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APRIL 2016 COMMUNITY CALENDAR

MARCH

SUN 27 Happy EASTER

April

THURS 7 Ed ZONING BOARD 7pm

Fri. 8 SACANDAGA SENIORS

MON 11 EdinBURG SCHOOL BOARD MEETING 6pm

TUES 19 PRESIDENTIAL PRIMARY ELECTION DAY

Ed HISTORICAL SOCIETY 7pm

THURS 21 Ed TOWN BOARD 6:30pm

Fri 22 SACANDAGA SENIORS

THURS 28 Ed PLANNING BOARD

May

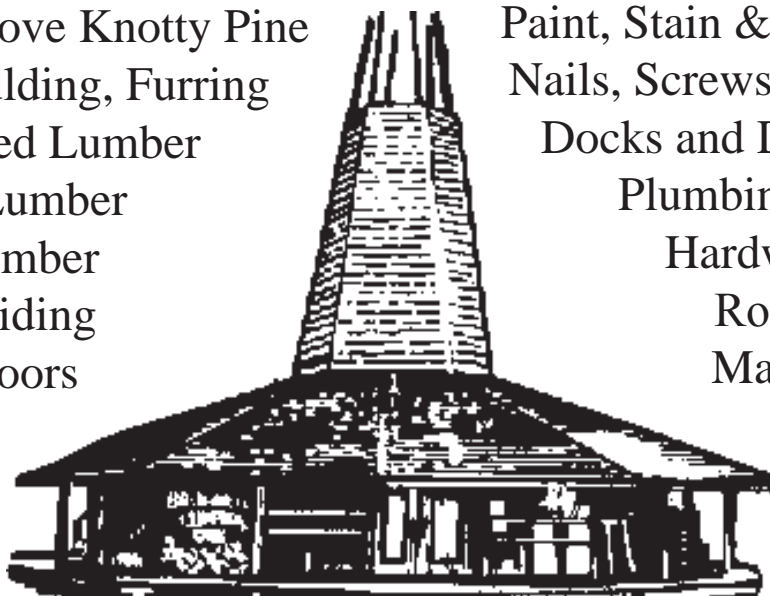
SAT 7 FISHING CONTEST SEE PAGE 45



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Birthdays - Anniversaries & Other



Happy Belated Birthday, Denise (Tina)

Emma L.

Joel E.

Tiffany F.

Butch R.

"Special Birthday Wish"

Joel Edwards, April 1st.

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In Loving Memory - Carol Bowers

April 20th, 2013

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Your husband: Paul, daughter Jackie, son Jamie,
mom, , Dewey, your brothers and sisters.

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From the Family of Grace Loucks;

There really are not enough words to express how thankful we are for all of the love and support shown to us during our recent loss.

To everyone who came to share their time with us at the calling hours and funeral service, provided food, sent a donation in her name, sent beautiful flowers or cards, or prayed for our family, we would like to say Thank You from the bottom of our hearts. Her passing was a great shock to all of us, we were not ready to say "good-bye". Having so much support from so many has helped us through many difficult days. We appreciate each expression of sympathy that was extended to us.

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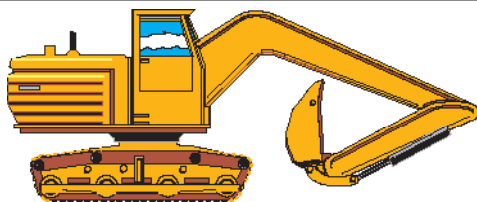
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EDINBURG TOWN REPORT

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by Jean Raymond

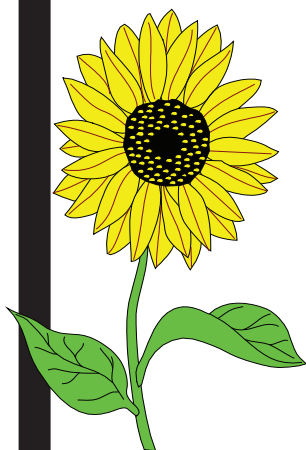


Cell Service Meeting Held by Assemblyman Stec in Edinburg

Assemblyman Dan Stec has been working on trying to help us get cell phone coverage for the area. He has held several meetings over the last few months with state and county officials. On February 5th he held a meeting at the Edinburg Town Hall to discuss the need for service for public safety as well as communication, economic development and the effect on tourism. A two hour discussion was held identifying needs, the current infrastructure in place and what would need to be added. They are now trying to gather inventory information on where fiber optic cable currently exists so we can tell what exactly what is needed. There may get some grant money available but the guidelines are not yet clear. There were 20 invited attendees that included regional emergency services representatives, Congressional, State and Local elected officials or their representatives as well as

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the Saratoga County Chairman of the Board and County Administrator. The hope is to identify the exact needs, a willing carrier and source for federal and state funding.

Recycling Report

John Olmstead has reported that in 2015 Edinburg recycled 96 tons of bulk metal, 20 tons of corrugated cardboard and collected 683.67 tons of garbage. This does not include one to two truckloads of comingled recyclables each week, leaves that were composted and tires. In addition there was a large quantity of goods that went into and out of the reuse area.

Town Beach in 2016

Last summer the town beach and swimming area received minimal use. Many days there were no swimmers at all and the 2 employees had nothing to do and spent the days simply sitting. The lifeguard from last year is entering the military this summer and we would have to find a new lifeguard. The beach was given a waiver by the health department last year for a wading only beach. This year, if we wish to permit the beach, we will have to hire an engineering firm to survey the lake bottom in the swimming area as part of the New York State Department of Health permit requirements. We have checked with the insurance company and we will save approximately \$1213 if we do not have a swimming beach and we properly sign the area as no swimming. The park can remain open without swimming and the park only premium will be \$79.20. Last year we spent \$7374.01 on wages and \$1433.54 on supplies and portajohn rental. Total direct cost to be open for the season is \$8807.55. In addition we will have to spend several thousands of dollars for the engineering survey of the lake bottom. The Board, after careful thought and discussion has decided to open the park portion as usual, without

an attendant, but have no swimming. The Village of Northville said there is no fee to use their beach; people just have to get a permit from the Village Clerk so there will be an alternative if people wish to swim

Emergency Replacement of Highway Garage Furnaces

One of the two furnaces in the highway garage had a hole in the heat exchanger and was emitting fumes into the building. The furnaces were original equipment and over 40 years old. The situation was unsafe and emergency repairs were needed. We had both furnaces replaced last week.

Highway Department Ten Hour Days

The Highway Department will begin working 4 ten hour days next week for the summer.

Reminder

Tuesday April 19 is Presidential primary election day. Don't forget to vote.

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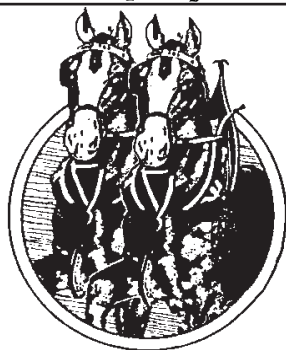
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DON BOWMAN REMEMBERS

Tales of the Sacandaga Valley

Many years ago we had a column titled Don Bowman Remembers. It was written by a gentleman who lived in this area for many years, and worked on the dam and bridge. He lived in a bygone area of simpler times and strong resourceful people. We have access to many stories of the time and have decided to start printing them in our publication again.

I hope you enjoy them as much as we do.

Water Barrier

I was told at Denton's Corners of an custom, a belief that came with early settlers from Europe -

When a person died at home, which most people did in those days, water was poured on the floor of the death room. Not much water, just some as a symbol of mourning - also in the belief that the water formed a barrier to keep the spirit of the dead person from returning.

The belief was that a spirit never crossed water.

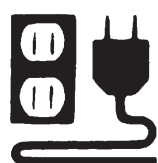
Lost Toes

Kelsey from Fish House told us that he had been trapping beaver and mink in the Big Vly. The ice broke, his feet went into water over his high-tops. It took time to get to his camp, start a fire in the stove, take the wet clothes off, dry out and put on dry duds. A day or two later he realized he had no feeling in his feet and some red was coloring his feet and some toes were turning black.

So Kelsey snowshoed over to the Doctor at Fish House. Well, he had severe frost bite and frozen toes. The Doctor sent him to the hospital over in Johnstown. Some toes were amputated. When it came time they stood Kelsey up.

But he could not walk again. Fell over constantly, until he learned to walk again.

"Amputation is good and it is bad," said Kelsey, as he hobbled around.



