

THE PORT HENRY FACT FINDER

Reporting the News and Needs of Port Henry and Surrounding Area

May 31, 2014

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Frank Martin, Margaret and Charles Parah, Boyea's Lakeside**

IMPORTANT HAPPENINGS IN AND FOR OUR VILLAGE

Jackie Viestenz reported that the pH7 Committee had received a \$500. Honeybee Community Fund Grant to support our Main Street tree project. Thank you Jackie for applying for this grant and for all the beautiful flowers and plants for which you and your planting-elves have been responsible, making the village burst forth with greenery and color.

Trees, trees, trees, in fact there are six "teenage" Japanese Lilac trees, in full leaf, lining the north side of Main Street! A "Bless You" to Jackie Viestenz, Frank Martin and Tom Trow, the three who worked so hard **to get the idea up and running and to the Mayor and Board for OK-ing the project.** **Kudos** are in order for **John Hickey and his DPW crew**, the workers who broke up the cement; to **Bill Potkowski and the indomitable Tom Trow**, who dug the holes and to **Rich Lichfield**, who saw to the proper planting of the trees so they will thrive. **And** - to those who have lovingly bought trees to honor someone dear to them, a special thank you for making Port Henry's Main Street trees special, something more than just beautiful trees.

Boats, boats, boats, in fact today, May 30th, there are 20 boats moored in Harbor #1 of the Port Henry Marina (previously the Velez Marina). As of tomorrow there will be 40 more slips ready and waiting for boats to fill them. At its full capacity the marina will be able to accommodate over 100 boats. The marina's deep water (dredged 20' deep) protected harbors offer safe mooring from north swells and other natural elements that might damage a boat.

Docks are completed in Harbor #1 and new docks, from Dock Dr., are due soon for Harbor #2. The new restrooms and laundry room are ADA compliant and available to all who wish to become seasonal Marina Members and to those transients who moor for a day or two in the moorings available to traveling boats. Slips offer 30 and 50 amps and water. The marina boasts a Travel Lift which can handle a 25 ton boat. David, the marina manager, may be contacted at porthenrymarina.com. The pH7 committee and the Chamber of Commerce are compiling a list of amenities Port Henry can offer its new floating community.

Crafts, crafts, crafts and more crafts are going to be at the Made in the Mountains Craft Gallery on Broad Street across from the Post Office. It is a permanent and beautiful little gallery for exhibiting and selling crafts of appeal for every taste and pocketbook. At the moment there are 15 artists represented at the Gallery but there can be many more, as there is a welcome for new crafters at all times. It is a true "people's gallery" where unique products and unique gift-needs meet. A Grand Opening will be held Saturday June 7th, 12-5 pm. **Come!** Join hostesses Sue McHone, Linda Smyth and Jackie Viestenz at this wonderful, festive opening of a new business in Port Henry.

NOTES FROM THE MAYOR'S DESK

At the May 12th Village Board meeting, an apartment house property owner in the village, told the board about his problems with the long winter ban on street parking. He was

very courteous but very upset, to the point of suggesting he might be forced to sell his property and leave, unless some solution could be found. The Board listened intently because everyone in the village lives with this problem.

It was suggested that, as in other communities, flashing yellow warning lights be installed, to be activated only when snow or ice storms were imminent, warning people they should try to find other parking than on the streets. The complainant suggested that cars could be left on the streets and not be harmed by plows, as the village is now using smaller plows than were used previously. The Mayor agreed it was a very real problem and would be addressed before another winter arrives.

To really correct this problem, the existing local parking law will have to be repealed and a new law put into the Books; however before this can happen, the Board must create a new law, approve it, then, have a public hearing on it before it can replace the old law. The Mayor said he and the Board are thinking about concentrating on the needs of Main, Broad and Church streets and for all other streets allow parking on the sidewalk side. The Mayor said he is really “pushing for this.”

NOTES FROM LITERACY VOLUTEERS

- by Maria Burke, director of Literacy Volunteers of Essex and Franklin Counties

Literacy is “gearing up” for a short-term ESL summer program in Lake Placid. Tuesday, May 27, there will be a training program from 1-4pm for those who, as tutors, can offer their much needed help for this very exciting and rewarding program. If you are unable to tutor, but would like to meet these young people from different countries, come join us at one of our “pot-luck” dinners which are held every Monday evening at St. Eustace Church on Lake Placid’s Main Street . For more information, contact Susan at literacyef@yahoo.com

Also, on June 22nd, we will have our *third* READ the GREEN Golf Tournament at the Saranac Inn Golf Course. Teams of four will tee-off at 10:00am. Lunch will be provided and there will be prizes for first, second, and third place. Additional awards will include “closest to the pin” and “longest drive.” A fee for the tournament is \$65 per person, this includes green fees, golf cart, and lunch. Call Literacy’s main office at 518-546-3008 for more information and to register.

I would like to say “thank you” to all the volunteers, tutors, board members, and friends of LV who continually help our programs succeed! This year we had 6 students achieve their personal goal of earning their high school equivalency diplomas. This would not have been possible without the hard work of not only the students, but of all of you!

