

THE PORT HENRY FACT FINDER

Reporting the News and Needs of Port Henry and Surrounding Area

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North Cheever Yacht Club, Deborah Henry, Champlain's Best Wash and Gene's Michigan Stand

SURPRISE NEWS

Port Henry's Sherman Free Library's librarian Jackie Viestenz is retiring at the end of this May!

Therefore, the Library is looking for a positive individual to work closely with the Library's Board of Trustees to maintain and promote community involvement and positive growth both at the library and on the web. The job applicant must be organized, computer literate and have two years of college education.

Send letters of interest and resumes, by May 1st to: Sherman Free Library

20 Church St.
Port Henry, NY 12974

GARDENING IS GOOD FOR YOU

In case you are not on Fletcher-Allen's mailing list and did not receive the Spring 2013 issue of it's *Health Source*, I reprint the following article which I felt not only relevant to the season but offers some wise thoughts on how to combat the stress in "today's hectic" life.

"In today's hectic world, there's a peaceful place to get away from it all. Instead of a sandy beach or cabin in the woods, imagine soil, seeds and sunlight. Imagine a place where you can relax, be active and gather healthy food right in your own backyard. This place – a garden – is where you'll find the best ingredients for physical, emotional and nutritional wellbeing.

In this day and age, with everything so busy and so much electronic stimulation, I think disconnecting and getting back in touch with nature is something we all really need," says Lisa Hoare, a gardener at Fletcher Allen. "Gardening really engages your creativity, and small achievements come frequently. To have a healthy tomato or glossy eggplant to pick is very rewarding."

The physical benefits of gardening

In addition to boosting creativity and satisfaction, gardening can also help burn calories, increase flexibility and build strength.

You can burn as many calories in 45 minutes of gardening as in 30 minutes of aerobics. One hour of weeding burns 300 calories (the same as walking or bicycling at a moderate pace).

In one study, women 50 and older who gardened at least once per week had a higher bone density than those who jogged, walked, swam or participated in aerobics.

Research shows that gardening for just 30 minutes a day will help decrease blood pressure and cholesterol levels, lower your risk of diabetes, slow osteoporosis, and boost immune infection.

Eat local

Maryann Ludlow, a registered dietician at Fletcher Allen, says that gardening is an excellent and simple way to incorporate healthy foods into your diet. Spinach, lettuce, tomatoes, peppers, and herbs are all easy to plant and grow.

Greens – spinach, lettuces, kale and Swiss chard – are the most forgiving vegetables when it comes to gardening. Greens are high in folate, fiber and Vitamins A, C and K, and have phytonutrients and antioxidants, which include anti-inflammatory and anti-cancer properties.

Tomatoes are delicious, nutritious and easy to grow, but also need significant sun.

Ludlow says tomato plants that do not receive a solid six hours of sun each day will not produce well. She recommends planting the sun gold cherry tomato, which is productive and sweet. Tomatoes are also an excellent source of Vitamin A and C, and rich in Vitamin K and potassium.

Peppers are another garden favorite. Pepper plants don't grow tall and are excellent for small spaces. Peppers are rich in Vitamins A and C, B6, as well as phytonutrients and fiber. Like tomatoes, peppers also need plenty of sun.

Herbs are healthy, simple to grow and take up very little space. Perennial herbs like oregano, chives and thyme are tasty and maintenance-free. Annual herbs such as basil, dill and cilantro are nutritious and easy to grow as well.

Starting Small

Whether you plant just one vegetable this spring or a half-dozen, Hoare encourages people to keep their gardens simple and manageable. She recommends to plant only what you'll eat and plant what you can manage. For beginners, she recommends planting a salad garden with lettuce, tomatoes and peppers to keep things on a smaller scale.

Above all, Hoare says, gardening should be fun and rewarding.

"When I garden, I love seeing the connection between all living things – the soil, seeds and plants," she says. "Digging my hands into the Earth, listening to the birds and watching wildlife is very relaxing and peaceful. And with that comes such a huge amount of satisfaction."

Bird Language Lecture

on Friday, May 3, 7-9 pm. Presented by Connor Stedman at The Whallonsburgh Grange, Sponsored by Elizabeth Lee, Outdoor Guide and Northeast Wilderness Trust. Suggested donation is \$10. Do you know what that bird is saying? Bird language is the communication network of the forest, long understood by trackers from around the world. It offers a unique window into ecology, animal behavior, and the relationship between people and nature. This evening presentation will introduce the core patterns of bird language through images, sound, and storytelling.

NOTES FROM THE EDGE

by Linda Smyth

The Town of Moriah has received a Healthy Kids Grant to place a playground at Linney Field.