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Topic	Date-Time	Place	Details
Tai Chi For Arthritis	4/5 – 5/24 10:30 – 11:30 a.m.	HealthLink 2 Colonial Court	8 sessions (Tuesdays). For anyone with arthritis, joint or muscle problems. Learn six gentle movements of Sun-style Tai Chi to improve flexibility, strength, balance, mental focus and performance of daily activities! \$25 fee payable in advance. Space limited... call 736-1120
Childbirth Preparation Class	4/9 8 a.m. – 4 p.m.	Nathan Littauer Hospital	1 session (Saturday). Prepares expectant parents mentally and physically for the childbirth experience. Includes options for managing pain during labor and delivery. \$45 fee payable in advance at HealthLink (scholarships available). To attend, call 736-1120
Alzheimer's Caregiver Group	4/14 4 – 5 p.m.	Nathan Littauer Hospital	1 session (Thursday). Monthly support group meeting ... For family members who care for a loved one with Alzheimer's or dementia. Topic: "Grief & Loss As Alzheimer's Progresses" followed by open discussion. FREE! No enrollment necessary
♥ Blood Pressure Screening	4/15 9 a.m. – 1 p.m.	HealthLink 2 Colonial Court	1 session (Friday). One in four people have high blood pressure, which increases their risk for heart attack and stroke! Since there are usually no symptoms, this condition is often referred to as the 'Silent Killer.' GET IT CHECKED...FREE! No appointments necessary
Body Fat Analysis	4/15 9 a.m. – 1 p.m.	HealthLink 2 Colonial Court	1 session (Friday). Measuring body fat is a better indicator of overall health than total weight! With a simple, non-invasive test, learn your percentage of body fat & body mass index (BMI), and get the recommended range for your physique. FREE! No appointments necessary
Cholesterol + HDL + Glucose Screening	4/15 9 a.m. – 1 p.m.	HealthLink 2 Colonial Court	1 session (Friday). Are YOU at risk for heart disease or diabetes? Professional blood test results in 5 minutes (for glucose, 3 hour fasting suggested). Cholesterol + Glucose \$10, Cholesterol + HDL \$15. All three tests only \$18! No appointments necessary
Managing Stress: Stress & Communication	4/21 11:30 – 12:30 or 6:30 – 7:30	HealthLink 2 Colonial Court	1 session each (Thursday). Learn about the relationship between stress and communication, and what you can do to improve the process. We'll review basics of good communication, learn about common barriers that can occur, and more. FREE! To attend, call 736-1120
NEW... Rail Trail Spring Clean-Up!	4/22 10 a.m. – 1 p.m.	FJ&G Rail Trail	1 session (Saturday). Here's a way to get moving AND help our environment! Celebrate Earth Day by joining us for this challenge. Form your own team or join one of ours as we clean up along the trail section between Johnstown & Gloversville. To participate, call 736-1120
ViP Luncheon: Improving Sleep	4/27 11:30 a.m. – 1 p.m.	Nathan Littauer Hospital	1 session (Wednesday). Especially For Adults 50+... Enjoy a buffet style luncheon followed by a presentation on sleep basics, improving sleep habits and quality of rest, sleep disorders and their causes/treatments. Lunch: \$5 ViP members, \$6 public. To attend, call 736-1120 by 4/25
Infant Care & Parenting	4/27 6:30 – 8 p.m.	Nathan Littauer Hospital	1 session (Wednesday). Babies aren't delivered with instruction manuals! Come learn parenting basics including how to calm a fussy infant, sleep patterns, feeding, sick child care, keeping them safe, and much more. FREE! To attend, call 736-1120
Healthy Family Movie Day!	4/30 2 – 4 p.m.	Glove Theatre	1 session (Saturday). For families with kids of all ages! Join us for a showing of Disney Pixar's film Inside Out , an animated feature exploring adolescent emotions including joy, sadness, anger, fear and disgust. FREE admission and refreshments (adults must accompany children). Seating limited to 300...doors open at 1:30 p.m. No enrollment necessary

APRIL SUPPORT GROUPS: No enrollment necessary

→ Breastfeeding 4/6	Nathan Littauer 12:30 p.m.	→ Diabetes 4/25	Nathan Littauer 10 a.m.
→ Cancer 4/12	Nathan Littauer 5 p.m.	→ Heart Disease 4/26	HealthLink 4 p.m.
→ Alzheimer's 4/14	HealthLink 4 p.m.	→ Smokefree 4/28	HealthLink 10:30 a.m.
→ Breastfeeding 4/18	Nathan Littauer 6:30 p.m.	→ TOPS Wednesdays	Nathan Littauer 5:30 p.m.
→ Parkinson's 4/21	Mayfield Presbyterian 2 p.m.	→ For details, visit nlh.org or call 736-1120	



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Sacandaga Seniors

Health Benefits of a Cabbage

(Information adapted from Nutrition and You, 2014, submitted by Sacandaga Seniors.)

Cabbage on your menu? Not only is cabbage a tasty choice but a nutritious one as well. Cabbage belongs to the mustard family which also includes other vegetables such as broccoli, cauliflower, brussels sprouts and kale. Cabbage can be eaten raw, cooked or preserved. Interestingly, there are over 400 different varieties of cabbage with popular varieties in the U.S. including green, red and savoy.

Although all types of cabbage have a healthy nutrient profile some nutrients are specific to the type of cabbage chosen. For example, red cabbage contains anthocyanins a phytochemical also found in beets, blueberries and Bermuda onions. Sauerkraut is rich in the friendly bacteria lactobacillus acidophilus. Sauerkraut is also high in sodium whereas cabbage is not. Rinsing sauerkraut in a colander under cold water will help reduce some of its sodium content.

Consider these nutritional attributes in cabbage as you are enjoying your meal:

*Cabbage is low in fat and calories. One half a cup of cabbage provides approximately 25 calories.

*Cabbage contains compounds that have powerful antioxidants that are known to help protect against breast, colon and prostate cancers. Cabbage also helps reduce the "bad" cholesterol in the blood.

*Cabbage is an excellent source of vitamin C. Foods rich in vitamin C help to strengthen the immune system as well as help the body develop resistance to chronic inflammation.

*Cabbage is rich in essential vitamins such as vitamin B5, vitamin B6, and vitamin B1. B vitamins are involved in energy production, functioning of the nervous system and other numerous bodily processes.

*Cabbage contains an adequate amount of minerals, which are important for daily well being and functioning.

*Cabbage is a very good source of vitamin K. Vitamin K gives you healthy bones and has an established role in limiting neuronal brain damage in patients afflicted with Alzheimer's disease.

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DID YOU KNOW THAT—

*by Town of Edinburg Historian,
Priscilla L. Edwards*

Beecher Creek ,part 2

Last month I gave you the origin of Beecher Creek in Tennantville and started the list of businesses which depended on water power for their existence and were located along the creek at various times.

Coming down Tennantville Road I had reached the area behind my home on the “big creek”. Here a large sawmill dam and mill pond were built by Aseph Cole. No exact dates are available but Aseph possibly ran the mill from the 1830's to the 1860's. In about 1865 Aseph, a widower, moved to Michigan with his sons and the mill was taken over by his son-in-law Holden Tennant who had married Aseph's daughter, Lura. Holden was the oldest son of Peleg Tennant who had started the large woodenware mill at Tennantville.

As we travel on down Tennantville Road we connect with the Airport Road intersection. A

quarter- mile down Airport we come to the bridge- once called Barker's Bridge- that crosses over Beecher. Immediately crossing at the bridge- to your left in the bank- is the site of Newman Barker's Broom Handle and Stoneboat mill. Just at the top of the grade stands the big white house- still in use- where Newman and his wife, the former Anna Wadsworth, raised their family.

Newman was the grandson of early Edinburg settler and Revolutionary War veteran Jesse Barker. He probably established his business in the late 1840's. By 1855 Newman was manufacturing broom handles- a very important commodity long before the days of vacuum cleaners. He had invested \$800. in real estate and another \$100 in tools and machinery. He had 353 basswood logs on hand in the mill yard; annually producing 106,000 broom handles valued at \$1272. Ten years later in 1865 Newman employed 2 men; had invested another \$400 with 4000 ft. basswood logs worth \$500 lying in the mill yard. 70,000 broom handles valued at \$1120. had been produced annually.

By 1870 Newman had \$3000 invested in his

Continued Next Page ➡ ➡

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From Previous Page

business, employing 3 men with a payroll of \$600. The mill operated 8 months of the year. In 1870 Barker's mill was producing lumber as well as broom handles. The mill operated with 2 water turbines; one 15hp and one 20hp. The mill had four different saws and two lathes. The lathes were used to shape the round broom handles. Raw materials in the yard consisted of 1000 ft. of hemlock logs worth \$1300; 100 ft. basswood logs valued at \$200. Lumber sawn that year produced 25000 ft. of hemlock worth \$2000 and 15000 ft. basswood worth \$240. The mill yard had 25000 ft. of basswood on hand worth \$400 for broom handles with 50000 handles produced worth \$800.

Newman was also well known for making stoneboats at his mill. A stoneboat was like a small wooden, flat bottomed boat on runners that could be pulled behind horses or oxen. The boat was used to clear fields of stone and rocks. The boat would be filled with stone; then towed to a stone wall or stone heap to be disposed of. At one time a Newman Barker stoneboat was on exhibit at the Adirondack Museum in Blue Mountain Lake.

Barker's mill possibly ceased operation



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sometime prior to 1875.

The next water-powered mill we find located on Beecher Creek is where the creek flows alongside Pucker Street entering Beecher Hollow. Just above the stone-arched bridge at the North Shore/Military Roads intersection was a mill pond and dam that supplied water power to two different mills downstream. Just below the stone bridge on the south bank of the creek once stood a large building believed to have been built in 1802 by Azariah Ellithorp for a distillery. At some point the business was purchased by Eli Beecher. It continued as a distillery until 1825 when it became the Lyon and Prindle Tannery. After several ownerships the business was purchased in or about 1855 by George F. Cameron. By 1855 Cameron had invested \$800 in real estate and \$100 in tools and machines. He had 1000 hides worth \$1000 in raw materials. He employed one man. His finished product for the year was the tanning of 1000 hides worth \$2000.

For whatever reason the 1865 census does not report the tannery but in 1870 Cameron had \$2500 invested in the business, employed two men and had 3 milling machines; one each for hide, bark and pumping. His raw materials consisted of 35 cord of hemlock bark worth \$175; 6000 hides worth \$540, 60 gal. of oil and \$15 worth of lime and tallow. His production was 2916 ft. of leather worth \$700, 20 furs and 714 shoes worth \$300. The tannery also made shoes and boots. The soles were attached with tiny wooden pegs made at a mill in Batchellerville. Cameron also did some custom tanning that brought a profit of \$200. This mill also operated 12 months of the year.

One might note that water-powered mills in the very early days of our town only operated for 8 months of the year due to the icing over of streams in the winter months. Those 4 months were spent gathering the necessary logs and bark to keep the mills running in warmer weather.

Unfortunately many exact dates do not exist but Cameron's Tannery was probably in operation until at least the late 1870's.

Next month- History of Beecher Creek-part 3



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NORTHVILLE PUBLIC LIBRARY

Michael Burnett
Director 863-6922



The Library will change to its Spring and Summer hours beginning Friday, April 8. At this time, through August, the library will extend Friday hours until 4 pm.

The Sacandaga Book Group will meet on Tuesday, Apr 12 at 10 am in the library's program room. Patricia Nugent will lead a discussion of "Law of Similars" by Chris Bohjalian. A riveting medical thriller about a lawyer, a homeopath, and a tragic death. Graceful, intelligent, and suspenseful, this novel is a powerful examination of the links between hope and hubris, love and deception.

Story Time will be held Tuesday April 5 (Spring) at 9:45 am, coordinated by Hadley Jacobs.

Hours: April - August

Monday	9am - Noon
Tuesday	9am - 8pm
Wednesday	9am - 4pm
Thursday	9am - 4pm
Friday	9am - 4pm
Saturday	9am - Noon

Bring the preschoolers for stories, craft, and snack.

