



HAVING A GRATEFUL SPIRIT

In the April 2019 issue of The Bow Times, I wrote about the cost of drinking alcohol: the financial cost, the morbidity and mortality, as well as the social costs. Things have only gotten worse. Timothy Brennan, MD, Chief of Addiction Institute of Mount Sinai Health System, has said “Even small amounts of alcohol intake can have negative health effects.” “There is still a widely held belief among people that drinking in moderation is good for you. It is becoming more and more clear that this is simply not the case” (1). There just is no safe level of alcohol consumption. According to a 2021 global analysis, alcohol intake accounted for 4% of all cancers diagnosed in 2020. In addition to breast cancer, six other cancer types – oral cavity, pharyngeal, laryngeal, esophageal, colorectal, and liver cancer – can be attributed to alcohol consumption, and emerging evidence suggests stomach and pancreatic cancer may be as well.

So why bring up death and disease during the holiday season? From Thanksgiving to New Years many will attend 3 times as many social events as they would in a non-holiday season. It has been estimated that the social cost of a non-holiday month is \$240 but jumps to \$537 during a holiday month. And as you might expect, and Sisun Lee of Morning Recovery confirms, there are more rough mornings and lost productivity throughout the holiday season. We humans seem to have a propensity towards risky behavior. Alcohol can cause high blood pressure, heart disease, liver disease, stroke, as well as social and wellness issues that affect our life at work and school and our relationship with friends and family. The risk of some cancers increases with any amount of alcohol use. This includes breast cancer in women (2). In the US, each year more than 20,000 people die from alcohol-related cancers (3). Did you notice that The NY Times commented on The American Journal of Medicine 10 Nov 2024 article that laid out quite clearly the increasing damage alcohol is doing to us. “In 1999 there were 19,356 alcohol-related deaths with a mortality rate of 10.7 per 100,000. By 2020, deaths increased to 48,870 or 21.6 per 100,000.” That’s right, a 2-fold increase in alcohol disease-related medical deaths (not accidents). As I scrolled through the Times article, I counted 3 ads for alcohol... go figure!

I really do want you to enjoy the holidays from Thanksgiving to New Years. Since we know that no amount of alcohol, no matter how small, offers any health benefit, but only harm, I and the medical profession, your friends and family who want to enjoy a healthy you for many years, urge you to drink something healthy. It makes no sense to drink alcohol “responsibly.” That is an oxymoron. At a recent social event I was offered an alcoholic drink. Since many were drinking, my acquaintance wondered why I would decline. Simply put, I explained that there is no benefit from alcohol, only harm to my body. I added that I could not with clear conscience support an industry that causes one impaired driver death every 50 minutes and in 2012 cost the state of NH \$285 million in medical costs and \$940 million in property loss. (4).

1. www.medrxiv.org/content/10.1101/2021.05.10.21256931v1.full
2. Br J Cancer. 2015;112(3):580-593. doi:10.1038/bjc.2014.579
3. American Journal of Preventative Medicine: 2024;66(4):725-729. doi: 10.1016/j.amepre.2023.12.003
4. Concord Monitor: 21 March. 2017

DUNBARTON POLICE DEPT.

SEPTEMBER 2024 ARREST/CHARGE LOG

Please note: “All defendants are presumed innocent unless and until proven guilty in a court of law.”

11/8: Andrew Anderson, 31, Londonderry, was charged with driving after revocation/suspension, operating without a valid license, and non-inspection.

11/11: Alaina Ferguson, 52, Dunbarton, was taken into custody on an electronic bench warrant for non-appearance in court on the original charge of possession of a controlled/narcotic drug - subsequent offense. She was also charged with speeding and non-inspection; Mathieu Peloquin, 53, Henniker, was charged with operating without a valid license.

11/12: Jennifer Wesson, 40, Hillsboro, was taken into custody on an electronic bench warrant for non-appearance in court on the original charge of theft by unauthorized taking. She was also charged with receiving stolen property, theft of lost or mislaid property, driving after revocation/suspension, operating without a valid license, suspended registrations, misuse or failure to display plates and non-inspection.

11/23: An individual was taken into protective custody for a mental health evaluation.

11/25: Joseph French, 61, Dunbarton, was charged with suspended registrations.

11/29: Parvel Auguste, 36, Portsmouth, VA, was charged with driving after revocation/suspension, driving without giving proof, and speeding.

Visit our Facebook page at [Facebook.com/DunbartonPolice](https://www.facebook.com/DunbartonPolice) or website at dunbartonnh.org/police-department/pages/monthly-reports



On December 6, 2024, members of Cub Scout Pack 75 stopped by and meet with Officer Daniel Philbrook, who demonstrated some equipment used in law enforcement. The scouts had the chance to ask questions regarding the law enforcement profession and showed a great deal of interest and curiosity.



“On the Street and in the Classroom”

The Law Enforcement Against Drugs’ **Too Good for Drugs** program has returned to the Dunbarton Elementary School for the fourth school year in a row! This 10-week, fully scripted, program is taught to the entire 6th grade class and promotes effective decision making skills, goal setting, and positive relationships. November’s lessons included Lesson 3, Identifying and Managing Emotions, and Lesson 4, Effective Communication.

To learn more about the L.E.A.D. program and to view a letter for 6th grade parents, we ask you to visit:

www.dunbartonnh.org/police-department/pages/law-enforcement-against-drugs-lead-program.

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