The Town employees' Wellness Committee reminds us all that February is "Heart Health Month." With millions of Americans diagnosed with heart and cardiovascular diseases, we can all benefit from making healthful choices in our day to day lives. Some ways to do that include: eating a healthful diet – a healthy diet has been proven to reduce the risk for heart disease; exercising more – regular exercise keeps your heart and the rest of your body in shape; stopping smoking – smoking is a major risk factor for heart disease; learning to relax – chronic anger and stress can damage your heart. Make your lifestyle heart healthy!

As we look to suggest and encourage healthier choices across town facilities, I am pleased to announce that, in conjunction with our long time wellness partner Wegmans, we will be getting the first community-based "Wegmans Healthy Snack" machine at the Community Center. This program is sponsored by Wegmans and they have partnered with Sireness Vending to provide a healthy alternative to the normal candy and pop machines. We are indeed fortunate to have a company like Wegmans that continues to look for ways to make healthy foods and snacks easily available and convenient. Thank you Wegmans for your support of the residents of Penfield!

Our Rec team wants to make sure everyone is aware of the "February Break Active Boredom Busters" programs. Get the kids off the couch and away from the computer or TV screen and get them on the slopes at Bristol Mountain February 21; at the bowling alley February 22; fine arts camp February 21-24; open and lap swim or swim skills clinic February 21-23; spring board diving February 21-24; and gymnastics camp February 20-24. These programs and many more are available through the Recreation Department. Log on to www.penfield.org to view more opportunities and programs.

It is that time of the year when the Penfield Players announce auditions for its spring melodrama "Edad! The Woman in White." This program, written by Tim Kelly and based on Wilkie Collins' classic, features a disreputable villain set to dispatch his adversaries at all costs. But he's scared of the mysterious "woman in white" who's escaped from the asylum to seek him out. Abandoned wives, insolent servants, lawyers, hypochondriacs and manly drawing masters create a spectacle across the stage resulting in laughter, fun and a spectacular finale as they all aim to bring the villain to justice. There are roles for four men and six women. For more information, visit www.penfieldplayers.org, or call Nicholas Hambas at 585-359-1232, or send an e-mail to nhambas@rochester.rr.com.

Last reminder — the annual Indoor Hike sponsored by the Penfield Trails Committee will be held at the Town Hall this Saturday February 11 at 10 a.m. The program is "A Hiker's Jamboree." These programs are always fun and informative. I hope to see you there!

Important dates and events in history: February 10, 1967 — The 25th amendment is added to the constitution. The 25th amendment, ratified on Feb 10, 1967, defines the conditions under which the President yields authority to the Vice President due to disability, and codifies the process for appointing a new Vice President should the office become vacant. However, the amendment does not establish a precise time frame defining a Vice Presidential vacancy.

Until next week, enjoy the mild weather!

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