The Friends of the Library Executive Committee has announced the dates for its summer fund raisers. The Mammoth Book Sale will be held June 30, July 1 and 2 from 9 am to 5 pm, and the Ice Cream Social and Raffle is slated for Saturday, July 23; 5 – 8 pm.

The Friends have scheduled their Annual Meeting for Thur, July 21 at 7pm with Dave Ruch, Music Historian - "A Mule Named Sal: Exploring the Musical Landscape of the Erie Canal".

"Teen Time" will be held on Tues, Apr 12 at 3 pm coordinated by Shannon

Robare. Wii and board games are available for play along with snacks.

Sat, Apr 30 at 10 am will be "An American Girl Party". Bring your favorite doll and enjoy snacks and a craft.

Watch for these titles to be arriving:

Fool Me Once – Harlan Coben

Atonement – Beverly Lewis

14th Colony – Steve Berry

At the Edge of the Orchard – Tracy Chevalier

Treachery at Lancaster Gate – Anne Perry

D. Jensen Masonry

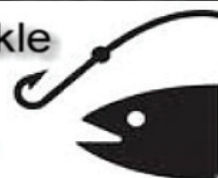
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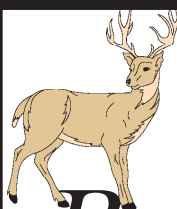


SARATOGA COUNTY OFFICE FOR THE AGING

Got an Hour..... Why not give it back by spending time volunteering in your community? The Saratoga County Office for the Aging is in NEED of volunteers to help deliver meals to homebound seniors Throughout Saratoga County. Immediate openings are in Hadley, Malta, Saratoga, Schuylerville, Wilton and Waterford.

We are also currently seeking substitute drivers for many communities throughout Saratoga County. This program helps many seniors remain independent in their own homes. Nutritious meals are prepared, packed and ready for transport.

Delivery takes about an hour. A training/ orientation is provided. Being a volunteer for this program is a gratifying experience- seniors look forward to seeing a friendly face with their meal delivery. Please call Billie Jo or Carmella at The Office for the Aging at 363-4020 or 363-4033 for details.



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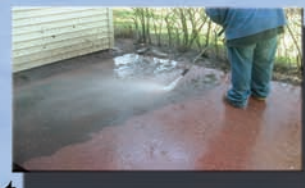
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Pasta and Wine-Tasting Fundraiser at Northville's St. Francis Parish Hall on April 2

The Sacandaga Task Force for Senior Living is hosting its 2nd Annual Pasta and Wine Tasting Party to benefit the STFSL "Keep Our Bus Rolling" fund on April 2nd. The tasting party will be held at the St. Francis Parish Hall, Bridge Street, Northville from 5 to 8 p.m.

Restaurants serving pasta include: The Alpine Grille, The Inn at the Bridge, Klippel's Deli, Shelby's Diner, Timeless Tavern, and Vic's Tavern.

Don Hoffman, an acoustic musician who is well-known in the local music scene, will be performing.

Advance reservations are \$20 and tickets at the door will be \$25. All proceeds will be used by STFSL to underwrite the ever-increasing expenses of the Sacandaga Task Force bus. The bus is used to provide transportation for seniors from Sacandaga communities to educational, cultural and social events. "Over the past five years our second-hand bus has provided innumerable excursions to area seniors who no longer drive out of their neighborhoods or who don't drive at all," said STFSL President Jim Conkling.

STFSL Board Members will be selling advance tickets. In addition, those wishing to make reservations for \$20 tickets should call STFSL at 752-8737 (a local number) and leave your name and the reason for your call. Tickets purchased at the door will be \$25.

Help us Keep Our Bus Rolling by supporting this event and help area seniors remain active at the same time. You'll have a great meal and enjoy a great time in the process!

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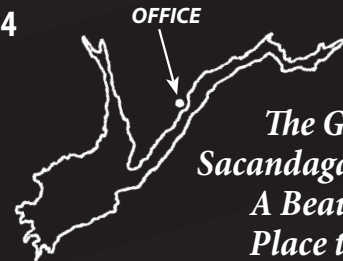


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MLS #201424979



GREAT SACANDAGA LAKEFRONT

\$149,000

2088 South Shore Rd, Day

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MLS #201604059



GREAT SACANDAGA LAKEFRONT

\$173,500

1867 North Shore Rd, Day

Lakefront, private setting: cottage w/ 2 BR + sleeping loft, open floor plan, knotty pine, sliders to porch/sitting room. deck with lake, mountain and sunset views. 75' sandy beach with dock.

MLS #201519421



GREAT SACANDAGA LAKEFRONT

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2082 South Shore Rd, Day

Lakefront: 3 BR, 2BA, chalet on. 1.42 Acres. Great room w/cathedral ceilings, full wall stone fireplace, fully windowed front facing the lake. Master bedroom suite with private bath & loft. Extra rooms in full basement. 2 car garage & large 2 story barn. 100' beach.

MLS #201603866



LAKE ALGONQUIN AREA

\$40,000

29 Sunset Circle, Wells

2 BR 2 BA 1992 Titan manufactured home in good condition located at end of circle with spacious grassy yard and rear deck. Short drive to town beach.

MLS #201409490



SACANDAGA RIVERFRONT

\$72,500

325 River Rd, Benson

Furnished rustic camp w/ efficiency style kitchen-living-sleeping, 0.5 BA & woodstove. Shed w/shower room. Built in 2013. Scenic river and mountain views. Borders state land. Situated on 1 acre w/ 200' road frontage.

MLS #201601237



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\$120,000

151 Main St, Northville

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MLS #201312677



LAND & LOTS

\$130,000 EDINBURG. 612 South Shore Rd GSL Lakefront: 9.72 acres. drilled well, electric, stream, 68' beach. **MLS #201520569**

\$129,000 MAYFIELD. Jackson Summit West. 52 acres, panoramic GSL lake views, electric, timber value, surveyed. **MLS #201520910**

\$44,000 EDINBURG. 19 Wilder Hill Rd. GSL Lake Access: Secluded building or mobile home lot with nice sandy 10' beach nearby. **MLS #201404521**

\$45,900 PROVIDENCE. Fayville Rd, 6.43 acres. Survey w/plot plan, Providence GSL town beach rights. **MLS #201513476**

\$69,500 NORTHAMPTON. Seven Hills Rd. 16.53 acres: GSL views, surveyed, timber value, stream, potential for subdivision **MLS #201407212**

\$44,500 NORTHAMPTON. Juergens Point Rd, GSL Lake access: Building lot in exclusive Juergens Point w/Association beach & dock. **MLS #201401239**



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INTERESTED?

Please contact Janet Haskell @ RSVP 884-4110 for information and details on Living Healthy and to register for this class. We will be starting a 6 week workshop series at Malta Community Center located at 1 Bayberry Drive, Malta on Thursdays from 1:30 to 4:00 : April 14,21 and May 5,12,19,26. The Saratoga County Office for the Aging and Center for Excellence are partnering together to offer these workshops.
Sandra Cross, Director

Notice to Vendors Northville Garage Sale Weekend

The Village of Northville Annual Garage Sale weekend is May 7-8, 2016.

Any professional vendors wanting to participate in Garage Sale weekend will need to obtain a vendor permit from the Village of Northville offices prior to May 5, 2016. You may call 863-4211 for questions pertaining to vendor permits.

As a reminder, NYS law requires that anyone wishing to sell prepared food at any time must obtain a permit from the Department of Health Utica office, which can be reached at 315-866-6879. This law

This excludes bake sales for organizational fund raising purposes.

Any questions, feel free to call 863-4211.



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MLS 201604416 \$ 249,000



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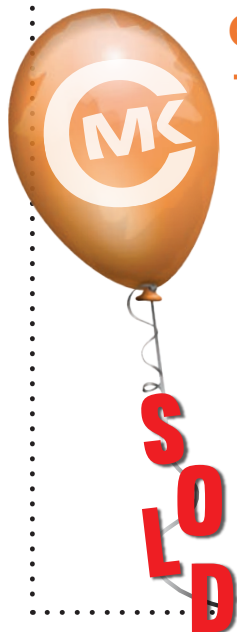
MLS 201525740 \$ 165,000



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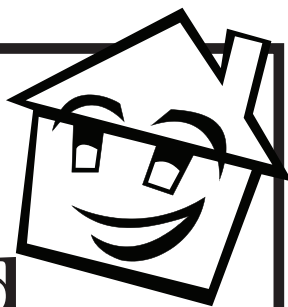
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*Submitted by Carol Tomlinson R.N.
B.S., Community Health Educator*

SLEEP AND AGING

We all look forward to a good night's sleep. Sleep allows our body to rest and restore its energy levels. Without enough restful sleep, not only can we become irritable, but also inattentive and more prone to accidents. Like food and water, adequate sleep is essential to good health and quality of life.

Unfortunately, many older adults get less sleep than they need. One reason is that they often have more trouble falling asleep. In a recent study, NIH-Senior Health found that in adults over age 65, at least 36% need more than 30 minutes to fall asleep. Additionally, older people often sleep less deeply and wake more often during the night. There are many possible explanations. As we age we may produce less melatonin, the hormone that promotes sleep. Chronic health conditions, and the medicines used to treat them, can also cause sleep problems.

Not sleeping well can lead to a number of other problems such as depressed mood, attention and

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memory issues, excessive daytime fatigue and more nighttime falls. Sleep patterns may change as we age but disturbed sleep and waking up tired daily is not part of normal aging.

* According to NIH, simple lifestyle changes may relieve many sleep problems. Some of the changes that may help are to:

* Avoid substances that can cause sleep disturbances such as alcohol and caffeine, and don't consume large amounts of fluids within 2 hours before sleep.

* Consult your physician or pharmacist for the best time to take prescription drugs so that sleep is not affected. Additionally, have over-the-counter (OTC) drugs checked to be sure they won't cause sleep problems.

* Try to get some sunlight during the day and avoid long naps. If you need a nap, set an alarm for about 30 minutes.

* Make your bedroom sleep-friendly. It should be dark, well ventilated and as quiet as possible. Don't use a TV or computer in your bedroom for at least 30 minutes before sleep. According to recent studies, these devices actually disturb your sleep/wake cycle.

* Adopt bedtime habits that signal your body to get ready for sleep. Such rituals as a warm bath, reading for 20-30 minutes, or writing in a gratitude journal are often helpful.

