With the extended mild weather, many residents have expanded their wellness and fitness routine by enjoying more walking, running and exercising their four-legged friends. Recently I was reminded by an avid walker that mornings and late afternoons are especially dark this time of year. She urged me to encourage walkers and runners to wear light clothing and some type of reflective gear so they can be seen by motorists. Please protect yourself from injury; consider wearing reflective clothing or a vest to reduce the chances of being struck and injured. If you are a regular reader of this column, you will know each week I close by saying be well and be safe!

Another topic regarding visibility on these shorter, darker days is street lighting. Visibility at intersections and other key locations throughout town is important for community safety. If you notice that a street light is malfunctioning or burned out in your neighborhood, please send a quick report to streetlight@penfield.org and include the closest street address or landmark. Your awareness and interaction is greatly appreciated and will help us improve service to you, our customer.

This week stress reducing tips from EAP of Rochester: Avoid the shotgun approach you accomplishing more by tackling one thing at a time and giving it your full attention; cheer loves company combine household holiday prep with socializing, invite friends over for a baking or gift wrapping party; pare down gift giving for extended family and social groups, suggest each person give just one gift by drawing names from a hat; help someone who needs you nothing melts away personal troubles like helping someone else overcome theirs.

This past week saw the long-awaited arrival of Daniel Penfield in the Four Corners. The installation of the bicentennial sculpture of our town founder in Schaufelberger Park was delayed many months due to soil testing by ExxonMobil. November surprisingly mild weather assisted us in completing this project before winter set in. I would like to give special thanks to former supervisor George Wiedemer for starting this project and also thank the many town staff members, dedicated residents and town board members for their vision and hard work to make this significant project possible. A public dedication of the sculpture will be held at a later date.

For those of you who may have missed the recent article in the Democrat & Chronicle regarding Malcolm Bunk Bill, I would like to recognize this wonderful Penfield resident. At 96, Bunk is still volunteering with the Penfield Ambulance. His service began in 1966, and to date he has logged more than 20,000 volunteer hours. Bunk currently volunteers his time by mowing the ambulance service lawn. Malcolm Bunk Bill deserves a spot on Penfield Wall of Fame thank you Bunk for making Penfield a better community.

I recently learned that Father Jim Schwartz, Pastor of St. Joseph, had a total knee replacement. He is currently rehabbing and making good progress and plans to be back at the rectory very soon to continue the healing process. Good luck Father Jim and best wishes for a speedy recovery; we look forward to seeing you out and about in the community.

The Recreation department hosted a wonderfully successful holiday dinner and activity night last Friday night. The excitement and expressions on the faces of our youngest residents said it all! Another great job by the entire Recreation team thank you for all you do for our residents and their families.

Mark your calendar for December 9th or 10th for the performance of Leaving Iowa by the Young Open & Honest Players. This comedy is the story of Don Browning, a middle-aged writer who returns home and decides to finally take his father ashes to his childhood home as requested; however, things have changed a bit. Grandm house is now a grocery store and Browning begins traveling across Iowa searching for a proper resting place for his father. Leaving Iowa is a postcard to those who have had the experience of driving alone on a road, revisiting fond memories of their youth. The show begins both nights at 7 PM at the Penfield Community Center. Tickets are ten dollars for adults and eight dollars for students.

Important dates and events in history: December 7, 1941 National Pearl Harbor Remembrance Day established by Congress. American Flags should be flown at half mast to honor the 2,000 Americans who gave their lives in the surprise attack at Pearl Harbor on December 7, 1941.

Until next week, be well and be safe and remember, a reflective vest might be a great present for a friend or loved one who is an active walker or jogger!

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