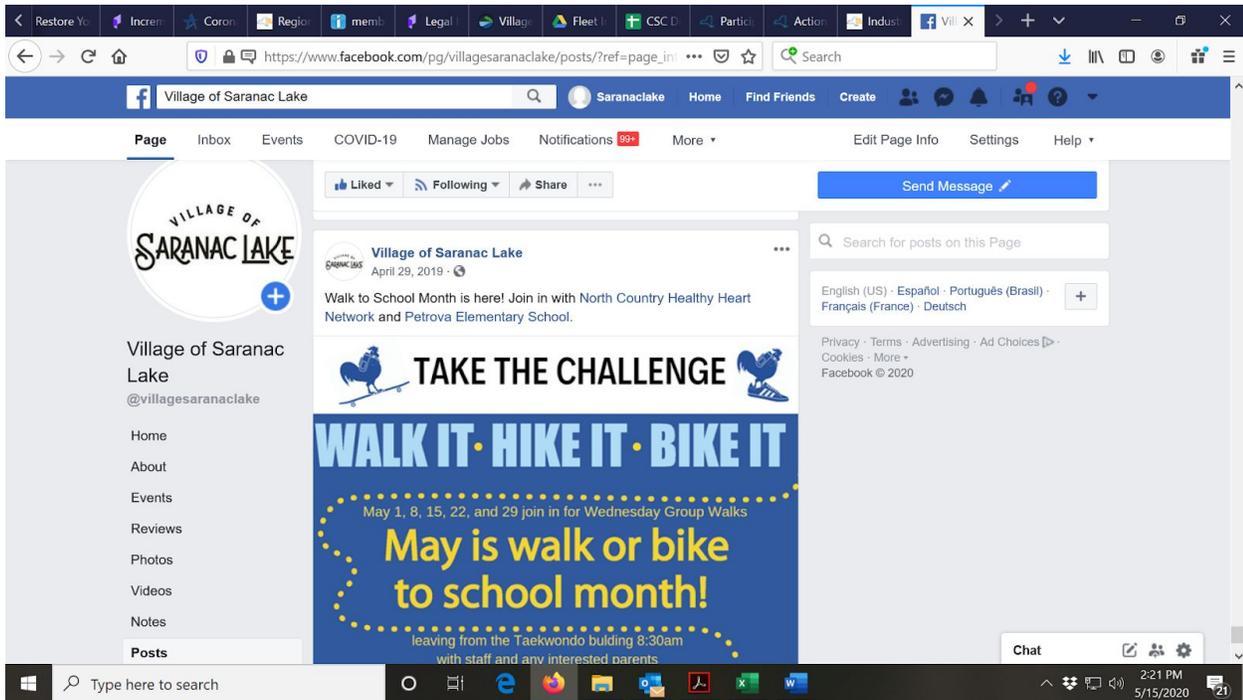


Screenshot of Village of Saranac Lake Facebook Post from April 2019:



Example of Safe Routes to School sign:



Letter sent home to elementary school students:

Dear Parents/Guardians,

The North Country Healthy Heart Network is pairing up with Petrova Elementary for another year of the Walk & Bike (Safe Routes to School) Challenge during the month of May. We encourage you and your child to participate.

What is the challenge? It is a 4 week program that encourages physical activity. Any activity counts, not just walking & biking. Please use the calendar attached to track your child’s activity minutes for the month. The two classes with the most physical activity minutes at the end of the month will win the golden shoe awards and earn a class reward.

Each week students can turn in their activity tickets and two names will be drawn from each class for prizes. Circle the shoe if you walk to school, circle the bike if you bike to school, and circle the skateboard for any other physical activity you participated in for that day.

Wednesday Walk to School Opportunity Students in grades 3, 4, & 5 can walk to school from the town parking lot (by the Taekwondo building). Parents are welcome to participate and staff will be there to walk with students. The dates for the Wednesday walks are May 1st, 8th, 15th, and 22nd. We will leave the parking lot at 8:30am.