* Go to bed around the same time each night and get up the same time each morning. Changing times causes changes in your brain chemistry that can mimic jet lag.

* If you are often tired during the day and don't feel that you sleep well, you should discuss this with your health care provider. Make sure you inform him/her of all medications you are taking including OTC drugs. There are many things that can affect sleep. Your health care provider is your best resource to identify issues that may affect your particular sleep problem.

At Nathan Littauer Hospital, we have the area's only sleep lab that can test and pinpoint sleep problems and recommend the most effective treatments. Remember, a good night's sleep is essential to your physical and mental health and quality of life. Don't take sleep problems lightly!

For more information, visit nihseniorhealth.gov, call Littauer's Regional Sleep Disorders Center at 775-4000, or HealthLink Littauer at 736-1120. You can e-mail us at healthlink@nlh.org, see our website at nlh.org, or visit our NEW wellness center at 2 Colonial Court in downtown Johnstown, Monday - Friday, 9 a.m. - 5 p.m. We're your community health & wellness service of Nathan Littauer Hospital and Nursing Home.



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SACANDAGA TASK FORCE FOR SENIOR LIVING

April 7th OFA Congregate Meal 11:30-12:30
Pot Roast, Boiled Potatoes, Boiled Carrots, Dinner Roll, Orange. We will celebrate all April birthdays with a cake provided by David Baldwin.

Red Rooster Program at 12:30

Nan Ransom Registered Dietician, Certified Diabetes Educator and Sarah Eipp Registered Dietician, St Mary's Health Care Diabetes and Nutrition Education Program will present a program of diabetes education.

April 14th OFA Congregate Meal 11:30-12:30
Macaroni and Cheese, Stewed Tomatoes and Zucchini, Green Beans, Wheat Bread, Pears.

Red Rooster Program at 12:30

John Sira of Homestead Organics will discuss organic composting.

April 21st OFA Congregate Meal 11:30-12:30
Pork Chop, Stuffing, Cauliflower, White Bread, Lemon Lush.

Red Rooster Program at 12:30

Becky White, Fulton County OFA will discuss "Understanding Hospice Service" Becky will also be available from 11:30 on to help seniors with any issues.

April 28th OFA Congregate Meal 11:30-12:30
Fish Sandwich on a Bun, Mashed Potatoes, Spinach, Cookie

Red Rooster Program at 12:30

Jim Schreiner Jr., Greater Sacandaga Design, will talk about Rustic Furniture Making.

You may attend Red Rooster Programs without attending the meal. Feel free to come for the program, or bring a bag lunch and join us! Programs are held Thursdays at the Red Rooster Café (Pink Chicken) at the corner of Bridge and Main Sts. Northville. The fourth Thursday of each month Home Health Care Partners holds a blood pressure clinic during lunch and the program.

Call Fulton County OFA at 736-5650 to make lunch reservations. If you are unable to attend the lunch, please call OFA by 9 am to cancel your meal! If the OFA meal site is closed, there will be

no program that day. Chair Yoga taught by Ony Antonucci is held each Thurs. from 10:30 to 11:30. Cost of classes is \$5 per week or 6 sessions for \$25. You may join at any time. Additional information about STFSL can be found online at STFSL.org. For information about trips, the Handyman project or to request volunteer medical transportation, call 752-8737

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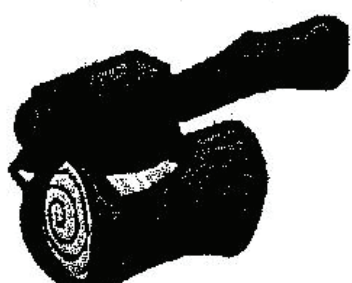
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TOPS 1005 Northville

Even though we have been meeting with a core of TOPS members during these past months, we are strong in our convictions! We look forward the the upcoming spring and summer months when we welcome back our Florida/South Carolina members!

At our meetings we talk about so many different and pertinent topics!

Thanks to Arden Detweiler who talked about mindful eating. Sherri Chamberlain talked about Tips for Sensible Dining Out". She read many helpful tips and had a group discussion with our members, sharing ideas they found helpful when they eat away from home. and to Carmen Durkin who spoke to our members about carbonated water...

Our KOPS biggest loser for the month was Diane Mack!

How do you know how well you're doing if you're not keeping score? While "pounds lost" isn't the only important digit to tally, it's important to track ones progress in as many ways as possible. Start recording each move in the right direction: how much water you drink each day, how many servings of veggies you eat in a week, how many minutes of exercise you log, and more. Keeping track of more than just the numbers on the scale will help one realize progress when it happens, and this will motivate you to stay on course.

Some healthy habits to start doing...

Keep a food journal...

Be physically active... More than 30 minutes a day....

Weigh in regularly!

Think before you eat!

Remember... It takes 5 minutes to consume 500 calories and TWO hours to burn it off!!

We all struggle with exercising, losing or maintaining weight! Our chapter gives us the support that is needed to go through this life journey.

Join us at TOPS NY 1005 Northville on Tuesdays! Weigh in is from 4:30-5:00pm with the meeting beginning soon after. We meet at the Bradt building (downstairs) and the first meeting is free. For more information, call 863-8389 or visit us at www.tops.org on the web.

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SACANDAGA GARDEN CLUB

We had a wonderful start to our 2016 garden year with a presentation from Sue Beebe, the Assistant director of Cornell Cooperative Extension in Ballston Spa. Many thanks to our President, Bonnie Desfosse, and her team who find these wonderful gems for us all to enjoy. Any of the presentation we hold at the Northville Public Library are open to the public and gives you a chance to learn something about our gardens and to meet with a great group of people and – refreshments! So keep an eye out in this magazine for dates and visit our website at visitsacandaga.com for details.

Sue's presentation was on growing hydrangeas. We're all used to the old fashioned (and still great) mop head hydrangeas but she showed us many new varieties and gave us tips on selecting them and taking care of them throughout the year. She's very knowledgeable and it was a treat to learn from her experience. The hand out she gave us all is now part of my go to garden reference material.

March is a great time to prune the summer blooming shrubs. I say summer blooming because those bloom on new wood so you can prune back quite severely now and it won't affect the blooms. When you prune think about the shape of your shrub and how you want it to fit into your landscape through the summer. Thin it out as more air circulation the better for the health of the shrub and try to work it so that your last cut ends above an outside facing bud so that the new growth will grow outwards not back into the middle. It is not time to prune lilacs, forsythia, azalea or rhododendrons as these are spring bloomers and pruning now will cut off the flowers. You can prune these, if you want and nothing says you have to, after bloom. A good rule of thumb for lilacs and forsythia is to remove one fourth of the oldest wood each year which keeps these plants on the shorter side but doesn't impact the blooms.

If you didn't clean up your garden last year then get a start on it now but watch that you don't trample on the newly emerging bulbs. If you have a compost pile you need to take the brown gold and use that in your gardens for the spring before

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adding new material. If you have the space you can start a second pile or make a bin for this year's stuff. An easy way to trim your big grasses is to wrap a string around them and take a serrated knife, or perhaps a chain saw, and cut below the string which you can then use to transport the grasses to your compost area. They will compost better if they are cut into small pieces first or you can use them as mulch in the vegie garden or flower garden. Check the bird houses too, don't want those new little chickies getting sick because of some old material that got moldy.



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Have you started any seeds inside yet? Towards the end of the month you can start the warm weather crops such as tomato, pepper and eggplant because they won't go into the garden until the end of May but you can plant the brassicas now, cauliflower, broccoli, cabbage and Brussel sprouts. Since they can take the colder weather and after they are hardened off you can transplant them outside sometime in late April.

Indoors, all of your plants will enjoy a light feeding of fertilizer. You can use the granulated or a liquid at half strength. You may need to start watering a bit more frequently now that our days are staying longer. If you have some plants that need repotting now is the time to do it. Look at the bottom of the pot and if roots are coming out then slip the plant out of the pot and if the roots are all over the root ball it needs help. Cut off the tail of roots coming through the hole in the pot and try to loosen the roots around the root ball before potting it into a larger container filled with the same type of soil you had in the original pot. If you don't have room for a larger container you can try to slice off some of the roots from all around the plant. After you report it you will need to watch the plant carefully, do not fertilize or over water and keep it out of direct sun until it recovers. It will help to reduce the foliage too. Check your Christmas Cactus, now is a good time to cut it back, you can break off the 'leaves' back as far as you want to go and two new 'leaves' will sprout from that point.

Now is the time to pot up the tuberous begonias, geraniums, cannas, dahlias and calla lilies you'd

had stored over winter. Keep them in filtered bright light until new shoots start to arrive and gradually transition them to full sun. March and April are wonderful times in the garden but we never know when we have 70 degree weather and then a frost so watch the weather, know your micro climes and dream of those wonderful flowers and fresh veggies.

Our next meeting is Wednesday, April 6 at 1:00 p.m. at the Northville Public Library when Janice Strevey of Rosewood Gardens will talk to us about David Austin fragrant English roses. You are all invited to come and join us.

As always if you want to know more or want to contact us the address is POBox 675, Northville.

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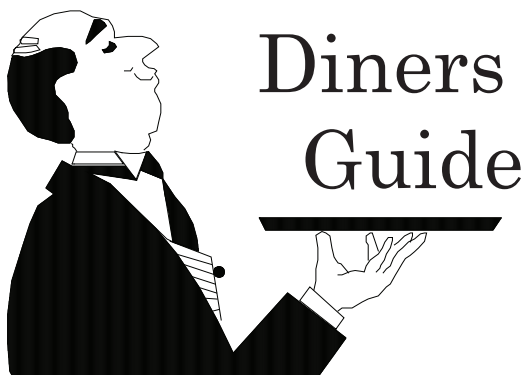
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Diners Guide



Northville United Presbyterian Church: Who We Are and What We Do

While the Northville United Presbyterian Church (NUPC) has been a landmark in the Northville community for over 160 years, we believe that some of our fellow Sacandaga area residents and neighbors may still have some questions about our church, our church community, and our mission. Here are some facts that we believe will be interesting both spiritually and historically:

So here are many of the activities and missions of NUPC (in no particular order):

The spiritual community that meets in the wintertime, on Sunday mornings at the little white church building on Reed Street in Northville.... our primary location (10am). The same Christian community that meets Sunday mornings in the summertime at our Batchellerville church building in Edinburg (9am).

