

SPRINGWATER PARTY LINE

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by Katherine J. T. Humphrey

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Spring is on the way . . . I just spied a snowdrop blooming in my east flower bed! In just a few days my Sunny Twinkles (winter aconites) will be blooming. Then the purple crocuses will be springing up in the lawn down front. Happy Spring to all! Note that Daylight Savings Time (spring forward 1 hour) begins on Sunday March 14 at 2 AM.

The American Legion Post 905 on School Street in Springwater is sponsoring a St. Pat's Corned Beef/Cabbage Dinner on Sunday, March 14 starting at 1 PM. Enjoy a curb-side take-out dinner for ten dollars served up the friendly people at the Legion.

The Spaghetti Dinner at Webster's Crossing by donation is definitely on the calendar for Thursday, March 25th and the Spring Roast Beef Dinner is scheduled for Saturday, April 10th at a reasonable cost. Both will be served as take-outs between 4:30 and 7:00 PM. The Webster Crossing Church on Route 15 between Springwater and Conesus is well recognized for good food and friendly service. Do mark your calendars now and plan to be nourished. We look forward to seeing you.

March is a good month to focus on nutrition. So much has been learned about the human body yet not applied by most of us. "You are what you eat" is even the title for a book! "Mindful Eating" is a method suggested for paying attention to what we put in our mouth. Countless applications for eating well are available on the phones people carry around. Ask a friend, "Are you on a diet?" Surprising answers are sure to astound you, as they did me. So much better to make behavior and lifestyle changes instead of taking medication or opting for surgery. Start with just one change that is doable, like a fruit instead of a candy bar. Not only is the average price for fresh fruit less per ounce than the per ounce cost of candy, but fruits are loaded with anti-oxidants and fiber of which candy is devoid. Think Easter fruit more often than Easter candy.

The Livingston County Historical Office Heritage Tours are in full swing for the 2021 Bicentennial (200 years!). Dozens of blue and gold signs dot our county landscape. Most were erected between 1926 and 1936 by the State Education Department as a way to commemorate historic sites during the 150th anniversary of the American Revolution. Since that time many new markers have been added and several of the original signs have been restored. Find the new historical markers and enjoy a spring Sunday drive by logging into Livingston.oncell.com. Keep checking the <https://www.livingstoncounty.us/162/County-Historian> website for the latest Bicentennial calendar and take part in the Covid-19 Documentation Project.

For anyone interested in a hands-on chainsaw safety training the course Game of Logging Level 1 will be on Monday, May 24 at the Genesee Valley Conservancy Property, Mill Creek Nature Preserve, 10651 State Route 21, in Wayland with instructor Bill Lindloff. The Game of Logging provides hands-on chainsaw safety training focusing on open-face felling, personal protective safety equipment, and saw safety, including such features as bore cutting, pre-planning and hinge

wood strength. Each participant will fell a tree under the trainer's guidance. [Email Pauline Boyer](#) at NYCAMH (or call 800-343-7527) for course details and to sign up.

Sunday, March 7, fourteen people attended the hike at Ontario County Park. Several took one of the last opportunities to ski with Mark, several went on the long hike with Linda, and three enjoyed walking the yellow trail to marker 8 and then turning back and eventually ending up to see the outstanding view from the lookout once again before returning to the parking area. By staying on the beaten path a hard trail called out for traction devices and poles, as the snow piles were well up to your knees otherwise. Harriett Hollister Spencer Park will be the destination for Springwater Trails' skiers, snowshoers, or hikers on Sunday, March 14th gathering before 2 PM (remember to change your clocks to daylight savings time). For more details, towards the end of the week, log into the calendar at SpringwaterTrails.com or ask a regular hiker.

Do log into the Little Lakes Community Center activities at <https://www.facebook.com/littlelakesNY/> as there is something to do everyday of the week at 4705 S. Main St. in Hemlock. Some activities are once a month like the Book Club or the History buff's meeting,; there are people presenting on other topics or leading in exercise, games, touring, craft, dance or music, food preservation or gardening in season. And, if you have a talent to share and are willing to present, there is room to do so. A box office and store is open as follows: Tuesday, Wednesday, Thursday, and Saturday from 10 AM to 2 PM and Sunday from 1 to 3 PM. Folks are there to welcome visitors to the region, share the local history of the LLCC, sell products from local artisans, and register those who are interested in the activities.

This week's tip: March is Nutrition Month. In place of salt, learn to use herbs and spices, lemon juice, lime juice, and vinegar to flavor your food. Read labels on what you purchase and select the items that are lower in salt or sodium if you have a choice next time you shop for groceries. Pay special attention to the snacks you select for yourself or your family. The suggested amount of sodium in a heart healthy diet is recommended to be no more than 2,300 mg per day, but if this is too difficult for you to achieve, start with a 1,000 mg less sodium daily than what you are eating (to help keep blood pressure between 90/60 and 120/80). Whenever possible, season the food yourself and limit processed foods like frozen dinners, canned soups, packaged mixes, crunchy snacks, and ready made dishes that are typically high in sodium like pizza, burgers, ham, bacon, sausage, and Chinese food. Pay attention to serving sizes.

Happy Birthday to:

March 11 – Tracy Smith

March 12 – Phillis Shepard

March 13 – Jonathan VanDurme, Shelley Quackenbush

March 14 – Sandra Lee James, Jeffrey Vadney, Richard Jamison

March 15 – Rodney Holden, Chris Sackett, Sarah Hart

March 16 – Carly Miceli

March 17 – Zack Smith

March 18 – Brendan Willard, Alexis Carnrite, Cheyenne Carnrite

Anniversaries: Congratulations!

March 17 – Ron & Sally Brown #65, Jerry & Barbara Carney #65, Dwayne “Smitty” & Renee Smith