In anticipation of Cheney Mt. Day, June 1st (registration 8:45) patches have been ordered. All are encouraged to participate!

Chamber of Commerce President Tim Bryant, caught folks up on its news:

To promote hiking options for Town of Moriah, (map)? printouts will be available in the near future at the new Chamber office, ___ Main Street. These (maps)? will also be placed at boat launch. They will describe various hiking options for visitors, depending on the amount of time they have and/or ages of their children. Biking trail information may be available. A local "Eateries" list would include restaurant menus and takeouts. The new Chamber has many great ideas they plan to get-up and running. They will apply for an Arts Grant (to couple with)? The Iron Center Museum to handsomely frame historic photographs. If enough photos are prepared for display this could lead to an ongoing,

interchangable display at the Chamber's new office. This would not only encourage people to stop in, it would promote the Iron Center Museum.

The Chamber has been attending ongoing meetings with the Lakes To Locks organization, which includes people from many surrounding towns. The purpose is to create mapped "itineraries" to encourage visitors to not only see history and landmarks in each Adirondack town but, in the near future, to be able to hear many fascinating stories about these hamlets, villages and towns as told by their own people.

This weekend A Canadian film Company is visiting Westport and Port Henry. Outside our area, we are famous for "sightings" of the Lake Champlain monster: CHAMP. They will be interviewing folks, getting their stories and seeing the sights. The Chamber has been involved with helping them make the connections they needed to be able to do this. It will become a one hour segment on Quebec Tourist Television.

Sharon Reynolds of PRIDE will be resubmitting the Main Street Grant on behalf of the Village of Port Henry. This is a 50/50 grant to help local building owners make improvements to their buildings.

One last topic at EDGe: how Town and Village could begin to consolidate certain services which would benefit both Town and Village. Discussions are very interesting when spoken calmly and rationally. We *need* debate on this! Maybe even a public forum!!

LAKES TO LOCKS MEETING

Saturday April 13th our area group met at DaCy Farm to work on itineraries for our area to be ready for use this summer. There will be an itinerary for tourists interested in agriculture, the many different types and sizes of farms in this part of the Adirondacks and another for those tourists interested in the important mining history found nearby. These itineraries will be available where tourists frequent most, Chambers of Commerce, Visitors' Centers, Rest Stops, Dining Facilities, etc. A tourist will be able to pick up a map showing him points of interest along his drive or bicycling or hiking route; what facilities will be available to him, what other points of interest might be close by. Each hamlet, village, town should have its own detailed itinerary for the stopping tourist. The information below shows the wonderful larger picture of which we are an integral and important part.

IN CASE YOU DIDN'T KNOW

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The **Adirondack Park** (*OUR Adirondack Park*) is a publicly protected, [elliptical](#) area encompassing much of the northeastern lobe of [Upstate New York](#). It is the largest park and the largest [state-level protected area](#) in the contiguous [United States](#), and the largest [National Historic Landmark](#). (*I didn't know we were this!*)

The park covers some 6.1 million acres (2.5×10^6 ha), a land area roughly the size of [Vermont](#) and greater than the [National Parks](#) of [Yellowstone](#), [Yosemite](#), [Grand Canyon](#), [Glacier](#), and [Great Smoky Mountains](#) combined.”

“The **Lakes to Locks Passage** is a

[scenic byway](#) in northeastern [New York](#) in the United States and in southern [Quebec](#) in Canada. The byway unifies the interconnected [waterway](#) of the upper [Hudson River](#), [Champlain Canal](#), [Lake George](#), and [Lake Champlain](#); this waterway is the core of North America's first "super-highway" between [upstate New York](#) and the Canadian province of Quebec. The initiatives of the Lakes to Locks Passage aim to unify the byway corridor as a single destination. The US portion of the passage is a [New York State Scenic Byway](#), a [National Scenic Byway](#), and an [All-American Road](#).”

There was to be the first part of a new series in this issue Senior Stories of Port Henry. However, after having typed for about six hours on the interview, the beginning part just disappeared, and there was not time enough to go searching the ether for it to be included in this issue, so unfortunately the Fact Finder is a bit on the short side.

Look for the next issue of the Fact Finder on Saturday, May 11th at Adirondack Hair Associates, Macs and Moriah Pharmacy; also, find copies to read at the Sherman Free Library. There are read-while-you-wait copies (but no one will be upset if you leave with one) at John Eisenberg's Service Center, Ken and Paula LaDeau's Champlain's Best Wash, Don Foote's "Miss Port Henry" Diner, Danielle and Andy Brassard's Firefly Home Furnishings and TFCU. NOTE: The Fact Finder may also be found on-line at porthenrymoriah.com. Go to "Living Here" and you will see "Fact Finder" to the far right, one line down.