

DECEMBER 2015

CLIFTON PARK

AN EXCLUSIVE MONTHLY PUBLICATION
FOR RESIDENTS

Neighbors

Meet
Jeremy
Cowan



The Maker of
HE'BREW
Gourmet
Kosher Beer



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Cover photo by Niki Rossi Photography

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COMMUNITY SUBMISSIONS

Have feedback? New ideas? We would be happy to hear from you! Please contact Jenna Caputo at jcaputo@bestversionmedia.com for information on how to submit ideas, articles, updates, reminders, events, high-resolution photos and more. We will do our best to include as much community information as we can within our space limitations.

MAGAZINE DEADLINES

Please submit your content by the 10th of each month. Clifton Park Living will usually arrive in your mailbox within the first week of every month. Dates may vary depending on the post office.

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ON THE COVER
 Jeremy Cowan

Hello CLIFTON PARK RESIDENTS

I have to admit – I have a love/hate relationship with the media, and even more specifically, social media. On one hand, it allows me to do a job I love. On the other hand, I am often very frustrated reading the “headlines” that are trending day to day. Much of it is frivolous and in reality unimportant to our lives and society. (Somebody stumbled walking down the red carpet? That’s news!?) More and more often, these “headlines” also just spew hate and controversy, and quite frankly, it makes me feel drained and weary to see it day in and day out. Everyone seems to have something to complain about.

There are some truly awful things going on in the world today, and sometimes I wonder what this world is coming to. Questions race through my mind. How has the world seemed to change so much in such a short period of time? What happened to the national unity and patriotism that rippled through the country right after 9/11? Is technology going to remove every ounce of human interaction to the point of never being able to interact in person with another human being? And why is the Starbucks cup a top headline??

We are now fully immersed in the holiday season. This is a time when Hallmark infiltrates our lives with feel good movies and commercials that make us cry. A time when charity and good will and giving to others should be at the top of our minds. It is my hope that the magic of this holiday season will remind us once again how to come together in humanity. A reminder to care for others instead of contributing to the media hate storm. Let us greet each other with love and a kind word. Let us help lift each other up in support of

whatever burdens the other person may be carrying. Let’s practice the good will of the season through the New Year and allow it to continue to carry us each day through. Regardless of what you may be celebrating at this time, I wish you and your families a *very* happy holiday season!



Jenna Caputo
 CONTENT COORDINATOR

**IF YOU ARE JEWISH,
 TELL ME:
 “HAPPY HANUKKAH”**

**IF YOU ARE CHRISTIAN,
 TELL ME:
 “MERRY CHRISTMAS”**

**IF YOU ARE AFRICAN
 AMERICAN,
 TELL ME:
 “JOYOUS KWANZAA”**

**IF YOU DON’T PREFER ANY OF
 THOSE
 TELL ME:
 “HAPPY HOLIDAYS”**

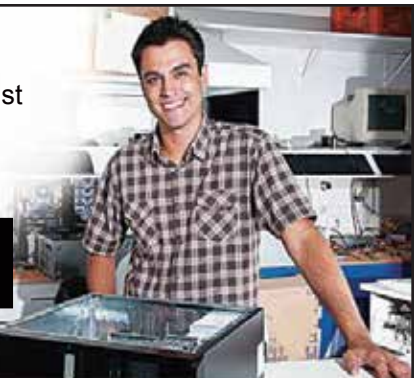
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Beneath the Chandelier

By Nancy Connor

*On many occasions our family has gathered here,
Beneath the beautiful Chandelier.
I remember each grandchild's shining face,
As we joined our hands for mealtime grace.*

*There were engagements, weddings, christenings, and such,
And all those times that mean so much.
Birthdays were celebrated as the candles burned,
And for all those times my heart does yearn.*

*We will continue to gather as the family grows,
Adorning it well with ribbons and bows.
Coming together with good will and cheer,
Beneath this beautiful Chandelier.*

*And now as you gather beneath your Chandelier,
We send you good wishes for Christmas cheer.
May all your holidays be merry and bright,
And full of contentment as you turn out the light.*

Nancy Connor was born in Laurel Run, Pennsylvania and has lived in Clifton Park since 1970. Her interest in poetry was revived a few years ago when she began exchanging poems with an old high school friend. Retired from the Saratoga County Department of Motor Vehicles, Nancy lives with her husband Bill and is an active member of St. Edward's Church, Friends of the Clifton Park-Halfmoon Library, Friends of the Jonesville Cemetery and

YMCA. She enjoys playing bridge, gardening, family get-togethers, decorating, celebrating the holidays and boating on Lake George.

