Jerry Kier, Coordinator of Penfield American Legion Braman Post 1229, contacted me to ask for the community’s help sponsoring 28 soldiers from Fort Drum recently deployed to Afghanistan. Post 1229 sends boxes to troops every six weeks to let them know we care about their well being and appreciate their service. Braman Post is requesting help with monetary donations to assist with mailing expenses and donations of food supplies such as Kool-aid, crackers, Oreo’s and animal crackers, sugar packets, tissues, instant coffee, tea, powdered creamers, gum and zip-bags. (Please no glass or chocolates). Checks made payable to the Penfield American Legion may be mailed to Penfield American Legion, PO Box 4, Penfield, NY 14526. To donate supplies contact Jerry Kier 872-3244 or Jerry Thompson 223-2666. On behalf of Post 1229, thank you in advance for helping our troops!

The Monroe County Sheriff’s Office (MCSD) reports an increase in the number of thefts involving catalytic converters from vehicles. Most thefts have occurred at businesses and residences on the west side of Monroe County and on Jefferson Road in Henrietta. Converters are cut from cars and trucks and illegally sold for scrap metal. Unfortunately, it may take days before a person realizes they have been victimized. The MCSD wants to alert east side residents and businesses to the thefts asks that anyone who sees suspicious activity to call 911. If possible, secure your vehicles in a locked garage to minimize the potential for criminal activity. The Sheriff’s Office is dedicated to making the community a safe place to live, work, and raise a family. For more information, go to: www.monroecountysheriff.info, www.facebook.com/monroesheriffny, https://twitter.com/monroesheriffny.

The following information is from the Town’s employee “wellness team”:

-February is American Heart Month; this is a great time to think about healthy habits that will keep our kids’ hearts healthy. It’s been proven that maintaining a healthy weight decreases a kid’s chances of getting heart disease later.

- High blood pressure is the single most significant risk factor for heart disease. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer.

- High blood pressure, also known as hypertension, means the blood running through your arteries flows with too much force and puts pressure on your arteries, stretching them past their healthy limit and causing microscopic tears.

- Uncontrolled high blood pressure can injure or kill you by causing heart disease or stroke. It’s sometimes called "the silent killer" because it has no symptoms. Approximately 90% of all Americans will develop hypertension over their lifetime and one in three adults has high blood pressure, yet, many people don’t even know they have it.

- Good news! High blood pressure is manageable. Whether your blood pressure is high or normal (normal is less than 120 mm Hg systolic and less than 80 mm Hg diastolic or <120/80) the lifestyle modifications listed provide a great heart-healthy living plan for all of us.

These behaviors may reduce blood pressure without the use of prescription medications:

- eating a heart-healthy diet, which includes reducing sodium

- enjoying regular physical activity and maintaining a healthy weight

- managing stress

- limiting alcohol

- avoiding tobacco smoke

The days are getting longer and a sense of spring is in the air! What a great time to start thinking about gardening and reserving your plot at the Penfield Community Victory Garden. Established in 2010, this 3.3 acre piece of town-owned land is home to 72 garden beds which Penfield residents many rent for a fee of $35.00 for the growing season. An introductory class will be held on March 28 for those who wish to learn more about the garden. Rules and regulations for the garden can be found on our website at www.penfieldrec.org.

I close this column with sad news for the Penfield community. This past week we lost two well-known lifelong residents, Thomas E. “Tucker” Urckfitz and Sidney R Ludwig. Both men are wonderful examples of what Penfield is all about—heritage, family, integrity, hard work and community service. Tucker and Sid, thank you for the impact you made on the rich heritage and foundation of Penfield. To the Urckfitz and Ludwig families, our thoughts and prayers are with you, and thank you for sharing these two wonderful men with our community.

Until next week, be well and be safe!

Tony

supervisor@penfield.org

340-8631