

OBITUARIES

BEVERLY GRISWOLD

Beverly Griswold, age 82, of Birchdale Road passed away suddenly on August 5, 2019 at her home.

She was born in Claremont, the daughter of the late Stanford and Lois (Hansen) Mower. She was a graduate of Stevens High School class of 1955. Beverly worked for many years and the Claremont National Bank before moving to Bow where she worked at the Bow Mills Bank until her retirement.

Beverly was a very talented oil painter. She loved all animals especially horses and cats. She was an avid reader and loved spending time at the ocean taking long walks on the beach. She enjoyed going to the gym with her "Pod" of friends. She also enjoyed her time with her "Posse" of women who volunteered as auxiliary cooks for the Bow Men's Club. She loved Elvis, going out for lobster and fried clams, taking trips to Arnie's Ice Cream for their Maple Walnut ice cream. Beverly enjoyed watching the original Two and a Half Men, Judge Judy, Golden Girls and the original Magnum PI.

She is survived by her loving husband Charlie Griswold of Bow. Charlie and Bev had just celebrated their 62nd wedding anniversary on August 4th. She also leaves her sister Janet Eno and her husband David of Claremont; her sister-in-law Jean Cronk; many nieces and nephews, and grandnieces and grandnephews; and her close friend of over 73 years, Barbara Mabie of Newport as well as many other friends.

A Memorial service will be held at a later date.

In lieu of flowers donations may be made in her memory to the Pope Memorial SPCA, 94 Silk Farm Road, Concord, NH 03301 or to the Live and Let Live Farm, 20 Paradise Ln, Chichester, NH 03258.

EDGEL CRABTREE

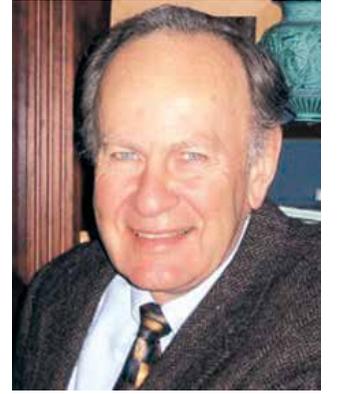
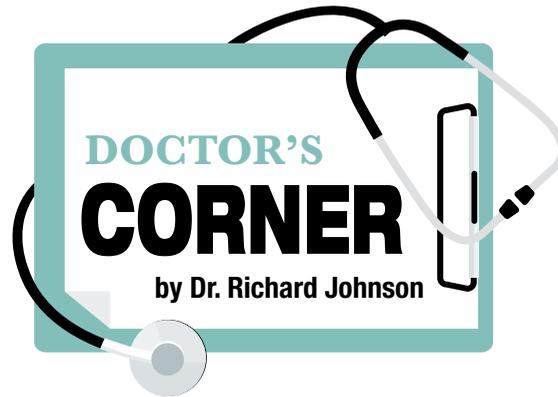
Edgel (Ed) Crabtree of Bow, passed away peacefully on Sunday, August 4, 2019, at his home at the age of 82.

Ed is survived by his wife of 57 years, Joan (Wilson) Crabtree; sons, Brett and his wife, Traci of Laguna Niguel, CA, Mathew of Dunbarton, NH, Brian and his wife, Tammy Crabtree of Orange, CA; daughter, Caryn Brothers and husband, Kevin of Bedford NH; his sister, Mary McDaniel of Lucasville OH; 9 grandchildren and 1 great grandchild.

Edgel was born in Cove, OH on August 4, 1937, to Loren and Lillian Crabtree. He served in the US Navy and received his bachelor's degree from Keene College and his master's degree from Montclair State College. Ed married Joan Wilson, the love of his life on June 1, 1962. Edgel was a member of the Glen Ridge NJ Police Department for 25 years as a lieutenant. After retiring from the Police Force Edgel worked for NH Highway Safety for 10 years upon retiring for good in 2010. His children remember him as a strong, proud, amazing father who always encouraged them to pursue their goals.

He was an avid reader and golfer and was often found solving the most challenging of cross word puzzles. He was a communicant of Christ the King Parish of Concord, NH and was a lifelong member of the Knights of Columbus.

In lieu of flowers memorial contributions may be made in Ed's name to NH Catholic Charities, 215 Myrtle Street, Manchester, NH.



HEAT STROKE - HOW DOES THAT HAPPEN?

Last month we went through some horrendously hot days. We were bombarded with advice to stay cool, stay hydrated, avoid strenuous work in the heat, and watch out for the young and elderly. Why were we given that advice? What is actually going on in my body when the temperature of the environment rises? Why do people die 'from heat'?

Despite wide swings in the temperature of the environment the human body has an amazing ability to balance heat loss with heat gain. At rest, our basic bodily functions produce about 100 K calories of heat per hour. This would raise our body temperature by almost 2 degrees F/hour if our heat-dissipating mechanisms were not functioning!

There is a 'spectrum' of heat related illnesses beginning with minor heat edema and skin rash. Then comes heat exhaustion and even fainting. Heat stroke is the most severe form of heat related illness and occurs when the body temperature goes over 104 degrees Fahrenheit. Exertional heat stroke (EHS) typically occurs in younger people who are involved in strenuous physical activity for a prolonged period in a hot environment.

When there is an environmental heat wave, nonexertional heat stroke (NEHS) affects the elderly, the chronically ill, and the very young. Both types of heat stroke are associated with high morbidity and mortality if cooling therapy is delayed.

Temperature sensors in our skin, muscle and spinal cord send information regarding rising core body temperature to the anterior hypothalamus. The hypothalamus is a small portion of your brain located above the pituitary gland and below the thalamus. The hypothalamus serves many important functions, but for our purpose here it functions as a thermostat. Cells in the hypothalamus send messages to increase our cardiac output and blood flow to the skin (which is our major heat-dissipating organ). The peripheral venous system dilates and sweat glands are stimulated to produce more sweat.

Radiation of heat through our skin accounts for 65% of heat dissipation. But at high environmental temperatures evaporation becomes the most effective mechanism of heat loss. When the humidity exceeds 75%, evaporation of sweat does not occur.

When a heat wave strikes us there is not time to 'acclimate' so we may only produce about 1 liter of sweat per hour. Compare that to the person who is accustomed to living in high temperatures. They can produce 2-3 liters of sweat per hour thus getting rid of 3 times the amount of body heat. It is the evaporation of sweat that cools our body.

If you come upon someone who you suspect is suffering from heat stroke: call 911, remove clothing, spray them with cool water and place ice in their axilla and groin. When the next heat wave comes heed the advice of the public service and weather announcements: Drink fluids (not alcohol) frequently and on schedule – not just when thirsty. Take frequent 'cooling breaks'. Limit physical activity in the heat. Watch out for your neighbors – especially the young and the elderly.

DOUGLAS, LEONARD & GARVEY, P.C.

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