

Health & Fitness ▶ 2-19

No Rachael Ray this year ▶ 5

The

# Chronicle

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**Winter Home!**  
issue next week



**SPAC chief looks ahead**  
Elizabeth Sobol's view ▶ 26

## Bad flu season; officials urge shot

By David Cederstrom  
Chronicle Staff Writer

"It has been a pretty nasty flu this year [but] it is not too late to be vaccinated," says Debra Galatioto, Assistant Director of Nursing – Education & Infection Control at Hudson Headwaters Health Network.

"Flu season can go straight through the spring. Certainly, if someone hasn't been vaccinated yet, they should be vaccinated.... Studies do show that even though you may still get the flu, chances are if you get the flu after being vaccinated you'll have less severe symptoms."

Patricia Belden, Warren County Public Health communicable disease coordinator, agrees. "The flu vaccine isn't 100% effective" at preventing flu, but it should at least help you have a milder illness if you come down with it.

Vaccination may also decrease

Please turn to page 13

Hit by Parkinson's ▶ 9

## Still awaiting the freeze

Lake George, looking north from the Steel Pier in Lake George Village. Plenty of ice but the 32-mile length isn't locked up yet.

Lake George Association photo



## When will Lake George ice over?

By Gordon Woodworth  
Chronicle News Editor

Lake George hasn't completely frozen over, but it's close.

"I anticipate we'll get a full freeze this winter, but that's just a guess," said Larry Eichler, who has kept a close eye on the lake since 1979 as a research scientist with the Darrin Fresh Water Institute (FWI).

His office in Bolton Landing looks out over Northwest and

Sawmill bays.

Did the brutal stretch of cold weather around the New Year give the lake a head start toward buttoning up entirely?

"I honestly think so, but we've had some very cold mornings since and it didn't freeze over," Mr. Eichler said.

Lake George Association executive director Walt Lender lives in Ticonderoga and drives the length of Lake George every day on the way to the office.

Tuesday afternoon, he told us, "Hague finally iced over as of this morning. There's still an open spot in front of Arcady Bay, which is just north of Silver Bay.

"It's frozen all down through the Narrows, but where Northwest Bay opens to the main lake is still open. Everything else is iced over."

Mr. Lender said he is seeing

Please turn to page 16

## Daily Double bar on South Street reborn as 'Bottom Rockers'

By Jason Irwin  
Chronicle Rock Critic

Re-inventing the Daily Double Bar on South Street as a hot new club and live music venue isn't going to be an easy task, but 36-year old Lake George resident Jesse Smith says he is up for the challenge.

"This is what I do," he says.

"This will be a new beginning for this property."

The bar was owned by Jesse's aunt and uncle, Marty and Roseanne Stalker, for the last 30 years.

"They are selling to me," says

Please turn to page 24

Looks to shed 'rough, tough' image; book music for an 'edgier crowd'

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