

## HOPKINTON POLICE DEPT.

### 9 Arrests 12 Accidents 264 Traffic Stops AUGUST 2022 ARREST LOG

**08/06** Emma Perkins, 19, of 59 Reese Circle, Bellows Falls, VT was arrested for Unlawful Possession/Intoxication.

**08/06** Keegan Wilbur, 19, of 2465 Old Turnpike Road, Mount Holly, VT was arrested for Transporting Alcohol by Minor.

**08/11** Alicia Dixon, 47, of 543 Main Street, Hopkinton, NH was arrested for DUI.

**08/15** Shawn Hutchins, 55, of 3 Bennington Road, Hancock, NH was arrested for DV; Simple Assault; Physical Contact.

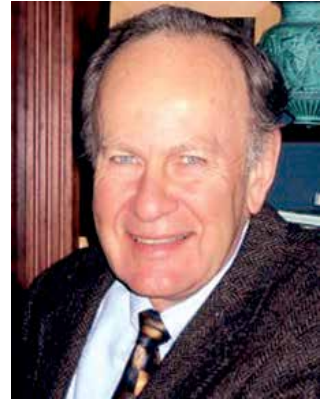
**08/19** Traci Gauntt, 64, of 4 Bridge Street, Henniker, NH was charged with Suspension of Vehicle Registration.

**08/19** Richard Boles, 53, of 62 Gage Road, Bethel, VT was arrested for Drive After Revocation/Suspension-substq.

**08/20** Mario Dumas, 30, of 18 Academy Street, Laconia, NH was Arrested on a Warrant.

**08/20** Tasha Marcinkiewicz, 30, of 108 Academy Street, Laconia, NH was charged with Drive After Revocation/Suspension.

**08/22** Ulises Tamayo, 44, of 8300 Matteo Drive, Laredo, Texas was arrested for DUI Aggrvtd 0.16+, Negligent Driving, Misuse/Fail to Display Plates and Open Container.



## HEALTHY? DANGEROUS? MAYBE BOTH!

Do you like to drink your smoothie, lemonade, or cola? They are cool and refreshing and you might think that there is some nutrition... at least in your homemade smoothie! An 18 oz cola has 59 grams of sugar, there are 60 grams of sugar in an 18 oz lemonade and depending on how you made your smoothie there could be as much as 36 grams of sugar. An 18 oz 'sports drink' is not much better at 31 grams of sugar, and 8 oz of orange juice has 24 grams of sugar! So, what is the 'danger' with drinks like this? It is simply too much sugar too fast. According to the American Heart Association, the average American adult consumes an average of 77 grams of sugar per day and American kids consume 81 grams a day. Their recommendation is 36 grams (9 teaspoons) per day for men and 25 grams (8 teaspoons) per day for women (1). Remember one 12 oz can of soda contains 32 grams of sugar... that is your daily allotment! When we drink our sugar, it is like dropping a sugar bomb into our body, and the two main consequences are: the extra calories get converted to fat, and secondly, your brain doesn't compute this bolus of calories as food, so you still feel hungry. My suggestion: if you are thirsty, drink water! Making your own nutritious smoothie is a good idea. Just remember to avoid fruit juice, add fiber and protein and drink slowly!

Our bodies need a small amount of sodium to function properly, but too much is dangerous. Sodium is necessary for the normal conduction of nerve impulses, the contraction and relaxation of muscles, as well as an essential part of the balance of water and minerals in our bodies. An increase in sodium results in the body holding onto water, and this in turn puts extra work on the heart leading to elevated blood pressure, heart disease and stroke. In America, most of the sodium we eat (70% of our daily intake) is in processed and restaurant foods. The CDC estimates that Americans consume an average of more than 3,400 mg of sodium each day. According to the FDA our "Daily Value" (that is a reference amount not to exceed) for sodium is less than 2,300 mg per day. The %DV tells you how much of a given item is in one serving. As a general guide: 5% of DV or less per serving is considered low sodium diet and 20% DV or more per serving is considered a high sodium diet (2). Himalayan salt, sea salt, and kosher salt are all high in sodium content, however they give you less sodium per serving because of their large crystalline structure. Potassium can be a replacement for sodium, but if you have any kidney problems be sure to consult with your physician before consuming larger amounts of potassium.

The information is there; we need to read the Nutrition Facts label on the items we purchase.

1. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/how-much-sugar-is-too-much>
2. <https://www.fda.gov/food/nutrition-education-resources-materials/sodium-your-diet>



TOWN OF *Bow* ENERGY COMMITTEE



## A FALL FULL OF ENERGY!

This Fall, the Bow Energy Committee is going all out to help you find answers to your energy questions. Frustrated with fuel and electricity costs, looking for alternatives and solutions? Don't miss these three events, each a unique approach for exploring your options.

### Bow Home Energy Tour September 24, 9:30am-2pm

Thinking about solar, heat pumps, an electric vehicle? It can help to talk to someone who's done it. Register on the Town Calendar to tour energy efficient homes in Bow. (Pre-register by September 22<sup>nd</sup> to enter into a raffle for a free Kill-A-Watt energy usage monitor!)

### NH Energy Expo @ Dunbarton Elementary School Saturday, October 1, 9am-3:30pm

It all comes together with an incredible array of information at the NH Energy Expo. Speak with businesses (several from Bow). Learn from nonprofits, attend workshops and presentations on many topics! Meet electric vehicle owners, and win prizes. See the Town Calendar for the exhibitor list and workshop schedule.

notice to Dunbarton *Readers!*

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