

Town of Porter eyes new fitness center at park

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fallen victim to the earlier Lake Ontario flooding.

"We wanted to provide a place there for residents and visitors," said Porter Supervisor John "Duffy" Johnston.

He said the town's waterfront attention is now moving east, with a number of projects in store now and in the future at the nearby Porter on the Lake Park off Dietz Road.

"I wrote this grant for the Town of Porter; it's going to be an exercise trail," he said. "We got it from the LWRP grant (also known as the Local Waterfront Revitalization Program)."

Funded in part by the New York State Department of State and the Environmental Protection Fund, the new projects at the town park are intended to improve on the lake's water quality and protect shoreline erosion, educate residents and visitors on environmental issues, and provide for better public access at parks and trails in the town.

"There is going to be a bike path coming all the way down Dietz Road," Duffy said, noting that, in the future, this will also serve as a final leg for the statewide Greenway Trails project for the River Region.

Looking over plans for the park, he continued, "When you come in, there's a natural trail (on the park's south end). So, now it's going to go to the east."

Plans at POTL call for construction of a small bridge going over a nearby creek on the park's eastern end, along with playground equipment for the kids and an exercise facility intended for all ages. Anticipated to cost roughly \$140,000, funding will come from an LWRP grant, Johnston said.

"It will be an 80/20 match. There will pull-up bars, push-up bars, different exercise equipment," he noted.

And that's just part of the improvements in planning for POTL, a former lakeside recreation property owned by the Occidental Chemical Corp., which the town acquired in the early 2000s.

Still another park feature will be an access point for kayaks at the



New park trails at Porter on the Lake, and the new bridge completed by Youngstown Scout Robert Gilbert as part of his Eagle Scout project. (Submitted photos; see more online at www.wnypapers.com.)



end of Dietz Road with a new parking lot for 12 vehicles nearby. On the sandy beach area, plans call for four sets of waterfront benches placed lakeside. Balancing the project are three trail benches each for wooded sections on the park's eastern lakeside area and in the southwest side near Dietz Road, plus the bridge, signage and the aforementioned exercise equipment.

"You'll be able to pull in and be able to unload your canoe or kayak and be able to go right down right down to the water," Johnston said. "You'll have easier access; there will be wooden railings down to the beach.

Returning to the bridge project, Johnston said that Youngstown Boy Scout Robert Gilbert has been working with his Scout

members to build it as part of

his Eagle Scout project over past months.

"He supervised the whole thing and was assisted by the younger Scouts," Johnston said. "(Gilbert's) dad helped him with the pilings, it's some project."

And capping off this will be fitness exercise court/gym that's eyed for the park in the future. A project of the National Fitness Campaign, the fitness court offers a variety of exercise equipment at no charge to the general public. Described as "the world's best outdoor gym," it's the type of facility typically found in university settings and exercise centers in bigger cities.

According to the National Fitness Campaign, "The fitness court accommodates beginners and experts at every station. Users can leverage their bodyweight

at different angles and levels of resistance to improve their performance over time."

At this writing, Johnston said the town is pursuing funding assistance for the fitness court via Greg Stevens, executive director of the Greenway Commission. The project is eyed as another component of the developing state trails system from Lewiston up to Youngstown and out to Porter on the Lake. It's expected to cost in the range of \$348,000.

"There's nothing like it around here. The closest one is in Rochester," Johnston said.

Johnston said he met with Stevens this week, and Stevens is developing a master plan to integrate the trails system into POTL along with the fitness center. It's eyed as the finishing piece to the town's park's improvements that

are expected to be complete in 2022.

"He's all on this," Johnston said. "It'll be part of the bike trail that will end in the park."

'Boulevard Beautification' in Wheatfield

It's time for getting festive in the Town of Wheatfield.

The Wheatfield Enhancement Volunteers reports its second annual winter holidays "Boulevard Beautification" event is now underway.

A press release noted the Town of Wheatfield is leading the effort

with holiday decorations placed in the garden area at the intersection of Nash Road and Niagara Falls Boulevard, and on the Town Hall campus. Participation of residents and businesses along the boulevard is voluntary.

"We invite residents and businesses along Niagara Falls Bou-

levard to decorate for the holiday season. The goal is for the boulevard to be 'festive.'"

The group advises that, since Niagara Falls Boulevard is a state route, any decorating of the highway areas is not permitted. But holiday decorating of private properties on both sides of the

roadway is allowed. Participants on the north of the boulevard who front Sawyer Creek are advised to limit their decorating to lands north of the creek.

"Please share your pictures on social media ... #blvdbeautification," the group requested.

Memorial Medical Center postpones Premier gala

Niagara Falls Memorial Medical Center will postpone its signature black tie gala, the Premier, due to the recent surge in COVID-19 cases. The event, which was scheduled to take place on Saturday, Jan. 15, will now take place on Saturday, April 30, 2022, at the Seneca Niagara Resort & Casino, 310 Fourth St., Niagara Falls.

NFMMC said, "With the current uptick in COVID-19 cases and admissions, the health and safety of the community is of utmost importance."

The annual event, which traditionally hosts over 900 guests from throughout Western New York, honors and recognizes individuals who have made a lasting impact on the community. The

2022 honorees are Memorial's chief of infectious disease division, Rajinder Bajwa, M.D.; and philanthropist Russell J. Salvatore.

Proceeds from the 2022 Premier will go directly toward the Medical Center's many programs and services. For more information, call 716-278-4605.

2022 VACANCIES

TOWN OF WHEATFIELD

As of January 1, 2022 vacancies will exist for the following positions:

- Town Historian
- Assessment Board of Review
- Zoning Board of Appeals
- Planning Board
- Bingo Inspector
- Grant Writer
- Town Prosecutor
- Town Attorney
- Town Engineer
- Senior Citizen's Leader

Please submit a letter of interest addressed to:

Kathleen Harrington-McDonell, Town Clerk
Wheatfield Town Hall
2800 Church Road
North Tonawanda, NY 14120

Postmarked by December 22, 2021.

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Juggling your already stress-filled days with marathon shopping sprees and holiday entertaining can wear you down physically and emotionally. Not to mention lifting and wrapping bags and boxes of gifts, putting up the tree, handling excited children and their activities, baking the holiday goodies and shoveling the "white" in Christmas.

Chiropractic adjustments to the spine keep your nervous system balanced, helping you feel more relaxed, increasing your energy, decreasing discomfort and boosting your immune system. Can you think of a better way to get through the holidays?

Digestive enzymes help that bloated feeling after eating too much. Drinking a glass of water a half-hour before a meal helps digestion as well as preventing the many symptoms of dehydration.

Have a few treats, but don't over-indulge in the sugar and white flour goodies as they both have harmful affects on the immune system and contribute to the susceptibility to colds and flu come January.

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