



# Town of Alden

## August Newsletter



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### *From Supervisor Rick Savage's Desk*

August has arrived, and with it, the height of a fabulous Western New York summer. The parks have been filled with family gatherings, sports, special events, kids splashing in the wading pool, and others enjoying the myriad of recreation programs.



Recently, Pastor Pam Lupfer of the Alden Presbyterian Church, presented a check in the amount of \$2,020.00 to the Town towards the purchase of an AED for the Wading Pool area. This very significant donation represented the proceeds of a community concert by singer Micheal Castaldo which was hosted by the Alden Presbyterian Church. Mr. Castaldo and the Session of the Church voted to donate the proceeds to the kids and the purchase of a life-saving AED. We are extremely grateful to both Mr. Castaldo and the Church.

The Highway Department has been hard at work completing a great deal of ditching and drainage work in addition to normal road maintenance work. My office will begin the 2019 budget process this month. It will be our intention to remain under the tax cap as the Town has done since the State's enactment.

Don't forget about our remaining Summer Concerts – Wednesday nights – from 7:00pm to 9:00 pm. On Wednesday, 8/15 the Town will have a "Cruise in at the Park" from 5:00 – 8:00 pm. This is the same night that Terry Buchwald (Elvis) will play, so cruise in with your vintage car or come to see the cars and listen to Elvis.



### *Safe Driving, Save Money*

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned.





#### **The Smart Driver online course covers:**

- Research-based safe driving strategies.
- Information on the effects of medication on driving.
- Preventive measures to reduce driver distractions.
- Proper use of safety belts, air bags, anti-lock brakes, and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- State-specific rules and regulations in 19 key areas, including construction zones, child safety seats, school buses, cellphone use and more.
- Easy-to-follow format incorporating adult-learning principles.

The Safe Driving course is scheduled for the Alden Community Center on September 14th from 9:00am to 3:30pm. Cost for AARP members is \$20, for non-members \$25. For more information call Mary @ 937-6873 or Carol @ 937-6863

