

## Bee Editorial

# Get in shape, shop with Walk the Villages

The mission of the Walk the Villages program is to encourage walking for health and wellness, while promoting intercommunity visitation and access to neighborhoods and businesses.

It is a great way to learn more about your own community as well as the ones surrounding your neighborhood.

The program, which was instituted by state Sen. Mary Lou Rath, encourages people to live healthier. Studies show walking is a great way to do so.

There are several benefits for those who enjoy a brisk walk on a hot summer day. For instance, studies show walkers live longer and reduce the risk of heart disease and stroke. Walking also can be a tool to prevent weight gain, which can result in weight loss. It also helps prevent osteoporosis, which is a weakening of the bones, resulting in fractures.

Not only does walking help physically, it also improves brain power and your mood. The National Council of Aging found that walking 45 minutes per day increases the thinking skills of people 60 and older. Also, most people who walk regularly notice a marked improvement in mood, because they are meeting new people and spending time with their friends.

There are paths in Kenmore, Akron, Batavia, Clarence, LeRoy and Williamsville. The walk began June 1 and continues through Oct. 1, with local business sponsors supporting prizes and discount capabilities.

Participants will receive a village coupon book at each destination, and as they visit the local establishments they can have them stamped. Once four merchants have stamped the book, the walker can turn it in to one of the drop-off points and receive rewards.

Grand prize eligibility is offered to those who

have walked all six villages and have each of their booklets stamped.

Businesses which aren't involved this season should think about joining in 2008. It is a great way to increase pedestrian traffic and profits.

Each village has different paths with various starting and finishing points, so pedestrians can walk that village several times during the summer. The trails highlight different businesses and supports a healthy lifestyle.

For those who may not be in tip-top condition, smaller-scaled trails may be the way to start. However, for those who are avid walkers or exercisers can start on a longer path, which will highlight historic landmarks and neighborhood businesses. Restaurants participate too, so it's a great way to eat delicious food, then walk off the extra calories.

Visit [www.walkthevillages.com](http://www.walkthevillages.com) to find locations that offer tour books.

## Spindle items



**JESSICA FINCH**

Associate Editor

### • AND BABY MAKES THREE

— Three years ago, when serving as Cheektowaga Bee editor I wrote a Spindle about Father's Day and how my brother-in-law was expecting to be a dad a second time around. Well it's time again for a similar Spindle.

My sister Karen and her husband Chris are expecting their third child in October.

Gillian, who will become the middle child, was born in September 2005, a few years after the eldest Isabella, 5. Two beautiful girls who I know will be great big sisters because as children do, they

have unconditional love. Karen and Chris are opting to be surprised with the birth of their third child after finding out during the previous pregnancies there would be two daughters in their lives. I'll go on the record and say I am hoping to finally have a nephew, but on the other hand, another girl would be great because as Isabella, says, "Girls rule, and boys drool."

As I wrote back then, Father's Day is just a typical family day for us. We will be traveling to Fredonia for a barbecue and visiting. I'll admit I have been a daddy's girl most of my life, following his footsteps, literally, running track and cross country in high school and college. It was a common bond we have always been able to share. Happy Father's Day to all the dads in my life and all the dads who read The Amherst Bee.

• **PROTECTING YOURSELF** — So often I run releases on achievements of town and village residents. Well I have

one of my own. On June 1, I passed my promotion test at Mandarin Kung Fu in Cheektowaga to achieve the rank of second-degree yellow belt. I was also named Most Improved for this past promotion period. I initially signed up for a self-defense course and joined a few weeks later. I encourage all women to educate themselves on steps they can take to protect themselves. I feel it is the best activity in which you can take part.

• **DIETING?** — It seems like there is always a new diet plan being introduced. And it always seems like someone is complaining about them. Michael Giammusso, a natural health practitioner, will present a seminar, "Why Diets Fail: The three keys to permanent weight loss," at 7 p.m. Thursday, June 14 at Feel Rite, 5425 Transit Road, near Main Street, Clarence. He promotes a drugless approach to helping people with their health challenges, and runs the only

Weight Loss through Cleansing services in the Western New York area. These services can normally be found out West in places such as California and Colorado. Giammusso practices at the Buffalo Natural Health Center, where it is believed that weight loss through cleansing loses the weight permanently versus the diet fads. The seminar is free. To register, call 636-1000 or the Buffalo Natural Health Center at 632-4024.