The church which has traditionally provided contemplative evening Sunday services (7pm) at our Reed Street church for those who cannot make it to morning services at Batchellerville in the summertime.

The church with the "Garden of Eatin'" next to the

Reed Street church, that makes fresh vegetables available to anyone in the community, on a "pick your own" basis.

The church that hosts terrific refreshments after Sunday services for all.... food and fellowship in our aptly named "fellowship hall" downstairs in our Reed Street church.

The church that has an elevator at its Reed Street building for those of us unable to easily navigate stairs to our sanctuary or fellowship hall.

The church with a parish nurse.

The church that has an active Prison Ministry to provide bibles and spiritual comfort to those in local prisons, who need and want Christian guidance.

The church that has a "feed the kids" program to augment the nourishment of local youth who lack sufficient food when school lunch programs are unavailable.

The church that is known for its garage sale full of goodies during the village-wide garage sale, and for yummy refreshments in our fellowship hall.

The church that sponsors the collection and giving of various items useful to community members in need, including our dry-goods collection and distributions designated "Undies Sunday" and "SOCK it to me Sunday" and "School Supply Weekends."

The church who comprises 100 or so members... growing through friendship, love, compassion, and basic Christian values.

The church that has a Christmas tree wish-tag program, allowing members to pick a tag containing the Christmas wish of a local child and (being Santa's helper) making that wish come true.

The church that has been, and continues to be a participant in special events such as "Souper Bowl" Sunday, the "Shrove Tuesday Pancake Dinner" and similar fun and tasty events.

The church that has a nice hill in back of our new parking lot for annual organized winter sledding parties (snow permitting of course!)

The church of particularly hardy year-round Sacandaga residents, as well as our beloved "snow-bird" members and friends.

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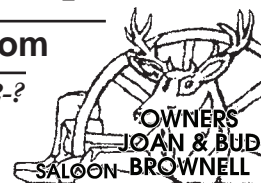
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The church with the brand new parking lot on Reed Street to make things easier for attendance.

The church that is totally inclusive. We welcome ALL of God's children who are seeking a friendly, loving non-judgmental community in which to worship the Lord and to take as active a role as they wish.

The church that has a Pastor with the license plate "REVBEC".... Driven by our young and vibrant Pastor Rebecca (Becca) Lawson Putman... or her new hubby Greg.

The church with a wonderful choir and accompanying music by professional cellists and pianists.

The church with not only a Sunday school for kids during services, but also a nursery for the very little ones.... And a playground set to augment religious study activities.

The church renowned for its silent auction of eclectic baskets in the fall at the near-by Red Barn, complemented by our always-sold-out chili and soup fest.

The church that is an active participant in community events like "The Doin's" and the "Adirondack Trail and Art days" and the Octoberfest/Halloween get-togethers Floats, lemonade stands, craft stands, and most anything fun.

The church with a helping hand global mission to

augment our local mission giving.... Helping overseas missions in Nepal, donating to organizations providing sustainable livestock to impoverished third world families, participation in World hunger Day support, and similar furtherance of God's work on earth.

The church that has an active women's group, a Bible study group, great choir, and also makes its facilities available for special group meeting needs.

The church with a youth group that engage in fun events to help the church mission.

Providing visits and services to the homebound of our community, including Easter Cheer Baskets.

The church which actively participates in and welcomes ecumenical cooperation with all churches in the Sacandaga area to benefit our communities and serve our God.

The church that offers a loving relationship and an extended family to its congregants and non-congregants alike.

We hope this list of "who we are and what we do" helps our friends in the greater Sacandaga area understand our church community better. We are welcoming to everyone, so all are invited to join us in worshipping the Lord, doing good works for our community, or just making new friends._



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Edinburg Bible Chapel

Pastor John Trzaskos

Greetings Folks,

How are you all do-in?! If you relate to me you have been "Do-In life!!" No doubt like many of you "doing life" can be intense, very intense in deed!! I was reminiscing over the past 3 months of 2016 and very quickly I was mulling over that phrase "Where has the Time gone!! (or some variation of that thought) in my mind.

We started with the holiday Jan. 1st New Years Day. New Years day- a month that New Year's resolutions begin or begin to fall apart and then we get hit with the reality that all those charged Christmas gifts have to be paid off! How quickly the "circular file" begins filling up!!

Then comes February. The 2nd day was celebrating Ground Hog Day. We sure know how time consuming that can be!! LOL. Let's see, then there was President's Day holiday that included winter recess break from school (15-19th). And we cannot forget the 14th, Valentine's Day and leap year day, the 29th

Now we come to March and as you read on one can sense the momentum is increasing as more Time is needed to keep on going. Whether you are able to or not becomes lost in the intensity of "doing life". We began this March with the well known phrase "in like a lamb and very possibly out like a lion". March 13th Daylight Savings Time began. Saving Time, what a concept!!-how ironic!! March 17th-observing St. Patrick's Day. Then we came to March 20th-first day of Spring and of more importance-Palm Sunday, March 25th-Good Friday and March 27-Easter Sunday. The events that transpired during this one week (20th-27th) forever changed the eternal destiny of man.

Easter, the most important day in world history; the most important day in all of Christianity. Jesus, the only begotten son of God, after being crucified on the cross, taken down and placed in a tomb for 3 days and nights, Arose! from the grave and He lives forever more!!! Jesus, defied Satan's plans and defied death forevermore.

In 1 Corinthians 15:54-55 the Apostle Paul solidified this event with these words: "Death has been swallowed up in victory"

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"Where, O death, is your victory? Where O death is your sting?" The face of death for the believer has been obliterated. In John 14:19 c we read, because Jesus lives we also shall live. In the gospel of John 14:1-6 we can sense in our spirit that Jesus wants and desires a personal, intimate ongoing relationship with us. My friends, that relationship will demand our Time. By our personal confession we acknowledge that we were born a sinner and we do not have the power or the ability to change our selves-to save our selves. That is why Jesus was nailed to the cross. That is why Easter is treasured by all Christians.!!

In Acts 2:21-Peter writes, And everyone who calls on the name of the Lord will be saved. You ask, saved from what? We are saved from an eternal separation from God. Saved from an eternity in hell.

All that you have read takes Time. All that you invest or invested in takes Time. For sure, Time is

of the essence. Try not to be caught in those times of seasons that you will regret letting Time pass away. "If only I'd taken the Time" or "If I only had a little more Time. There is a hymn that is sung in many churches, Jesus is tenderly calling, calling for you and for me----- Please don't let this call pass you by.

If you hear Jesus speaking to your heart take a few minutes and let that settle in your spirit. We would be delighted to have you come and worship with us at Edinburg Bible Chapel. Whether it be this coming Sunday or be it Easter Sunday. Your worship will be some of the most important Time that you engaged in. Perhaps Time has slipped past you. Don't fret, you can change that pattern and take hold of the day. Today I will take the Time----- We pray that the Lord Jesus will bless you and keep you safe.

Our Church schedule. Sunday AM worship:10:00, Sunday School for all ages 11:15-12:00 pm, Sunday Evening 6:00 pm, Wednesday Prayer and Bible devotions 6:00 pm. We look forward to seeing you!!

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The Grand Finale

Did you watch the grand finale of Downton Abbey on TV last month? I must say, that was a very addicting show! I had not heard of it until last year so had to binge watch it on Netflix in order to catch up. Then I set my DVR to record it every week. While watching each episode you would wonder – will Lady Mary ever be nice to her sister? Would Edith find happiness? Would poor Anna be able to have a baby? And Mr. Carson – what new-fangled invention will he be protesting? (He was a traditionalist and didn't like change!) And will he ever propose to the widow, Mrs. Hughes? And – what trouble will Granny stir up or grumble about this week? Needless to say – you can see that I was deeply involved with these TV friends of mine and their intricate lives. Watching that last episode, I sighed and felt satisfied that so many loose ends were taken care of. I was relieved that the writers made so many happy resolutions to the problems that the Downton Abbey characters had been dealing with throughout the entire series. (I'm

pretty much a Pollyanna and always like happy endings!) I guess that is one of the reasons I love this Bible verse – Romans 8:28, "And we know that for those who love God all things work together for good, for those who are called according to His purpose."

Years ago I heard a Gospel group sing a song called, "We Win". The lyrics say, "I read the back of the book and we win!" Oh – I love those comforting, encouraging words. In today's messed up world, no matter how bad things can become – God is still in control and He wins! He wins over evil, over sin, over messed up politics, over dictators, over injustices, over all of the world's problems! He works everything out for good – but that is a promise only to those who love God. Do you love God? Have you given Him your life and are you putting Him first now?

So, what's new at our church lately? Many of our Sr. High Youth Group kids attended 'Snow Camp' at Word-of-Life-Camp in Schroon Lake last month. And some of our Jr. High Kids attended 'Break Out' in Saratoga along with about 600 other young people. Our Youth Group leaders, Isaiah and Jamie Philo, do a great job leading our young people. Isaiah even recently offered to shave his head if 50 kids came to Jr. High Youth Group. (So if you see him around looking quite bald – you will know the kids met the challenge!) Last month we showed the movie "The War Room" at one of our evening services. It is an excellent movie and stirs your heart. (I have the DVD if you want to borrow it?) On March 15th a group from our church drove to Albany to attend

Legislative Day. The speakers are always interesting and motivating. This is a good event to attend to keep up with what's happening in our state, too. On March 19th a banquet was held at The Well at BCON Corner for singles. Look for more upcoming events for singles! We had a wonderful Palm Sunday service with the children walking down the aisle while waving the palms, and a memorable Maundy Thursday Evening Service with communion. And of course, the highlight of the Easter season was

*Continued
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our Easter Sunday morning service when we once again celebrated our Lord's resurrection. Having visited the Holy Land three years ago makes Christ's resurrection even more meaningful to my husband and me. We walked where Jesus walked, were in the garden where He prayed with drops of blood, and we even visited the empty tomb. As said, His story is history. And this is the most important part of our world's history. Easter is definitely my favorite holiday of the year and the most important one to all believers around the world.

