

Editorial Opinion

A toast to America's favorite adult beverage

Beginning April 6, New Hampshire began to celebrate 'NH Craft Beer Week.' Throughout the week, several events will take place to include tastings, pairings and all things beer. Beer much like coffee is one of those beverages that easily brings people together.

We all know part of the story behind the popular beverage; however, we figured it would be a good idea to celebrate the occasion with a little tour through the hop-filled history of malted beverages.

According to research, chemical tests of ancient pottery show that beer was created roughly 7,000 years ago in Iran. Beer was discovered when grains grew wet and would ferment. This transformed water into beer.

The oldest piece of artwork depicting people drinking beer dates back 6,000 years ago and shows folks drinking through reed straws from a shared bowl. The oldest beer recipe dates back 3,900 years, when most brewers were female. Female brewers, often priestesses, would brew specific recipes for different religious ceremonies.

In Egypt, beer was used as an offering to the gods and was also used for medicinal purposes. Drinking water made several people sick, so many opted for the fermented beverage to avoid falling ill.

In Belgium, roughly 2,000 years ago, brewing became one of the largest industries. During that time monasteries began to brew beer on a much larger scale moving the beverage from the typical pottery containers and into wooden barrels. Saint Benedict created the standard that monks should welcome passersby with food and drink, making monasteries a popular destination while traveling.

By the 13th Century, the Germans figured out how to perfect the beer making process by using hops. This allowed for a longer shelf life and provided more flavor.

April 7 in the U.S. marks the anniversary of the day the Cullen-Harrison Act was passed in 1933. The act, signed by President Franklin D. Roosevelt legalized beer up to 3.2 percent alcohol by weight, or four percent by volume. After signing the new act into law Roosevelt exclaimed, "I think this would be a good time for a beer." This was a major step in the repeal of prohibition.

In America, beer was first created by the Native Americans who shared their brews with the Pilgrims. The original recipe included water, maize and birch sap. Breweries began to become more prevalent among the colonies, so much so that expert brewmasters were brought to America from England. In 1770 the industry in America was so strong that George Washington tried to demand a boycott of English beer. Washington also called for each of his troops to receive a quart of beer included in their daily rations. An expert brewmaster himself, Washington's famous recipe is on display at the New York Public Library. Back then, a quart of beer cost one cent and was served in old pewter mugs from Europe, when tin was no longer imported.

During the early days at Harvard and Princeton Universities, small beer and cider was served with all three meals throughout the day.

Famous Patriot Samuel Adams was known as a 'malster' who crafted his own small beers. Small beers referred to home brews way back when. Adams' father made him a partner in the family's malthouse and so that tradition continues today with the well known brand, Sam Adams made by the Boston Beer Company.

Today, more than 35 billion gallons of beer is sold per year, bringing in revenues of over \$300 billion dollars.

To make George Washington's original small beer, follow the instructions as he wrote them below.

Take a large Siffer [Sifter] full of Bran Hops to your Taste.—Boil these 3 hours then strain out 30 Gall[ons] into a cooler put in 3 Gall[ons] Molasses while the Beer is Scalding hot or rather draw the Melasses into the cooler & St[r]ain the Beer on it while boiling Hot. Let this stand till it is little more than Blood warm then put in a quart of Yea[s]t if the Weather is very Cold cover it with a Blank[et] & let it Work in the Cooler 24 hours then put it into the Cask—leave the bung open till it is almost don[e] Working—Bottle it that day Week it was Brewed.



FILE PHOTO
These youngsters were pictured enjoying a spring day in 1982. This photo captured by a Democrat reporter reminds us of simpler times when the place to be for kids was outside.

SUMMIT BY MORRISON AND THE MORRISON ASSISTED LIVING AND SKILLED NURSING CARE

Aging and Thriving: How to Live Your Best Life



BY CHAD DINGMAN
EXECUTIVE DIRECTOR

Life is a journey, not just solitary moments in time. The adventure doesn't end with retirement. It can be the best part of the journey.

When considering what's next, it's important to consult with a doctor, family members, financial advisors and medical/social service professionals. Working together, families can find the best of many available options to help their loved ones be happy and healthy.

Some seniors may sell their homes and move in with their adult children, providing benefits for both. But it can be taxing if a senior starts to require more care than a child can provide. Help is available through Granite State Independent Living at 228-9680 or www.gsil.org or North Country Home Health & Hospice Agen-

cy at 444-5317 or <https://northcountryhomehealth-hospice.org/>.

Others may downsize, selling their homes to move into a smaller home. I'll discuss this topic more in an upcoming column, but this is an appealing option for seniors who don't need daily assistance. Seniors who consider downsizing may also want to consider Independent Living.

Independent Living (IL) is designed for those who don't require assistance with activities of daily living, but would enjoy convenient services, senior-friendly surroundings and social activities. It's a popular option for "snowbirds" who don't want the burden of home ownership. Many communities offer dining services, transportation, activities and social programs.

For those who need help with activities of daily living, such as grooming, getting dressed, or managing medications, Assisted Living (AL) can provide that assistance in a comfortable environment that promotes as much independence as possible. Residents are encouraged to participate

in social activities and will be able to get the help they need in a welcoming environment.

Memory Support is available for seniors who suffer from memory loss conditions, such as Alzheimer's and dementia. It offers a wide variety of services tailored to meet an individual's specific needs. Going beyond what is traditionally offered in AL, activities are designed to help individuals reconnect with favorite hobbies or interests.

For those facing a life-limiting illness or injury, Hospice Care provides expert medical care, pain management and emotional support for end-of-life care. This allows family and friends to celebrate a life lived to the fullest.

Skilled Nursing facilities offer more "skilled" medical expertise and services overseen by physicians. Many of these facilities also provide rehabilitation services, including physical and occupational therapy, to help those who are injured get back on their feet and return to their previous living situation.

Intermediate Care facilities, also called

nursing homes, provide 24-hour nursing supervision and custodial care for residents who have serious medical conditions and require long-term care. Like many others, Intermediate Care facilities also provide help with activities of daily living and appropriate social activities.

Not all senior living communities are the same – various facilities offer different services and living options. At The Morrison, we provide skilled nursing care, rehabilitation, assisted living and hospice, while Summit by Morrison will provide independent living, assisted living and apartments for those who may need memory support. There are other senior living communities in the area, which all offer a different mix of living accommodations.

Senior living doesn't have to be sad or depressing; it can be a stepping stone to care-free living, new friends and new hobbies. Finding the right type of senior living can bring joy, happiness and comfort, knowing a loved one is receiving the care that he or she needs.



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