Town of Penfield Supervisor’s Column
Week of August 3, 2015

In this week’s Farm Market/Garden Center series, I would like to highlight Sunscape Farms. Sunscape is a 50-plus acre farm located on Creek Street that grows a wide range of fruits and vegetables as well as seasonal cut flowers. The farm is a sole proprietorship owned and managed by Nathan Savage. Years ago when kids his age were focusing on video games and action figures, Nate was cultivating his passion for growing things, which soon became his career. In 1999 Nate began growing produce to sell at markets and established Sunscape Farms in 2004. Sustainability and environmental responsibility is their focus by using little if any pesticides, and most of the fungicides they use are certified for organic growing. For more information about Sunscape Farms and the products and services they provide, please go to www.sunscapefarms.com...and remember to shop locally, it does make a difference for the entire community!

Recently the Penfield Recreation Department and its wellness partner, Wegmans, completed the installation of a QR F.I.T. Trail system along the paved trail in Rothfuss Park on Five Mile Line Road. The QR F.I.T. Trail is a series of signposts featuring QR codes that link to workout instructions and more than 150 instructional videos for core, upper and lower body, and flexibility workouts. The system works directly with users’ smartphones and QR code reader. Users scan a QR for a workout, choose their intensity level, view a video, and then perform the exercise. Exercise videos change monthly, so frequent visitors will not get bored with the same routine, and user data is not collected. Penfield is the first town in the area to install this innovative outdoor fitness system. The QR F.I.T. Trail system follows the Town of Penfield’s successful “Passport to Wellness” partnership with Wegmans that originated in Penfield and has since been replicated in many states. Learn more about QR F.I.T. Trail at www.qrfittrail.com.

I am proud to say that for more than 25 years the Town and Penfield Little League (PLL) have developed a relationship that is second to none in Monroe County, and one might say a benchmark for the region. Recently I was indulging in a cheeseburger (one of the best you can find in Penfield from Rosey’s) after work, watching a few innings of quality baseball and speaking with PLL president Greg Kamp who was updating me on the 2015 season to date. Here are a few highlights as of our conversation: The Boys Junior Team is off to the New York State Championships, the Intermediate Team won the New York State Championship and is now in Mid-Atlantic Regionals, the Girls Senior Team won districts and made it to States, Boys 9-10 made to sectionals, and Girls 10-11 made it to States. Wow, this is one of the best years PLL has ever seen!

The rest of the story is the fact that PLL is hosting Boys Districts, Junior Districts and Sectionals, 10-11 Sectionals, Girls 10-11 States, and Boys 9-10 States. On behalf of the entire community of Penfield, I would like to recognize all of the boys and girls who participate in the PLL program for baseball and softball, as well as their coaches, Greg Kamp, and the PLL Board of Directors for all their volunteer efforts to make this program the envy of many communities and organizations.

As for construction, roadwork on Route 441 will continue for the next few weeks. Please drive according to conditions, watch out for construction workers and vehicles, and drive safely!

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