• **INTERNS SOUGHT** — State Assemblyman Jim Hayes, R-Amherst, has openings for interns in his district office for Amherst area high school juniors and seniors. Interns will help implement constituent outreach projects, conduct legislative research and assist with general matters pertaining to state government. The unpaid internships are for 10 hours per week during July and August. Hayes' district office is at 5555 Main St., Williamsville. To apply, call 634-1895 or e-mail [hayesj@assembly.state.ny.us](mailto:hayesj@assembly.state.ny.us).

## Out of the Past

### 125 Years Ago June 15, 1882

A tramp called at Mr. P.J. Zent's house last Sunday, asked for something to eat, and was given a good dinner. On passing through the hall, he rewarded the hospitality by stealing Mr. Zent's hat. Mr. Zent thought going bare-headed a poor scheme, and therefore started a constable in pursuit. The tramp was caught and given sixty days in the County Workhouse.

A fish chowder was held at Mr. Silas Hoover's last Sunday afternoon.

Mr. Geo. Wittenbeck picked a stem of rye from his lot measuring six feet, three inches.

Mr. E.T. Crane of Batavia was in town last week tuning pianos.

Farmers are very busy now planting corn and potatoes. It is late, but with favorable weather, a crop may be reasonably expected.

"Every man is fond of striking the nail on the head; but when it happens to be his finger-nail, his enthusiasm becomes wild and incoherent."

"The man who didn't care two shakes of a lamb's tail about a newspaper rode thirteen miles through a fierce snow storm to get a copy of a weekly that spoke of him as a "prominent citizen."

### 100 Years Ago June 13, 1907

Messrs. D. Duncan and Peter C. Chalmers, who have been traveling in the West for the past year,

sailed from Duluth on Tuesday evening and are expected to arrive in Buffalo on Saturday noon.

Area deaths included Miss Katherine Secrist of Swornville.

### 75 Years Ago June 16, 1932

A second disastrous fire occurred on Sheridan Drive Tuesday when the large barn on the farm of George P. Klein, opposite the Park Club, was completely destroyed. A splendid community spirit was shown by Dr. Fred Parmenter and his daughter, who live across the way. They brought hot coffee and sandwiches over for the firemen.

Several homes and business places were broken into during the past week. Mrs. Philip Rugg of 5658 Main St. reports that someone stole six window screens from her garage.

Raymond C. Vohwinkle and Samuel H. Hancock applied to the Village Board for a permit to build a one-story frame refreshment stand and bathhouse, to be located on the premises of the Buffalo Transit Company on Main Street.

New postal rates will go into effect on July 6. First class matter will be 3 cents per ounce.

Warren Dix Hopkins entered into rest on Friday, June 10, 1932. He was a grandson of Gen. Timothy S. Hopkins, first supervisor of the Town of Amherst. The deceased lived abroad quite a few years, and introduced the Gillette safety razor in Europe.

**For Sale:** "One 1927 Ford roadster and a good bicycle. Edward Jaehn, Paradise Road."

### 50 Years Ago June 13, 1957

A cashier at Bells supermarket, Kensington Avenue near Main Street, had her purse robbed of \$450 in cash last Saturday. The victim has the cash in her pocketbook under her cash register.

Miss Universe of 1956, Miss Carol Morris of Iowa, visited Hengerer's Amherst store on Wednesday.

Miss Alice Oliver of Monroe Drive, Williamsville, received her master's degree in guidance at the University of Buffalo on June 9. A member of the guidance department at Clarence High School, she has taught 12th grade English since joining the Clarence faculty in 1944.

Mr. and Mrs. Edward J. Kelsch of Highland Drive reaffirmed their vows on Tuesday in honor of their 50th wedding anniversary.

### 25 Years Ago June 9, 1982

"It's like losing a home," said Mrs. Ruth E. Russell, principal of Harlem Road School. Both the Harlem and Eggert Road schools will be closed at the end of the school year because of decreased enrollment.

Edwina Lerner was recently honored as Sweet Home High's Most Valuable Swimmer by the Girls Athletic Association.

Janet Snyder has been named to the "Goodtime Players" entertainment ensemble at Darien Lake Theme Park.