

# THE Music LADY

FOR THE LOVE OF MUSIC

The biggest topic of conversation in New Hampshire, this and every winter, is *the weather!* The Farmer's Almanac predicted that this winter of 2025-26 in the Northeast US would be colder and snowier than normal. Perhaps any risk of Seasonal Affective Disorder (SAD) during winter's shorter daylight hours could be mitigated if our weather conditions were expressed in SONG. So, let's try a little meteorological music therapy.

Instead of grousing about all the snow, how about a singing a chorus from Winter Wonderland – "Sleigh bells ring, are you listening? In the lane, snow is glistening. A beautiful sight, we're happy tonight, walkin' in a winter wonderland."

Irving Berlin helps us look at the bright side with "The snow is snowing, the wind is blowing. But I can weather the storm. What do I care how much it may storm? I've got my love to keep me warm."

"Oh the weather outside is frightful, but the fire is so delightful. And since we've got no place to go, let it snow, let it snow, let it snow!"

Consider the deep meaning in this B.J. Thomas song: "Raindrops keep falling on my head. And just like the guy whose feet are too big for his bed, nothing seems to fit. Those raindrops are falling on my head, they keep falling." And, "Yes," as I write this it is raining in New Hampshire in December.

The Mamas and the Papas sang away the winter doldrums with "All the leaves are brown, and the sky is gray. I've been for a walk on a winter's day. I'd be safe and warm if I was in LA. California dreamin' on such a winter's day."

And if you're STILL feeling blue this winter, "Hush now baby, don't you pout. Spring is just around the corner. You may be down but you're not out. Spring is just around the corner."

As William James, known as "The Father of American Psychology," said, "I don't sing because I'm happy. I'm happy because I sing."



Town of Bow  
**EMPLOYEE  
- OF THE -  
MONTH**

CONGRATULATIONS TO  
STEPHANIE VOGEL  
FOR BEING SELECTED AS  
EMPLOYEE OF THE MONTH  
FOR JANUARY

**Stephanie Vogel** exemplifies exceptional professionalism, reliability, and community engagement, consistently delivering high-quality work across complex administrative duties with accuracy and ahead of deadlines.

Residents frequently comment on her friendly and professional demeanor, and her approach consistently turns potentially negative interactions into positive experiences for the public and the department. Steph's proactive problem-solving and willingness to assist colleagues foster a strong team environment. She actively participates in department and community events, volunteers her time beyond work hours, and takes the initiative to improve policies and IT solutions, making her a vital asset to the department and the Bow community.



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## Bow Young at Heart Club

JANUARY 28, 2026 11:30 AM - 2:30 PM

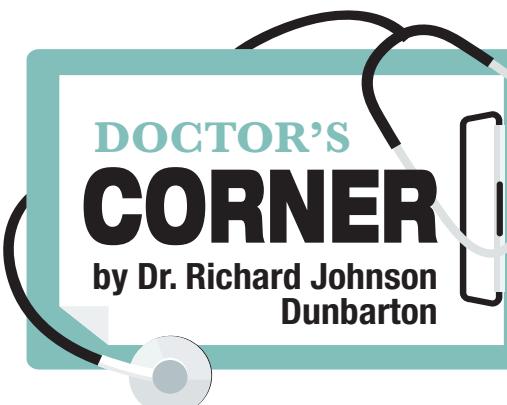
*The Capital Four Barbershop Quartet* will entertain club members and guests with their rendition of favorite songs.

FEBRUARY 13, 2026 11:30 AM - 2:30 PM

*Annual Pizza Party!* The club will hold its annual pizza party followed by games. Guests are welcome.

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](mailto:fairfield_a@hotmail.com).



## FAMOUS PEOPLE Q&A

Happy New Year! Once again, here is the January quiz about famous people and their illness. Good luck!

1. Born in 1685, he lived in Germany and Italy until becoming a naturalized British subject in 1727. His coronation anthem *Zadok the Priest* has been performed at every British coronation since 1727. You and I associate him with a famous Christmas choral work which he composed in 24 days in 1741. In 1750 he was seriously injured in a carriage accident. His eyesight deteriorated, and by 1752 he was completely blind. He died at age 74 in 1759.
2. This American hero is most famous for being the first U.S. astronaut to orbit the earth in 1962 aboard the *Friendship 7* spacecraft. He died in 2016 at the age of 95 from failing health that included a stroke and prior heart valve surgery.
3. In December of 1799 this 67-year-old American hero died in his home, most likely from a severe throat infection. Bloodletting and other treatments of the day were unsuccessful, and death occurred in two days.
4. This inventor was born in 1819 in Spencer, MA. In 1846, at age 27, he received the fifth US patent for his invention, the sewing machine. He became a millionaire and died at age 48 from gout and a "massive blood clot."
5. In 1928 his medical discovery became the first true drug of its kind. In years to come, and especially during WWII, his discovery saved millions of lives. He died of a heart attack in 1955 (age 73), and his ashes are buried in St. Paul's Cathedral in London.
6. This actor has done much to advance the understanding of Parkinson's Disease, a disease which has now significantly limited his ability to walk. *Lucky Man* was his first of several books.
7. This dentist was the first, on 16 October 1846, in the surgical amphitheater of the MGH, to demonstrate that the use of inhaled ether could be an effective anesthetic allowing patients to undergo painless surgical procedures. He died in 1868 at the age of 49 from complications of a major stroke.

ANSWERS: 1. George Frederick Handel, 2. John Glenn, 3. George Washington, 4. Elias Howe, 5. Alexander Fleming, 6. Michael J. Fox, 7. William T. G. Morton

ANSWER: 1. George Frederick Handel, 2. John Glenn, 3. George Washington

## QUOTE OF THE MONTH

*"A New Year's resolution is something that goes in one year and out the other."* Oscar Wilde