Coming up April 8-9 is the Fusion Marriage Conference with a banquet on Friday at 5:30 PM at BCON Corner and an all-day conference (8:30-4:30) on Sat. at the church. The cost is \$25 per couple paid by April 1st. A continental breakfast and lunch are provided on Saturday. I'm looking forward to

attending it and hope you can too. Our marriages can always use improvement and strengthening. Plus, our children always benefit when we have strong marriages. Our Bible Club Kids will be singing Sunday morning, April 10th at church and we will have their closing Bible Club Pizza Party on Monday April 11th. We are taking a group down to Lancaster PA (April 18 & 19) to Sight n Sound to view their newest live production, Samson. If you have never been to one of these Bible productions, put this on your 'To Do List'. They are wonderful! Call the church at 863.8001. Maybe there will be some tickets left to purchase so you can go with our group.

Check our church website to find out what's happening at the Baptist Church. And, if you don't have a church family we would love to have you join us for our Sunday morning worship services, or any of the other services we hold. I look forward to meeting you!

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Church Schedule:

Sunday (Staffed Nursery Provided)

8:45 AM (Sunday School for all ages)

10:00 AM (Worship)

11:30 AM (Sunday School for adults only)

7:00 PM (1st Sun: Video) (2nd Sun: Question & Answer Time)

(3rd Sun: Something Special) (4th Sun: Bible Institute) (5th Sun: Potluck Dinner)

Monday

Bible Club (last day April 11)

Girls Bible Study (HS girls at Philo's)

Man Up (Bible Study for HS boys at Pink Chicken)

Wednesday (Check church website)

6:00-7:30 Jr High Youth (6th - 8th grade) at BCON Corner

8:00-9:30 Sr. High Youth (9th - 12th grade) at BCON Corner

Thursday

10:00 AM (FREE Baked Goods at BCON Corner)

10:30 AM (3rd Thurs. only: Nursing Home Service at Nathan Littauer)

7:00 PM (Prayer/Praise at Church, Staffed Nursery Provided)

Friday (Check church website)

7:00 - 10:00 PM Pink Chicken (8th-12th grade)

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There's lots of maple goodies and just 'sweet' fun for everyone at the 12th annual Maple in April Festival



MAPLE in APRIL FESTIVAL

Hadley, NY

April 30th & May 1st
Along Rockwell St, Hadley
9 am – 4 pm

- Scholarship French toast Breakfasts
 - Lil' sugar Dust-off Car, Truck & Cycle Show
 - Food and Craft Vendors ● Train Rides
 - Horse drawn wagon rides ● Birds of Prey
 - Kids' Inflatables & face painting ● Pet & Farm Animals
 - Used Book Sale ● Judo demonstrations ● Live Music
- Fun for the whole family!*

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Maple in April Festival



Edinburg United Methodist Church

3 North Shore Rd., Edinburg

"The Friendly Church"

Once Easter is over, what next? Some Christians spend the day after Easter telling jokes. Why? Because on Easter, when Jesus rose from the dead, the joke was on the devil.

In keeping with that tradition, I thought I'd devote this column, which will be published shortly after Easter, to telling some jokes.

Overheard from an eight-year-old girl: "I'd like to go to heaven one day because I know my brother won't be there."

Overheard from a seven-year-old boy: "I know God loves everybody, but he never met my sister."

Seen in church bulletins: "This week our church will be collecting the following items: school textbooks and kitchen matches." "After the Ladies' Association potluck dinner we will take a moment to pray for the sick." "The Annual Church Bored meeting will be held..." "Jane Smith remains in the hospital and needs blood donors for another transfusion. She is also having trouble sleeping and requests tapes of the pastor's sermons."

Seen on church signs: "Try our Sundays: They're better than Ben and Jerry's." "Too cold to change sign. Message inside." "Jesus said, 'I'll be back' way before Arnold did."

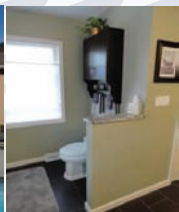
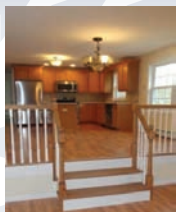
I hope you enjoyed reading these.

If you want to experience lasting joy, why not join us in church some time to hear the Good News? Our services are Sundays at 8:45AM.

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Prizes

Heaviest Bird	\$100
Heaviest Two Birds	\$100
Longest Bird	\$100
Longest Spur	\$100

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Address: _____

City: _____ State: _____ Zip: _____

Fill Out This Entry Form and Mail or Drop Off
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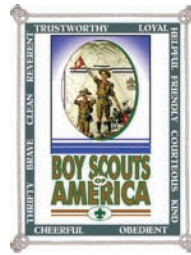


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Boy Scout Troop 55 of Northville

www.boyscouttroop55.com

The Northville / Edinburg Boy Scouts Troop 55 Annual Chicken BBQ at the United Methodist Church in Northville on April 22nd 4:00 to 7:00. The Northville / Edinburg Boy Scouts are having their annual chicken dinner in April. Dinner includes a half BBQ chicken, baked potato, coleslaw, roll, drink and dessert for \$8.00. Take out meals are available.

Northville United Presbyterian Church Tax Return Day

Celebrate Tax Return Day at Northville United Presbyterian Church, 161 Reed Street by attending a Spaghetti Dinner 5pm to 7pm. Takeout available starting @ 4:30 pm. Call 863-4067 or 774-7097 prior to takeout.

Dinner includes delicious, homemade meat sauce, & bread, salad, dessert, and a drink. Cost will be \$10.00 & Free for children 10 and under.

Take home sauce will be available @ \$10.00 per container.



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Walleye Ice Fishing Challenge Results

While the weather didn't cooperate for the contest portion of our ice fishing tournament, we still celebrated the Eighth Annual Walleye Ice Fishing Challenge with prize drawings that took place on January 30 at Lanzi's on the Lake in Mayfield. The tournament once again was a sell out with 1750 fishing enthusiasts registered. Approximately 53% of participants were from outside of Fulton County including participants from ten states including various parts of New York. Even though they couldn't fish for the tournament, many from out-of-the area still came for the prize festivities. These participants spent money in our county on house rentals, fuel, food and refreshments, and more. We are grateful to all of them, their families and friends for making our county their destination on that day and weekend and hopefully to return to Fulton County on many more occasions.

The continued success of this event would not be possible without the help of our entire Fulton County community and its businesses - Saratoga Eagle, Frank's Gun Shop, Runnings, Frank & Sons Body Works, Inc., the Fulton Montgomery Regional Chamber of Commerce and its dedicated staff, the

great staff and family at Fuel-N-Food, Lanzi's on the Lake, Powerhouse Motorsports, All Seasons Equipment, County Line Auctions, Final Reward Trophy, Delaney Crushed Stone Products, Doherty Window & Door, Kingsboro Lumber, Greenscapes, Ross' Bait Shop, Jim's Bait Shop, Dave's Bait Shop, Brilliant Design & Print, R & D Contracting, J & J Auto Sales, Outdoor Motor Sports & Trailer Sales, the Town of Broadalbin, the Town of Mayfield, the Town of Northampton, the Town of Edinburg, the New York State DEC, the Great Sacandaga Lake Fisheries Federation, Maria and Beaver Ross, Denise and Nancy Stutzke, Jack Belknap, Ron Barnes, Rick Conyne, and many other individuals who helped in many ways to make this a great event.

We are thankful to all of these businesses and individuals. And we are thankful to our Fulton County residents who welcome with open arms these and thousands of other visitors as they explore the great outdoor resources of Fulton County.

Lou Stutzke, Fuel-N-Food

*Gina DaBiere-Gibbs, Fulton
Montgomery Regional Chamber of
Commerce, Director of Tourism*

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GREAT SACANDAGA LAKE FISHERIES FEDERATION INC.

Our next fishing contest will be held May 7th, 2016 at Lakeside Tavern & Marina, 306 Woods Hollow Road, Mussels Harbor, Broadalbin, NY. Prizes will be awarded for northern pike, walleye and trout.

There will be 20 trout tagged with a grey tag, each worth \$750 (FOR 2016 GSLFF MEMBERS and good for 5/7/2016 ONLY, TAG MUST BE ATTACHED TO FISH).

From May 8, 2016 thru Labor Day 2016 any of these grey tagged trout if caught by a member is worth \$500. Any tags must be attached to the fish and promptly be turned in. If you catch a tagged trout it can be turned in to Dave's Bait and Tackle on Bunker Hill Road in Mayfield or by contacting: Randy Gardiner at 843-6329 or Jack Smith at 863-4271.

Plans are being finalized for the stocking of trout this spring followed by the stocking of walleyes this fall.

The GSLFF is in the midst of collecting sponsors and donations for our annual summer fishing contest raffle. We are looking for businesses and individuals to donate items like hats, shirts, tackle, rods, promotional

items, or gift certificates for the raffle. Your business will be recognized on promotional materials that go to GSLFF members, alumni, community leaders and attendees. Your donation will also be acknowledged in the GSLFF newsletter and on our website with a link to your business. 100% of the proceeds from the raffle will be used to help fund our Annual Fish Stocking Program. In 2015 the GSLFF had over \$8,500.00 of items donated.

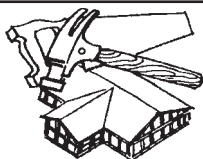
Our Summer Fishing Contest will be held Saturday, June 18th from 6 AM till 4 PM. Please contact Brian Kedik at 518-469-8124 or bkedik@gslff.com for more information and to make arrangements for your donation, sponsorship, or to purchase tickets. Thank you in advance for helping us protect one of the greatest fisheries in New York State.

Please visit our website, www.gslff.com and click on the 2016 raffle page to see the donations as they come in. Prizes are added each week so please check back often. Please support these businesses and tell them THANK YOU for supporting the GSLFF. Tickets will be available for purchase starting at our May 7th contest.

The federation always welcomes new members. The next meeting will be held at 7PM on April 19th at the Fish House Fish and Game Club, 478 Fayville Road, Broadalbin, NY.

Additional information can be obtained at our website www.gslff.com.

