

EARLYACT CLUB MAKES DONATIONS

The EarlyAct Club at the Bow Memorial School recently donated over \$1,800 to the following three charitable entities: Live and Let Live Farm, Make a Wish Foundation, and Pure Water for the World. The EarlyAct Club is a student service club sponsored by the Bow Rotary Club. Members of the EarlyAct Club develop leadership skills and learn the value of community, National and International service. The funds for the donation checks were raised through various EarlyAct fundraising activities, including its very successful birdseed wreath sales and its popular bake sales.

In addition to its fundraising projects, the EarlyAct Club also engages in numerous hands-on service activities, such as annual trash pick-up on the Memorial School and Elementary School grounds, and sock and mitten drives for the homeless.



Photo shows the Board members of the EarlyAct Club presenting the Club's donation check to Michelle Clark of Live and Let Live Farm. The Board members are (from left to right): Vice President Casey Totten, President Madison Barrett, Secretary Molly LaFlamme and Junior Secretary Ashlyn Blethen.



NH BEEKEEPERS 2021-22 WINTER HIVE SURVEY

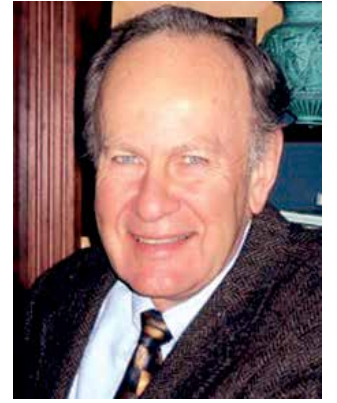
The NH Beekeepers Association (NHBA) is collecting data on 2021-2022 winter beehive survival. This data, along with that collected 5 previous surveys is being used to understand why our NH winter hive loss has been higher than the national average, and what management practices have been helping improve survival.

Let us know how your colonies did this winter. The survey, which takes only 5-10 minutes to complete, is available online until 4/30/2022 at: <https://www.surveymonkey.com/r/NH2022HiveSurvey>.

The survey is open to all NH beekeepers. You do not have to be an NHBA member.

NHBA will be giving away a 1-year membership to one lucky survey participant. In addition, NH beekeeping clubs will compete for membership participation prizes.

Survey analysis and results will be available in mid-June. Results from previous surveys can be found at: <https://www.nh-honeybee-health.com/winter-loss-survey-results>.



STRESS AND HEMATOHIDROSIS

Hematohidrosis is a rare condition characterized by blood oozing from intact skin and mucosa. Signs and symptoms include sweating blood, crying bloody tears, bleeding from the nose, bleeding from the ears, or oozing blood from other skin surfaces. (1). The most common sites are the forehead, scalp, face, eyes and ears. Although this rare phenomenon can occur with excessive exertion, high blood pressure, vicarious menstruation and some bleeding disorders, fear and intense mental contemplation are the most frequent causes. (2). Severe mental anxiety activates the sympathetic nervous system bringing about a fight or flight response to such an extent causing the blood vessels around the sweat glands to dilate to the point of rupture. Blood from the ruptured vessels gets into the sweat gland and is pushed, along with sweat, to the surface. According to the Canadian Medical Association Journal between 2004 and 2017 there were 28 new cases that appeared in peer-reviewed literature. (3)

I thought that it was appropriate and timely to discuss this rare condition for two reasons. The first is that stress, being one of the underlying causes of hematohidrosis, is on the rise in America. The American Psychological Association partnered with The Harris Poll to conduct a survey from 7-14 February 2022, and again from 1-3 March 2022. The top stressors are the rise in prices in gas, energy bills & groceries (87%), followed by supply chain issues (81%) and global uncertainty (81%). 87% of respondents said that it feels like there has been no break in the constant stream of crises for the past two years. 84% say that the Russian invasion of Ukraine is terrifying to watch. For details, charts and graphs on this survey take a look at: www.apa.org/news/press/releases/stress/2022/march-2022-survival-mode. One in six persons is not speaking to family members because of our current political divide. All this stress is leading to unhealthy behavior and health consequences such as weight changes and increased alcohol consumption. Could we see an increase in the number of hematohidrosis cases?

The second reason I choose this topic was the time of year. Virtually all branches of Christianity celebrate the death and resurrection of Jesus. Yes, Jesus was under immense stress in the week before his death. Let's look at what an ancient physician, the apostle Luke, wrote in his book about the stress that Jesus was experiencing as he prayed (Luke 22:24) "and being in anguish he prayed more earnestly, and his sweat was like drops of blood falling to the ground." Jesus' own words give us a clue as to the weight of stress he was feeling as he contemplated his impending crucifixion: "My soul is overwhelmed with sorrow to the point of death" (MT 26:38). That of course is not the 'end of the story.' God sent an angel to strengthen him. Within a short time, Jesus was brutally killed by crucifixion; he returned to life on the third day giving hope and strength to all who put their trust in him.

1. <https://rarediseases.info.nih.gov/diseases/13131/hematohidrosis>
2. Indian J Dermatol. 2013 Nov-Dec; 58(6): 478-480.
3. <https://www.cmaj.ca/content/189/42/E1315>



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