

about the importance of shellfish to the marine waters of the state and the need to properly manage the resource.

The dates and locations for the "Come Clam with Me" classes are as follows:

Wednesday, June 17, from 12 p.m. to 3 p.m. at North Kingstown Town Beach

Thursday, July 30, from 12 p.m. to 3 p.m. at Spink's Neck Beach in North Kingstown

Thursday, August 20, from 4 p.m. to 7 p.m. at North Kingstown Town Beach

Wednesday, September 16, from 4 p.m. to 6 p.m. at Spink's Neck Beach in North Kingstown

There is no fee for the class and registration is required. To register or for more information contact Kimberly Sullivan at [kimberly.sullivan@dem.ri.gov](mailto:kimberly.sullivan@dem.ri.gov) or 401-539-0019.

## NEW NUTRITION BAR FORMULATED TO PREVENT SEA SICKNESS



Real Food Solutions LLC of Cambridge, MA is launching the first nutrition bar to prevent and ease mal de mer. According to the product information, Anchor Nutrition Bar provides a delicious and convenient alternative to drugs for nausea caused by motion sickness.

"There is nothing worse than suffering from seasickness while stuck on a boat miles from shore," says Neheet Trivedi, CEO of Real Food Solutions who adds that over two-thirds of the population is prone to motion sickness. "Customers complain about unwanted side effects of drugs, and have told us that current solutions are not always effective. We set out to create a tasty, healthy, all-food snack that helps prevent and relieve nausea with no side effects."

Real Food Solutions worked closely with Dr. Rupa Mukherjee of Harvard Medical School and Beth Israel Deaconess to develop the bar. The formulation is based on scientific research that links protein, ginger, and B vitamins to nausea relief and the team surveyed clinical studies while speaking with researchers to compile the ingredients for the Anchor Nutrition Bar. "I see someone with nausea every day, and it's clear people are looking for a remedy without drugs and side effects," said Dr. Mukherjee.

The Anchor Nutrition Bar is a food-based solution to nausea that is high in protein, low in fat and sugar, and contains no preservatives or soy. "We designed Anchor Nutrition Bar to be nutritious and safe, even during pregnancy. It is just food, and it makes a perfect snack," notes Trivedi. In extensive surveys with customers on sea and land, more than 70 percent report that

Anchor Nutrition Bar effectively prevented and/or relieved their queasiness.

Anchor Nutrition Bar is currently available at [www.anchornutrition.com](http://www.anchornutrition.com) and should soon be available in select local fishing ports this summer for those wishing to tuck a few bars in their canyon bag this season. Interested retailers are asked to go to the Contact Us section of the website.

Anchor Nutrition Bars can currently be found at the following retailers across New England with more locations being added all the time.

- AW Marina - New London, CT
- James Bros Claw and Rib - New London, CT
- Hillyer's Bait & Tackle - Waterford, CT
- Team One - Newport, RI
- Bowen's Wharf Company - Newport, RI
- Powder Horn Outfitters - Hyannis, MA
- Cotuit Fresh Market - Cotuit, MA
- Casco Bay Variety - Portland, ME
- Dimillo's Marina - Portland, ME

## 38-YEAR OLD BANDED BALD EAGLE FOUND IN NEW YORK

New York State Department of Environmental Conservation (DEC) staff responded to a report of a deceased eagle alongside a road in Henrietta, Monroe County, on Tuesday, June 2. According to the bald eagle's leg band number, it was 38 years old. The USGS Banding Lab Longevity Records indicate that the eagle is the oldest banded bald eagle encountered in the nation to date—by five years.

"This record eagle is a testament to the diligent conservation and restoration work done under New York's Bald Eagle Restoration Program," said Executive Deputy Commissioner, Marc Gerstman. "It's truly noteworthy that this eagle lived a long life and thrived in New York, returning to his New York nest site to continue breeding. DEC's work to conserve habitat and ensure clean air and clean water for bald eagles and many of the other fish and wildlife is ongoing, including participation in many research programs to ensure these species continue to thrive in New York State."

According to banding records, this bird was a nestling originally brought from Lake Puposky in northern Minnesota as part of New York's Bald Eagle Restoration Program, one of only five young eagles raised and released at the Montezuma National Wildlife Refuge in the second year of the program. The eagle was banded at few months of age in Seneca Falls, Seneca County, in August of 1977 and raised and released at the Montezuma National Wildlife Refuge. Once it reached breeding age in 1981, it began nesting at Hemlock Lake, now part of Hemlock-Canadice State Forest.

The Hemlock Lake nest territory continued on, and this eagle, banded as 03142, became a steady and successful father to many eaglets fledged from that site for many more years.

Peter Nye, retired DEC Wildlife Biologist, who spearheaded New York's Bald Eagle Restoration Program reflected on the early days of the program stated, "When we banded 03142 on August 5, 1977 we had no idea how very special and significant this young bald eagle would become to our nascent bald eagle restoration program. Based on his recent recovery near this site,