Town of Penfield Supervisor’s Column
July 23, 2018

I would like to share news that Senator Rich Funke will be hosting his 4th annual electronics recycling event on Saturday, August 11 from 9:00 AM to noon at Bishop Kearney High School, 125 Kings Highway. To learn what materials are being accepted for recycling, please go to www.sunnking.com/acceptable-materials. Please note that there will be a limit of two CRT (tube) monitors or televisions per vehicle. The event will take place as scheduled or until they reach capacity of 10 to 20 trailers, whichever comes first. Collection must stop once trailers reach maximum capacity, so plan on getting there early because these events are quite popular. This event is scheduled rain or shine, simply drive through and your electronics will be unloaded! This event is sponsored by Senator Funke, Spectrum, and Sunnking Recycling.

Because of the unusual heat and humidity this summer, the Town’s Employees Wellness Team has asked me to pass along some thoughts on the importance of staying hydrated. Did you know that physicians and dieticians suggest that the average adult drink at least 64 ounces of water each day? Our bodies are made up of more than 60 percent water. This means that each time you lose fluids, through sweating for example, you need to fully replenish that water. When water is not replaced quickly and fully, dehydration may set in. Losing as little as two percent of your body’s water content can lead to fatigue and extreme body temperature swings in the form of fever or chills. It is important to hydrate before, during, and after exercise to avoid energy loss, cramps, and unnecessary muscle soreness.

Also, working in hot and humid environments for extended periods can contribute to heat cramps, exhaustion, stress, and the most serious and possibly even deadly heat-related condition, heat stroke. It is important that you recognize the signs and symptoms of these conditions. When working outdoors: drink water regularly; wear light, loose-fitting, breathable clothing; take frequent short breaks in cool shade; eat smaller meals before work activity; and avoid caffeine, alcohol, and large amounts of sugar. Check with your health care provider about the risks associated with all medications taken; and watch out for the following signs and symptoms of heat exposure: confusion, dark-colored urine, dizziness, fainting, fatigue, headache, muscle or abdominal cramps, nausea, vomiting, or diarrhea.

This week at the amphitheater: “Teagan and the Tweeds” on Upstage Tuesday, July 24 from 7:00 to 9:00 PM and Thursday Kids Fest, July 26 from 7:00 to 8:00 PM featuring Mike Kornrich. We could be dodging a few rain drops this week, but we will be optimistic the shows will go on so bring a lawn chair or blanket, snacks, and a cooler. Food will also be available from the PenRec food cart. The summer concert series is fun for the entire family!

Budget 2019 update: This week, comptroller Barbara Chirdo and I will complete the last of our department head reviews of initial budget submissions for consideration by the town board. We also continue to gather information on retirement costs from New York State, health care costs for 2019, workers compensation insurance premiums, costs/fees from other levels of government, and much more. The month of August is a time to tighten all of the expense and revenue lines as we prepare for presentation to the public at the town board meeting on Wednesday, September 19 at 7:00 PM.

Last week, I participated as one of six celebrity judges for the Atria Senior Living “Chef Showdown 2018.” Chef Paul Molisani of Atria took on Chef John Strakal of the Market at I-Square. Their secret ingredient...tomatoes! Both chefs prepared wonderful dishes for this Iron Chef Competition that were judged for taste, plating, and originality. At the end, Chef Paul came out on top with his creation of a green fried tomato with a whipped guacamole/cream topping and sundried tomato reduction sauce to top it all off...it was a tomato-tastic time!

Until next week, continue to enjoy your summer, stay hydrated, and come join in on one of the summer concert series at the amphitheater! Also, if you see Mrs. LaFountain out and about in the community, please wish her a very happy birthday (Wednesday, July 25th), I know she would appreciate that!

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