I would like to start off by thanking Jim Costello, our Development Services Director, for being last week’s guest columnist and giving everyone a wonderful overview of Penfield as a popular place to dine with 83 eateries across six business districts. As always, as you make choices about where to shop or dine, please remember that “investing in Penfield businesses is an investment in our community.” Bon appetit!

The town board recently presented certificates of recognition to the Penfield Patriots Varsity Cheerleaders for capturing their first Section V title and their second national title. This energetic and talented group of young ladies took the competition by storm to make their families, school district and community proud of their accomplishments. Congratulations ladies and thank you for being such great ambassadors for Penfield.

This week the town’s employee wellness committee reminds us of what we can do to prevent kidney disease. Our kidneys perform vital functions to help maintain overall health, including filtering of waste and excess fluids from blood. The two leading causes of kidney failure are diabetes and high blood pressure. Careful control of blood sugar in diabetics helps to prevent complications such as kidney disease, coronary heart disease and stroke. A healthy lifestyle including appropriate weight and regular exercise can help control, and may even help prevent, high blood pressure. If you are interested in starting some regular exercise or a wellness program but you’re not sure where to start, consider logging on to the Penfield Recreation website at www.penfieldrec.org to view the many different programs we offer for all ages.

This is one last reminder to mark your calendars for Tuesday, April 9 at 7:00 p.m. for “Living Next to Stormwater Ponds IV.” With more than 130 ponds in our community, many residents are impacted by water quality and stormwater management. The program will provide information on green practices and maintenance techniques to minimize algae, erosion, weeds, invasive species, and nuisance wildlife at ponds. Speakers will also provide an update on Penfield’s efforts to improve water quality and recent stormwater regulations. The program will be held at the Town Hall in the auditorium; I hope to see many of you in attendance.

Congratulations to the Penfield School District for being named to the 2013 list of best communities for music education by the North American Music Merchants Foundation. As a parent of two daughters who were heavily involved in music throughout their school experience, Penfield has consistently been recognized for its music education. A special thank you to all teachers, students and parents who make this program so successful!

We are very fortunate to have the Penfield Volunteer Emergency Ambulance (PVEA) providing support and care to residents in our community. Like your insurance policy, you hope you never have to use this service, but are glad it is there when you have a problem. The PVEA recently recognized its members with service awards. Karen Manetta was honored as “Member of the Year” for going above and beyond to serve PVEA in 2012. Mark Harris received PVEA’s highest honor with an award for “Outstanding Service.” This award is given to a member who, over a period of time, has consistently worked to maintain the integrity and vision of PVEA. Congratulations to Karen and Mark for their accomplishments and service to the Penfield Community.

Until next week, let’s be optimistic that spring truly is just around the corner!

Tony
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