We have recently turned the clocks back; although I know you have probably heard this several times, it is important to me to remind everyone to replace batteries in smoke detectors and carbon monoxide detectors. Unfortunately, every year we hear about individuals or families that were injured or worse. The cost and effort is very small compared to the potential consequences of ignoring this simple task. Do not put this important life-saving chore off!

"Strictly Murder" opened this past weekend as part of the Penfield Players 47th season. Early reports say this is another wonderful performance by all the members of the cast. Produced by special arrangement with Samuel French Ltd. and sponsored by the Penfield Recreation Department, this Hitchcock-style mystery of bluff and double-bluff will keep you guessing right up to its thrilling, suspenseful final moments. Tickets for the November 11, 12, 13, 18 and 19 performances are available by phoning 340-8655 or logging on to www.penfieldplayers.org.

The Penfield Employee Wellness Committee wants me to remind all of our residents that November is American Diabetes Month. In the United States, 24 million people are living with diabetes and 57 million more are at risk of developing type II diabetes. You can do a lot to lower your chances of getting type II diabetes by eating healthy, watching your weight, being active, and controlling your blood pressure and cholesterol. The good news is that small steps to prevent diabetes can lead to big rewards. Start today with these small steps: take the stairs instead of the elevator; make a healthy snack like fat free yogurt and fresh berries; try a healthy recipe for dinner.

If you have received your yearly flu shot, congratulations! The Center for Disease Control (CDC) says this is the first and most important step in protecting against flu viruses. If you have not received your flu shot, please consider doing so in the coming weeks.

It is hard to believe that we are starting to think about the Thanksgiving, Christmas and Holiday Seasons. I like to remind all our residents to please consider supporting Penfield businesses when you are looking for gifts. As I have said many times, healthy businesses make for a healthy community. Many of our businesses are using social media to support you and connect with you. If you use social media please take a look at Penfield businesses. Lastly, please consider materials that are made in the United States versus offshore. Supporting the USA pays dividends for all of us.

We are getting close to the last of the leaves falling. Please make sure that leaves are not piled in and around gutters or catch basins. We want to minimize water backup and flooding. Thank you for assisting us on this annual chore.

The County of Monroe and Waste Management of NY have formed an innovative partnership that provides county residents with a one-stop drop-off to dispose of or recycle certain items. Ecopark is a drop off facility located at 10 Avion Drive, south of the airport. Regular collections are Wednesday through Saturday from 7:30 AM to 1 PM. Ecopark will accept e-waste, scrap metal, clothing, curbside recyclables and more. Additionally, there will be special collections several times during the month to accept household hazardous waste, unwanted medicines, refrigerant-containing appliances and tires. For more information on Ecopark, please log on at www.monroecounty.gov/ecopark.

Important dates and events in History: November 11, 1918 – The Allied and Central Powers sign an Armistice, ending World War I, now celebrated as Veterans Day. All Town of Penfield Offices will be closed on Friday, November 11 in observation of Veterans Day.

Tuesday, November 8 is Election Day! The United States ranks last among industrialized nations in terms of participation by the people. Voter turnout averages less than 38% of the eligible citizens. Despite years of work by voter advocacy groups, turnout remains low in important non-presidential elections. Freedom comes with responsibility, and only the people can be responsible for fixing things in their own government. The solution is very simple, we must start to acknowledge the correlation between widespread lack of participation and the rise of dysfunctional government. Everyone vote counts and I would encourage all of us to exercise that right and vote in every election!

Until next week, be well and be safe!

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