Happy New Year to all Penfield families!

Now is the time many of us are thinking about New Year’s resolutions like dieting, a new exercise routine or getting more rest. The Town’s Employee Wellness Team asked me to remind Penfield residents of a very easy habit to adopt that yields wonderful health benefits for everyone—drinking water!

Almost two-thirds of our body is made up of water, so it is not surprising that when we don’t drink enough water our health and well-being may suffer. What are the key benefits of drinking at least eight glasses of water each day? Hydration helps with weight loss, supports your heart, boosts your energy, stops headaches and dizziness, fights infections, clears your skin, keeps you regular, improves concentration, and makes exercise more effective. This resolution should be easy to make and keep, so grab your favorite water bottle and join in; you will be amazed how easy it is and how good you will feel.

The winter weather has been slow in coming this season; however, we all know that it is just around the corner. I am reminded by the three fire districts supporting the Penfield community, as well as some safety-conscious residents, that all neighborhoods should adopt a fire hydrant this winter season. Once you have cleared your driveway and walkways, please consider clearing snow from the hydrant nearest your property. If there is an emergency in your neighborhood that requires the use of a fire hydrant and firefighters have to clear the hydrant before use response time will be delayed and damage will be more severe. Please take the extra few minutes to clear hydrants in your neighborhood...thank you in advance for assisting our emergency services providers.

Mark your calendar for the annual “Indoor Hike” to be held Saturday, February 13 from 10:00 a.m. to noon in the town hall auditorium. This free program is open to the public and has been a big hit with all hikers as they are updated about the many hiking programs and activities planned for 2016. There will also be an outdoor adventure featured speaker. I hope to see you there!

By the time you are reading this column you should have received your 2016 County/Town Tax Bill. Each year I prepare a supervisor’s message sharing information you may find helpful as you review your bill. This message is available online at www.penfield.org under Quick Links. If you have any questions regarding your bill, please contact the Tax Receiver at 340-8626. I welcome feedback on any improvements you may have on the information contained in this message that may help better explain the elements of your tax bill.

As we close out 2015 and prepare for 2016, Recreation Director Chris Bilow and his team have shared a summary of 2015 registrations. Once all walk-in registrations are totaled and added to online figures, we will exceed more than 10,000 participants for the first time in our history. Last year we offered 869 programs with 9,905 individuals registered in the programs. For comparison, in 2014 we offered 842 programs with 9,203 total registered individuals. The Recreation Department continues to grow and expand program offerings to meet residents’ needs. Great job team, you make a big difference in our great community in so many ways.

Until next week, please remember to drink your eight glasses of water each day!

Tony

supervisor@penfield.org