At the deepest level” it is all meaningless.

We cannot help but “Scream” (Edvard Munch’s painting) if we think seriously about the nothingness, the random “rearranging,” the lack of hope. And now we look forward to Christmas, to celebrate the gift God gave to the world, Jesus. To ease the pain of the ultimate meaningless of life, we will celebrate and not think. We will sing, eat, drink, and be merry. We will decorate our homes, stores, and communities, and we will have a good time.

What harm is there in enjoying giving and receiving gifts? There is none, unless it, like drugs and alcohol, inhibits us from thinking about the “deeper” meanings of life and relationships. We enjoy all the trappings of Thanksgiving and Christmas and that is where it ends, no deeper thoughts. You may not believe in having tangible friends; you may enjoy imaginary friends, but many of us know real people who are a meaningful part of our lives. You may not believe there is a God, but you are able to celebrate as long as you do not think “at the deepest level.” As the world celebrates Christmas there are many who will celebrate at a deep level because they have real, tangible, personal relationships with other human friends, and they have a real, personal “relationship” (not just an idea) with the God who exists and sent Jesus to give us real hope at the “deepest level.”



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From all of us to all of you...

Have a Bright and Merry Christmas
Full of Peace, Wonder and Love!