Erie County Stay Fit Dining Program **AUGUST 2018**

 <p>Please come and enjoy a wonderful, nutritious meal served at one of 45 dining sites located throughout ERIE COUNTY.</p> <p>Please give <b>48 hour</b> notice if <b>ordering</b> or <b>canceling</b> meals.</p> <p>Suggested Meal donation: <b>\$3.00</b> All donations are confidential; nobody is denied a meal due to an inability to pay. All meals served with 1% or 2% milk. Coffee Hot tea and water are free.</p> <p>For Dining Site Information or Locations Call or Email 858-7639 <a href="http://www.erie.gov/stayfit">www.erie.gov/stayfit</a></p>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	 <p><b>Alden Comm./Sr. Center</b> 13116 W. Main St. To <u>order</u> or <u>cancel</u> lunch call: ~Beverly Weisbecker 937-4018 Cell 207-1640 ~Community Center on Tues., Wed. or Thurs. 10 AM to 1 PM 937-4280</p> <p><b>BINGO</b> Tuesday 12:45 PM <b>GAMES/CARDS</b> Rummy, Trivial Pursuit, Uno 1st &amp; 3rd Thursdays 12:30 PM Pat Holmes 238-3755</p> <p><b>CERAMICS</b> Thursday 9 AM <b>ALDEN SENIOR VAN</b> Tues, Wed., Thurs. To Schedule Call Senior Van Cell: 480-6532 Driver: Joyce Eastland</p> <p><b>ALDEN SENIOR TRAVEL</b> Niagara Casino, photo ID req'd 8/20, depart 11am/return 6 pm Helen at 937-6722 Louise at 937-3466</p> <p><b>ALDEN SENIOR CLUB MEETINGS:</b> 2<sup>nd</sup> and 4<sup>th</sup> Wednesday</p>
	<p><b>Alden Summer Concerts</b> Wednesdays 7:00 pm 7/25 The Patty Park's Band 8/01 Johnny Smoke 8/08 Dark Horse Run 8/15 "Elvis" Terry Buchwald 8/22 The Leftovers 8/29 Joe and the Shmoes</p>	<p><b>1 ENTRÉE SALAD</b> Julienne Salad with Classique Dressing Wheat Bread Frosted Brownie (993)</p>	<p><b>2 Homemade Stuffed Pepper</b> with Savory Sauce Mashed Potatoes Wax Beans with Mushrooms Italian Bread (805) Gelatin with Fruit Cocktail</p>	
	<p><b>7 Boneless Chicken Breast with Gravy</b> Seasoned Mashed Squash Green Beans with Red Pepper (722) Oatmeal Raisin Cookies</p>	<p><b>8 Chili Con Carne</b> with Cheddar Cheese Carrots Apple Juice Cornbread Pineapple Tidbits (788)</p>	<p><b>9 Sweet and Sour Chicken over Rice</b> Seasoned Spinach Wax Beans Diced Peaches (802)</p>	
	<p><b>14 Beef Stew</b> Mashed Potatoes Biscuit Tropical Fruit Cup (870)</p>	<p><b>15 ENTRÉE SALAD</b> Cranberry Chicken Salad on a Bed of Lettuce w/ Tomatoes &amp; Classique Dressing Rye Bread Peach Bavarian (940)</p>	<p><b>16 Meatloaf w/ Gravy</b> Au Gratin Potatoes Seasoned Spinach Wheat Dinner Roll Orange Gelatin with Pineapple (715)</p>	
	<p><b>21 Senior Citizens Day</b> Chicken Cordon Bleu with Herbed Cream Sauce Rice Pilaf Orange-glazed Carrots Peas with Red Pepper Lemon Meringue Pie (781)</p>	<p><b>22 Turkey</b> with Stuffing &amp; Gravy Mashed Potatoes Green Beans Spice Cake with Cream Cheese Frosting (806)</p>	<p><b>23 Cheese Omelet</b> with Cheese Sauce Home Fries Seasoned Spinach Wheat Bread Fresh Fruit (771)</p>	
<p><b>28 Sloppy Joe</b> on a Wheat Bun Fiesta Corn Cauliflower Fresh Apple Chocolate Milk (808)</p>	<p><b>29 Ham Steak</b> with Pineapple Sauce Brussels Sprouts Seasoned Mashed Squash Rye Bread Frosted Brownie (733)</p>	<p><b>30 Roast Beef</b> with Gravy Sour Cream &amp; Chive Mashed Potatoes Green Beans Wheat Dinner Roll Peach Bavarian (712)</p>		

## Senior News

**August 8** – Wednesday – Member Meeting – Community Center at 1:00pm. Sign-in begins at 12:30pm.

**August 22** – Wednesday – Member Meeting – Community Center at 1:00pm. Sign-in begins at 12:30pm.

**No executive meeting in August.**

**Attention senior bowlers** – join us on Thursdays in the fall at the newly renovated Alden Lanes for fun and social activity. If anyone is interested in joining our league, please contact Monica at 937-6593. You do not need to be a member of the Alden Seniors.

### Why do we call it the Dog Days of Summer

The phrase describes the most oppressive period of summer, between July 3rd and August 11th each year. But where did the term come from? And what does it have to do with dogs? Many people believe the phrase stems from the fact that dogs tend to be sluggish during the hottest days of summer (aren't we all?), while others still say the days are so hot it causes dogs to go mad. But the name is actually a reference to the fact that, during this time, the Sun occupies the same region of the sky as Sirius, the brightest star visible from any part of Earth and part of the constellation Canis Major, the Greater Dog. This is why Sirius is sometimes called the Dog Star. In the summer, Sirius rises and sets with the Sun. On July 23rd, specifically, it is in conjunction with the Sun, and because the star is so bright, the ancient Romans believed it actually gave off heat and added to the Sun's warmth, accounting for the long stretch of sultry weather. Thus, the term Dog Days of Summer came to mean the 20 days before and 20 days after this alignment of Sirius with the Sun—July 3 to Aug. 11.