As I am out and about this great community, I hear a lot of discussions regarding New Year’s resolutions for losing weight and getting fit. Residents are signing up for memberships to the "Y" and other popular fitness centers throughout the town. For those of you who are having trouble finding the time to get to the gym or fitness center, or you just made that next semester payment for your daughter or son for college, consider tuning in to our own PCTV channel 12 for "Fit For Duty." Fit for Duty takes viewers through a high-energy 30 minute workout led by military service members with expertise in fitness training. This program makes it simple to follow along with complete exercises demonstrated by the instructors. The programs are very good with a lot of variety, and it’s free! The program starts at 7AM, and if that is too late for you early risers, consider recording for later in the day or the next morning. Happy cardio!

January is National Mentoring month, and this is the 10th anniversary. The Office of Children and Family Services encourages all of us to consider mentoring as a practical and cost-effective way to support positive youth development. The theme for National Mentoring Month 2011 is "Help Them Get There: Be a Mentor." If you are interested in supporting local efforts to provide quality, effective and safe mentoring programs for children, youth and families, please visit www.mentoring.org or contact the Rochester Regional Youth Development Coordinator at lydia.dzus@ocfs.state.ny.us

While I was visiting Atria of Penfield the other day, I learned that their Food Services Director, Paul Molisani, has been recognized nationally for his signature item-a "spiced pecan roll with a chocolate liqueur glaze." Chef Molisani submitted his creation, along with 132 other chefs, and was awarded the Divisional Winner of New York, as well as the National Winner for best overall product. Chef Molisani will be featured nationally in a new Atria program called "The Signature Chef Series"...congratulations Chef Paul and don't be surprised to see me sitting at one of the Atria tables the next time this desert is served!

Over the last few weeks there have been two chimney fires in the town, resulting in smoke and/or water damage to the homes. Our Fire Marshal's Office would like to remind all of our residents with fireplaces and wood stoves of the following items:

- Have a professional chimney sweep inspect chimneys annually for cracks, blockages and leaks and have them cleaned and repaired as needed
- Only burn seasoned hardwood - not trash, cardboard boxes, Christmas trees, or other materials
- Use a sturdy screen or doors to keep embers inside the fireplace
- Ensure all of your smoke alarms are functioning properly

We do not want to see any of our residents injured or displaced from their homes because of a chimney fire from a fireplace or woodstove.

I want to give one more plug for the Energy Efficiency Workshop sponsored by Penfield's Energy & Environmental Advisory Committee that will be held this Saturday January 15, at 10:30AM in the auditorium of the Town Hall. Pre-registration is encouraged, but not required; contact Kimie Romeo @ 461-1000, X-260 or kimieromeo@yahoo.com to register. This workshop is FREE and open to the public; I hope to see you there.

Until next week, be well and be safe!

Tony
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