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4:00 pm - 6:30 pm**

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Cost:

\$ 9.00 Adults
\$ 4.00 Children 6 – 12
Free Children under 6

(Take outs are available)

Menu:

Chicken in gravy, Bev Peter's Fabulous Biscuits, Mashed potatoes, Green beans and carrots, Home-made desserts Beverage (Gluten-Free option available)

**Winter is just about over !!!
Let's celebrate !**



19th Annual Spring Fishing Contest

Saturday, May 7, 2016 6:00am-4:00pm

\$2,100 CASH PRIZES

\$15,000 TAGGED FISH PRIZES

Measuring Station & Awards Presentations at Lanzi's Lakeside Tavern

Lakeside Tavern is located on Woods Hollow Road in Mayfield
(First Right off Rt. 30 heading North past Frank's Bait Shop - watch for sign on Rt. 30)

ENTRY FEE:

\$20.00 (Pre-registered by May 6th) or \$25.00 (day of contest until 10AM only)
Children 12 and under FREE with participating adult

FISH ANYWHERE
ON THE GREAT
SACANDAGA

	Walleye	Pike	Trout
<u>1st place</u>	\$300	\$300	\$300
<u>2nd place</u>	\$200	\$200	\$200
<u>3rd place</u>	\$150	\$150	\$150
<u>4th place</u>	\$50	\$50	\$50

NYS GAME LAWS
APPLY

**There are 20 trout tagged with a GREY tag. EACH TROUT IS WORTH
\$750 DURING THE CONTEST
\$500 FROM MAY 8th THROUGH LABOR DAY 2016!**

**YOU MUST BE A GSLFF MEMBER TO BE ELIGIBLE FOR TAGGED TROUT PRIZES
TAG MUST BE ATTACHED TO FISH - CONTACT A GSLFF OFFICER OR
BRING FISH TO DAVE'S BAIT & TACKLE (Bunker Hill Rd. Mayfield) FOR VERIFICATION**

FISH MEASURING (by length) TO TAKE PLACE FROM 6AM - 4 PM ONLY
DECISION OF THE JUDGES IS FINAL

FOR ADDITIONAL INFORMATION:

Jack Smith - 863-1062 Randy Gardinier - 848-7248

Applications Online At www.gslff.com E-mail: Chairman@gslff.com

For updated results on contest day call the measuring station @ 518-227-8298

Early Entries accepted at the following locations until May 6th: Lakeside Tavern,
Ross' Bait Shop (Hagaman), Dave's Bait & Tackle (Mayfield), Jim's Bait Shop (Mayfield),
Frank's Bait Shop (Vail Mills), Fuel & Food (Mayfield), Sportsman's Den (Fort Plain)



Edinburg School News



Edinburg School Happenings

by Ms. Kimberly S.

Hromada, Superintendent

Dates to Remember:

PTO Meeting: April 6, 2016 at 4:00 p.m.

Board Meeting: April 11, 2016 at 5:00 p.m.

Tea and Coffee with the Superintendent:
April 19, 2016 at 5:00 p.m.

Spring Break: April 25-29, 2016

ELA State Testing: April 5-7, 2016

Students of the Month for March:

Grade 1 Nico Sevastakis

Grade 2 Harlow ward

Grade 3 Kebin Ostrander

Grade 4 Elizabeth Colvin

Grade 5 Joseph. T. Artikuski

Grade 6 Jeremy Colvin

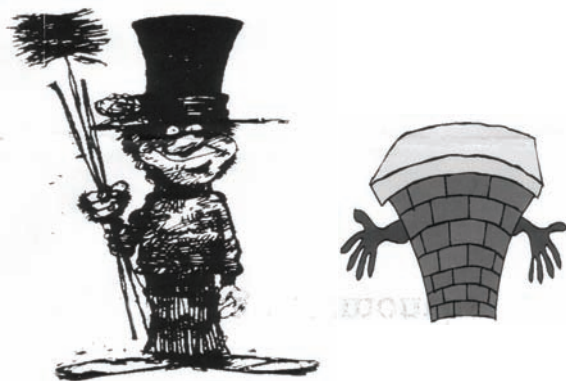
At Edinburg Common School we are more than the Common Core, We are more than the State tests. Although we fear neither and look at all as opportunities for learning and growth; at heart we are a school team that is seeking to ensure that we are meeting the needs of the "whole" student. To that end we now share with you the following quote from a book written by Robert Fulgham. We understand the importance of these things as outlined here and we seek to improve all aspects of our programming for our students emotionally, socially and academically. Check out this book in its entirety, it is well worth the read.

ALL I REALLY NEED TO KNOW I LEARNED IN KINDERGARTEN

By: Robert Fulgham

"All I really need to know about how to live and what to do and how to be I learned in kindergarten. Wisdom was not at the top of the graduate school mountain, but there in the sand pile at school.

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These are the things I learned:

Share everything.

Play fair.

Don't hit people.

Put things back where you found them.

Clean up your own mess.

Don't take things that aren't yours.

Say you're sorry when you hurt somebody.

Wash your hands before you eat.

Flush.

Warm cookies and cold milk are good for you.

Live a balanced life - learn some and think some and draw and paint and sing and dance and play and work every day some.

Take a nap every afternoon.

When you go out in the world, watch out for traffic, hold hands and stick together.

Be aware of wonder. Remember the little seed in the Styrofoam cup: the roots go down and the plant goes up and nobody really knows how or why, but we are all like that.

Goldfish and hamsters and white mice and even the little seed in the Styrofoam cup - they all die. So do we.

And then remember the Dick-and-Jane books and the first word you learned - the biggest word of all - LOOK.

Everything you need to know is in there somewhere. The Golden Rule and love and basic sanitation. Ecology and politics, equality and sane living. And it is still true, no matter how old you are, when you go out in the world, it is best to hold hands and stick together."

Source: "ALL I REALLY NEED TO KNOW I LEARNED IN KINDERGARTEN" by Robert Fulghum. See his web site at <http://www.robertfulghum.com>

Eagles Eye on Second Grade

By Mrs. Michelle Ellis

Wow what a year this has been! I am so proud of my students and their families. Each and every student has changed so much since September. I know we have all grown together. It is hard to believe we are almost rounding out the year. With that being said, we would like to share some of the amazing things happening in our room . . .

In ELA, we just finished learning about the War of 1812. I am very impressed at how my students took interest in this topic. They learned about our Founding Fathers and President James Madison. Students were able to understand how the decisions James Madison made changed our nation. We also were able to look at pictures of the original White House that was badly damaged during this time period. We learned that when the British were invading Washington D.C., Dolley Madison cut out the original picture of George Washington before escaping the White House. In the upcoming month, our class will learn more about the human body. This subject area is a continuation from what they have learned in first grade. My students are eager to get started.

In Math, we have made great progress this year. Currently, we are regrouping our tens place in order to add two-digit and three-digit numbers. Students have been taught several strategies to add two and three-digit addends. I am proud of the progress they have made and know they are well on their way to handle such math problems on their own. We still continue to struggle with one and two step word problems. With perseverance, I know they will have the ability to tackle word problems in the upcoming months.

I would like to take some time to thank my parents and families for participating in our 100th Day of School project. Students and their families worked together to gather 100 items to display in our hallway. Everyone did a wonderful job! We always look forward to how students design their project.

Before we know it, we will be wrapping up the school year and looking forward to summer. It has been a wonderful and rewarding year.

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Adirondack Folk School Schedule for April 2016

51 Main Street, Lake Luzerne, NY 12846
(518) 696-2400 www.adirondackfolkschool.org

APRIL

Sunday, April 3

Woven Placemats, Table Runners, Hot Pads or Coasters with Caroline Dvorak. #929-0403. Half day, 12pm-4pm. Tuition \$55. Member Tuition \$45. Materials Fee \$15.

Saturday, April 9

Build a Rustic Birdhouse with Don Polunci. #891-0409. Half day, 9am-12pm. Tuition \$55. Member Tuition \$45. Materials Fee \$10.

Saturday and Sunday, April 9&10

Shades of Nature with Teresa Breuer. #892-0409. 2 Half days, 9am-12pm. Tuition \$105. Member Tuition \$85. Materials Fee \$80.

Saturday and Sunday, April 9&10

Building Your Own Gas Forge with Matthew Parkinson. #968-0409. 2 days, 9am-4pm. Tuition \$250. Member Tuition \$210. Materials Fee \$280.

Sunday April 10

Scroll Saw Puzzle Making with Walt Ulric. #957-

0410. 1 day. 9am-4pm. Tuition \$105. Member Tuition \$85. Materials Fee \$15.

Friday through Monday, April 15-18

Introduction to Blacksmithing with Dick Sargent.

#893-0415. 4 days, 9am-4pm. Tuition \$470. Member Tuition \$420. Materials Fee \$75.

Saturday April 16

Double-Bottomed Bushel Basket with Barbara Boughton. #953-0416. 1 day. 9am-4pm. Tuition \$105. Member Tuition \$85. Materials Fee \$30.

Saturday April 16

Tole Painted Tray with Carol Maher. #866-0416. 1 day. 9am-4pm. Tuition \$105. Member Tuition \$85. Materials Fee \$20.

Sunday April 17

Rugs from Rags with Caroline Dvorak. #933-0417. 1/2 day. 12-4. Tuition \$90. Member Tuition \$70.

Sunday April 17

Adirondack Moss Vases and Pinecone "Flowers" with Roberta Games. #944-0417. 1/2 day. 1pm-4pm. Tuition \$55. Member Tuition \$45. Materials Fee \$20.

Saturday April 23

Introduction to Fly Tying with Paul Sinicki. #879-0423. 1/2 day. 9am-12pm. Tuition \$55. Member Tuition \$45. Materials Fee \$15.

Saturday April 23

Felted Adirondack Sketches with Robin Blakney-Carlson. #894-0521. 1 day. 9am-4pm. Tuition \$105. Member Tuition \$85. Materials Fee \$20.

Saturday April 23

Advanced Fly Tying with Paul Sinicki. #880-0423. 1/2 day. 1pm-4pm. Tuition \$55. Member Tuition \$45. Materials Fee \$15.

Saturday & Sunday, April 23 & 24.

Blacksmith's Helper with Derek Heidemann. #966-0423. 2 days. 9am-4pm. Tuition \$250. Member Tuition \$210. Materials Fee \$50.

Sunday April 24

Introduction to Woodturning with John Kingsley. #884-0424. Half Day, 9am-12pm. Tuition \$50. Member Tuition \$45. Materials Fee \$15.

Sunday April 30

Perfect Pictures Every Time for Beginners with Carl Heilman II. #991-0430. 1 day. 10am-6pm. Tuition \$205. Member Tuition \$195.

Saturday & Sunday April 30 & May 1

Blacksmithing - Camp Ax with Lucian Avery. #895-0430. 2 Days, 9am-4pm. Tuition \$250. Member Tuition \$210. Materials Fee \$50.