NOTES FROM OUR LIBRARY

Thursday, June 12 from 1 pm to 4 pm - Make an appointment to bring your Kindle, Nook, iPad, tablet, or smartphone and learn how to download FREE e-books from the Clinton-Essex-Franklin Library System. Spaces are filling up; to assure yourself of a spot, call the Library soon, 546-7461.

Saturday, June 14 from 6 pm to 8 pm - The Friends of the Sherman Free Library present an evening of wine, cheese, and hors d'oeuvre tasting in the historic Sherman Free Library! It is a benefit event for your library and a lovely evening out for you (\$15 per person). Tickets are available in advance at the library and at the door on June 14.

Tuesday, June 17 from 1 pm to 3pm - bring all your computer questions and receive individual help from understanding basic computer use to using Facebook and more. This program is sponsored by the Mount Moriah Presbyterian Church.

Thursday, June 19 at 6 pm - The Book Discussion Group will discuss *Mistress of the Art of Death* by Ariana Franklin. The Book Group will take a break in July and August, then begin again in September. If you'd like to join this lively group and chat about interesting books, contact the library at 546-7461.

Saturday, June 21 from 10 am to 2 pm – at our Library's **Annual Rummage Sale** you will find lots of treasures of gently used household items, decor, furniture, and more. Of course, all donations and proceeds benefit our Library.

A reminder: beginning **June 1**, the library will have NEW HOURS on Tuesdays and Fridays:

Tuesday 12 pm to 7 pm
Wednesday 12 pm to 4 pm
Thursday 12 pm to 7 pm
Friday 12 pm to 5 pm
Saturday 10 am to 2 pm

The library is currently accepting donations of clean used books for its **Annual Book Sale** on August 30. Please, bring donations only when the Library is open. If you have a large amount of books to donate, please call the library first so we can make room for them.

Editorial: THE FOOD AND DRUG ADMINISTRATION

Recently, I read the following on-line: “Preventing your first heart attack with a daily low-dose aspirin is a bad idea and could be putting you at risk for excessive bleeding, the **Food and Drug Administration** announced this week.” This reminded me of my on-going anger at the FDA. The article went on at great length about their findings which, certainly, I am not qualified nor wish to question. What angered me was that this came **from** the FDA, which allows all sorts of chemicals to be added to almost all the foods to be found in the average grocery store. Many of the chemicals are inherently harmful, but allowed because of the seemingly harmless small quantities. But just think, no one is being monitored as to how much of any one chemical they are ingesting while eating a meal of many different foods and condiments or how the different combinations of chemicals may react within any particular body. What if you walked into a chemistry lab and just began indiscriminately mixing first this chemical, then another and another, eventually something very unpleasant would be sure to happen.

I eat nothing that has *high fructose corn syrup* in it, this means I cannot eat most canned fruits or drink most juices. There are many items you would not suspect as having this as one of its ingredients. Just recently I decided to buy sweet pickles and dill pickles. I was not surprised that I did not find any brand of sweet pickles that did not have high fructose corn syrup in them, but I was truly surprised when I could not buy myself some dill pickles – they had artificial color in them. Foods with artificial color I cannot eat either, so that knocks out a whole lot of foods. Basically, I must eat fresh vegetables, some frozen foods, cheeses and a bit of meat. Many of these additives are to increase shelf life or enhance taste, in other words to encourage the consumption of “old” food. I found the following interesting.

“Azodicarbonamide, also known as ADA, was found as an ingredient in breads, bagels, tortillas, hamburger and hot dog buns, pizza, pastries, and other food products, according to a report by the Environmental Working Group, based in Washington.

Some consumer groups have called for the removal of azodicarbonamide from use in foods. Fast food chain Subway said earlier this month that it was removing the chemical from its products, but stated that ADA is a safe and widely used ingredient for many foods.

Azodicarbonamide is fully approved for use in food by the United States Food and Drug Administration and the Canadian Food Inspection Agency. But ADA is banned as an additive in Australia and some European countries.

As a food additive, azodicarbonamide is used as a flour bleaching agent and as an oxidizing agent in dough to improve its performance for bakers. **It is also used in plastics to improve elasticity and can be found in yoga mats and shoes.**

The World Health Organization states that epidemiological studies in humans and other reports have produced "abundant evidence that azodicarbonamide can induce asthma, other respiratory symptoms, and skin sensitization" to people working with the chemical.

The Environmental Working Group said manufacturers should immediately end the use of ADA in food. U.S. Senator Charles Schumer, a Democrat from New York, this month called on the FDA to ban ADA from foods.

The FDA states that azodicarbonamide can be used safely if the amount in flour does not exceed 2.05 grams per 100 pounds of flour or 45 parts per million."

I said I found the above interesting, interesting is not the right word, frightening is more to the point. It really amazes me that a chemical used in yoga mats and shoes is allowed to be used in food which is suppose to nourish out bodies. Also disturbing is that the chemical is allowably safe if its addition to food is measured in an exact, correct proportion to whatever it is supposedly enhancing. The next time you grocery shop, look at some of the labeled ingredients and if you are really curious look it up on the internet. True many of those unpronounceable words are harmless even helpful to body needs, but many are not.

Look for the next issue of the Fact Finder on **Saturday, June 14, 2014** at 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, 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.