Cognitive Benefits of Physical Activity	
Direct	Indirect
<ul style="list-style-type: none">• Reduced insulin resistance• Reduced inflammation• New blood cell growth• Increased release of growth factors	<ul style="list-style-type: none">• Decreased stress• Improved mood• Improved quality of sleep• Decreased anxiety

Source: <http://www.health.harvard.edu/blog/regular-exercise-changes-brain-improve-memory-thinking-skills-201404097110>



Sincerely,

Tara Cassidy, school counselor



Parks & Trails Advisory Board Meeting Minutes 4/24/19

Meeting Commenced 5:35pm

Present: Lindy Ellis, Jason Smith, Andrea Audi, Jimmy Cunningham, Dwight Stevenson, Steve Langdon, Tyler Merriam, Ashley Milne, Jamie Konkoski, Ashley Milne

Absent: Marijke Ormel

1) Public Comment

- None

2) Approve February Meeting Minutes

- Jimmy moved, Dwight seconded, unanimous approval.

3) Old Business

A. Action Plan for 2019

- Brainstorm goals/actions
 - Discussion of how to complete worksheet in order to prioritize goals/actions.
 - Lindy suggested selecting our top 10 and then reconvene.
 - Decision to put a check mark by boards top 10 on an individual basis.
 - Discussion about about line item 12 on project list, amended to complete a description of each road in order to summarize DPW wants for that street.
- Prioritize goals/actions
 - Andrea tabulated list of boards selections for priorities.
 - Discussion of overall board impressions of project options.
 - Discussion of some of the projects that are currently in process, such as wayfinding signs, and the successes or weaknesses of said projects.
 - Discussion of the possibility of how some of the projects could be combined, or why some might be higher priorities than others.
 - Discussion of park use data.
 - Summary of results from tabulation: 6 for Lake Colby Beach; 5 for wayfinding signs, bike rack selection, bike and pedestrian maps on village website, bike and pedestrian network; 4 for Smitty Day and NCCC similar day; 3 for PTAB calendar of events, photo competition for village website, village-wide speed limit, private

partnerships, community bike ride; discussion of how many have 2 votes (lower priority).

- Discussion of what items are low-hanging fruit:
 - Bike rack selection already has a doodle poll, 5:30 on May 1st, meeting at Riverside Park.
 - Steve will write up a proposal listing places and what could be talked about at each park.
 - Lake Colby beach grant is being written up for the Smart Growth Grant, waiting on construction documents/site plan(s) from Chazen.
 - Completing the wayfinding signs, Jamie will be ordering additional signs based on which ones currently have sponsors. Additionally, maps could be created that include the new decidedly different signs, there is grant money for this.
 - Bike and pedestrian networks simply need a few more write-ups, approximately 3 hours of work and 1 meeting.
 - Having a community events calendar internally for PTAB would be a relatively simple process if we had a PTAB email address, Tyler can help Jamie create a Google if Cassandra doesn't have availability.
- Discussion of how to turn some of these projects into action items/an action plan, Jamie will complete this list of actions for any project that had 3 or more votes.
- Ashley will look into how to claim parks officially as Google-recognized owned locations by the village.
- Discussion of what specifically PTAB is interested in for Lake Colby Beach.
- Discussion of whether anyone is interested in asking if any village board member is interested in being an ex officio member of PTAB for liaisoning purposes, Jamie agreed to do so.
- Discussion of interest from anyone on PTAB about taking up projects that didn't receive more votes or items not on list, such as an inventory of all street trees in town (PSC or NCCC student project?).
- Jimmy will be liaison for a NCCC volunteer day similar to Smitty Day.
- Tyler will reach out to Winter Carnival Committee to discuss cleanup.
- Discussion about options for village-wide speed limit and how that would or could take effect; Lindy will ask Dave Warner or another applicable individual about this possibility and what can be done. Dwight found some of the applicable laws and will share document with Jamie.

B. Safe Routes to School.

- Dwight reported on this initiative and what events related are coming up.
- Jamie will get zip ties for Safe Routes To School signs and leave them at the village office; she will also send out a spreadsheet for people to sign up for sign locations. Additionally, all PTAB members should take photos of their sign locations for social media and record-keeping purposes.

5) New Business

- Discuss desire/need for subcommittees.
 - Tabled until action plan is completed.
- Smart Growth Grant-William Wallace Park (Lake Colby)
 - Discussion of how gate at Lake Colby will turn out, both aesthetically and liability-wise, as it relates to Lake Colby Beach hours.
 - Discussion of lifeguarding challenges, staff-wise and liability-wise, as well as beach regulations, Department of Health requirements, etc. as they relate to Lake Colby Beach.
 - Extensive discussion about additional Lake Colby challenges along with brainstorm about possible solutions.

Meeting Adjourned 7:19pm

- Andrea moved, Jimmy seconded, unanimous approval.