Saturday & Sunday, April 30 & May 1

Weaving a Traditional Tumpline with Brian Manning. #983-0430. 2 days. 9am-4pm. Tuition \$210. Member Tuition \$170. Materials Fee \$30.

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Edinburg Historical Society

PO Box 801,
Northville, NY 12134

www.EdinburgHistoricalSociety.org

The Edinburg Historical Society will hold its monthly meeting on Tuesday, April 26 at 7 p.m. at the Edinburg Community Center on Military Road. Please note this is a week later than usual. The program "The History of Providence" will be presented by Ed Dandaraw, Providence Historian and Tim Vandenberg, long-time resident. They will speak about the formation of the Saratoga County Town of Providence, how it evolved and its early settlers. Ed can trace his ancestors back to the settlement of Quebec and includes Algonquins, Dutch and Irish ancestors. Tim, a Mayflower descendant, was born and brought up in Providence.

Share certificates for the Copeland Covered Bridge Site have recently been issued in honor of Dan Dermott, Jim and Dawn Reicherter, Misty Gibbs, Ava Gibbs, and Molly Gibbs and in memory

of John H. Frasier and Janes A Lane. Visitors at the Copeland Covered Bridge and Carriage Factory Site can view shareholder's names and the Society is very thankful for their support in helping preserve the Covered Bridge.

If you are interested in local history, please consider joining the Society. The dues are \$5 for an individual and \$10 for a family. The membership information is on our website.

Visit the Society's website: www.EdinburgHistoricalSociety.com. All meetings and programs are free and open to the public.

Contact Maria Spaeth, president for further information at thespaeths@gmail.com or 863-7063.

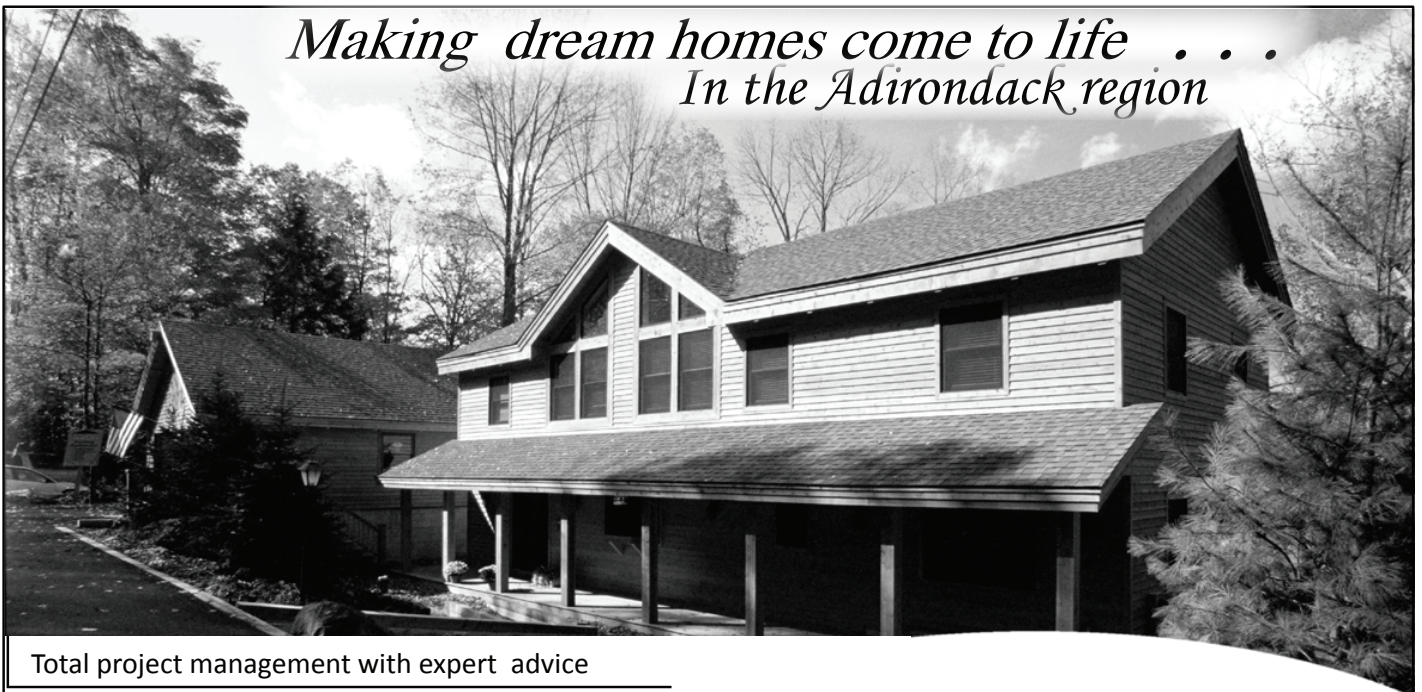
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EDINBURG
Fri 9-3 & Sat 9-3
NORTHAMPTON/N'VILLE
Mon, Tue 8-4, Sat 8-1

TOWN HALLS

BROADALBIN 883-4657
DAY 696-3789
EDINBURG 863-2034
HADLEY 696-3112
NORTHAMPTON 863-4040
MAYFIELD 661-5414

TOWN CLERKS

DAY
Carol Vaillancourt 696-2698
EDINBURG
Denise Ferguson 863-2034
MAYFIELD
Dorothy Hart 661-5414
HADLEY
Pauline Smead 696-2055
NORTHAMPTON
Elane Milhalik 863-4040

DOG WARDENS: (HOME)

BROADALBIN
Joe Passino 762-6342
DAY
Francis Allen 696-3617
EDINBURG
Bill VanNostrand 863-4880
HADLEY
Jim Jenkins 696-3757
NORTHAMPTON/N'VILLE
Vernon Duesler 863-6313

STATE POLICE

HADLEY 696-2535
MAYFIELD 725-3034
FONDA 853-3415
BROADALBIN 883-5433
SARATOGA COUNTY 911

ELECTRIC INSP.

Mike Kratky 863-8800
Ron Royal 924-7661
Joe Swanson 863-2020
Brian Sweet 673-5123

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EDINBURG/DAY 383-1005

EDINBURG TAX COLLECTOR

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Matthew Ginter Sr. 863-6580
NORTHVILLE
David Edwards 863-2419
DAY
Ken Metzler 696-5164

EDINBURG ASSESSOR

Ron Beckering 863-2034

EDINBURG TOWN JUSTICE

Douglas Sterling 863-2409

HIGHWAY SUPER

Wayne Seelow 863-8126

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For Sale - Napoleon 1100 cast iron wood stove. Painted black. Good condition, \$300 696-2828 (leave message)

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For Sale: 1983, 22' Rhodes Sailboat - \$2,000; electric start OB and trailer included. Great boat to sail. Needs some TLC-floor work, caulk windows. Call: 518-883-3733

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For Sale: NEW in box Samsung CD/DVD Room Theater system with speakers. \$50.00. Dewalt 7 1/4 circular saw with metal case. Excellent condition. \$25.00 863-2062

From Hawk On Back Page

over to the side of the road to let them pass. In the middle of the procession was an electric car. A motor cycle officer came up behind them and yelled "you do know you are in a middle of a funeral procession!!!!" The driver yelled back hysterically "I DON'T KNOW WHAT TO DO !!!!". The officer barked out "pull over to the side of the road". I can still hear the hysterical wail of the driver. I chuckled all the way home.

Eye contact and politeness- Bill and I try to make it a habit to acknowledge people we see when we walk. A simple nod, a hi or a wave can really make a difference in someone's day. There is a woman who sits in a chair on the sidewalk, overlooking the ocean, a stroller holding all of her belongings by her side. She appears to be homeless but is very clean and well kept. She sits motionless staring out at the water all day. Her eyes are expressionless and I can not begin to imagine what she has been through. I smile and say hi every time I pass her. Last week she looked at me, smiled and said hi for the first time. What a wonderful feeling and all I ever did was say hi. Note: the friendliest people are the local people !

Hydration-When I walk I always carry two bottles of water. They do double duty as they serve as "weights" for my arm exercises in the first four miles and water for the last four. Note to self; when you grab a bottle from the refrigerator make sure it is really water NOT VODKA ! That was a scream heard up and down College RD. I spit it out and threw the bottle to the ground. Bill was ahead of me and thought something bad had happened. Thank heavens the other bottle was water. It took me hours to get that taste out of my mouth and I gave him lots to laugh about.

The weather is changing at home and spring is coming. Get out and shake off the cobwebs of winter. Enjoy the sights, sounds, smells and textures of the changing season in the Adirondacks! I know you can all find a story to tell. Happy spring

Saratoga Classic Car Show Saturday, April 23rd

Saratoga Springs High School

3 Blue Streak Blvd. Saratoga Springs, NY

Show Hours 9am-2pm

Vehicle Registration 8am to 10 am

**Trophies for
Favorite 40
Awards at 1pm**



Open Show - Classic, Antique, Tuner, etc.
\$10.00 vehicle registration fee

Proceeds to Saratoga High School Scholarship Fund

Large, Paved Lot, 50/50, Silent Auction
DJ Andy Narzynski **Contact John Grady**
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Did You Know

I have 22 miles of walking under my belt this week. My goal is 31 miles. I do not want to go today, but, once I am into the first mile I can do it for the long haul. We see a lot on our walks and I would share some of our experiences with you.

Selfies- If you are going to take a selfie video to send to your friends, be honest. Do not tell them you have just run 5 miles when your hair and makeup is perfect and there is not a drop of sweat on you. Also do not sneer at me when I walk by you because of my sweaty appearance. I was 5 miles into an 8 mile walk and you know I saw you walk down the street!

Bicycles and earphones- It is not unusual to see people singing along with "their tunes" as they ride their bike. Remember where you are and

what you are doing. Do not turn your song into a grand performance and dance while riding. I am glad you are having fun but save your diva performance for when your feet are on the ground. Singing, dancing, and closing your eyes for your finale is dangerous, you might hit a pole...just saying !

Scooters and Electric Cars- When you drive one of these you must follow the rules of the road. Last week while walking up the street I saw many flashing lights and heard a lot of siren whoops. There was a very large funeral procession with a lot of law enforcement coming down the street. People in cars pulled

Continued Inside Back Page

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