Do you have something creative to share? We are looking for local submissions for original poetry, photography, publication notices, quotes, recipes, original artwork – anything creative! Send submissions to jcaputo@bestversionmedia.com. ■

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Wednesday 9-6 Friday 8-1

The Perfect Fresh Cut Christmas Tree

by Karen Kulak, Kulak's Nursery & Landscaping

Before you know it you will be singing carols and heading out to select your perfect Christmas tree! Some people prefer certain types of trees and others decide on shape and size. At Kulak's Nursery we get in 4 types of premium trees in a variety of sizes: balsam fir, douglas fir, fraser fir and concolor fir. Each type is perfect for a Christmas tree but have different types of needles. The balsam

fir has dark green needles, needles that stay put and is known for its fragrance, while the concolor has somewhat of a citrus smell with long thick needles. The douglas fir has softer more dainty needles and are paler in color while the fraser's needles are stiffer and have shiny dark green tops and silvery bottoms. Having a variety of choices gives you a chance to see, touch and smell the differences.

Once you select your tree and get it home, it is important the trunk has a fresh cut made within a few hours of putting it in the stand. Adding lots of clean water right away is necessary as pitch forms when it dries out too long, which will seal off the tree's ability to absorb water. When water



is within the trunk of the tree, it helps preserve the tree as long as possible. We recommend using hot tap water for the first time because it will help thaw the cold trunk and aid in water absorption. The actual amount a tree can consume varies so be vigilant the first two days, refilling when the stand gets low. Be sure the trunk end is always covered with water. Keeping your tree away from heat sources also helps with less needle loss. Placing your tree near a sunny window, a heat vent or fireplace will dry out the tree faster.

Happy tree trimming! ■

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The holidays often spark creativity and we see an influx of new movies, books, specialty items, and yes, even specialty beer. But in 1996, Jeremy Cowan noticed that there was no Jewish celebration beer and decided to try to make one as an experiment. He went to a tiny brewery in Northern California and asked for help with his project. With 100 cases of his new Genesis Ale packed in the trunk of his grandmother's Volvo, Jeremy hand delivered the beer to the San Francisco Bay area and thus began Shmaltz Brewing Company. He never expected the idea to take off.

Jeremy is originally from Menlo Park, California and was 26 years old when he started Shmaltz. A graduate from Stanford with a degree in English, Jeremy had no experience other than his love of great beer and hanging with his friends at bars, but he thought the idea was worth trying out. Now, 19 years later, he has a whole line of beers that are distributed in 36 states with about 5000 retailers around the country and his own 40,000 square foot warehouse.

"Most people don't realize how the beer business really works – the business side. We just grab a 6-pack or a pint at a bar and don't give a lot of thought to the suppliers, the workers, the distribution. We just want a beer!"

COVER STORY

By Jenna Caputo Photos by Niki Rossi

Meet the Makers of HE'BREW

Gourmet Kosher Beer Including Messiah Stout and Genesis Ale



whole project come together. Having the flavors match the packaging and seeing the product on the shelf or at the bar is incredibly gratifying.”

The microbrew market is seeing a trend toward local products, and Jeremy has been excited to see the enthusiasm

It’s great to see so many people come to the brewery and really see how much time, effort, materials, and hard work it takes just to offer a

bottle or pint of beer. It’s enlightening and inspiring,” says Jeremy.

So what is the process of creating a new beer?

“It usually starts with a punch line or a completely new type of beer that we don’t currently make,” explains Jeremy. “I approach my lead brewer about potential recipes, ingredients, and flavors. I talk to my art director about graphics and brand names. The most fun part is seeing the



here in the Capital District for their new brewery and tasting room, which is open to the public. Offering samples of their fresh beer, Shmaltz also includes a learning experience with each visit. You’ll learn about the Shmaltz brand and the wide variety of beers they sell, but you’ll also get a behind the scenes experience of how the beer is brewed, packaged, and distributed nationwide. The tasting

room can be used for a fun night out, trivia night, special event, beer festival, mixer, fundraiser or private parties.

Despite building his one man show into a thriving, national business, Jeremy also decided to write the book *Craft Beer Bar Mitzvah: How it Took 13 Years, Extreme Jewish Brewing, and Circus Sideshow Freaks to Make Shmaltz Brewing Company an International Success*. “I thought it was a great time in the history of the business to show a small company and an entrepreneur still in the middle of all of the hard work with varying amounts of success and a healthy bit of heartache,” says Jeremy. “I wanted to show a much more true to life business book than most.”

Jeremy also spearheaded the creation of the non-profit New York City Brewers Guild in 2012, and now serves as its president. The guild represents over 200 small brewers in New York, and has been working together to offer some exciting new products.

Jeremy’s time is pretty booked up these days, but he has still managed to get out and find some adventure in the Capital District, exploring the tasty spots around the region, as well as all of the hidden outdoor gems. “We are very grateful for the warm welcome Clifton Park and the surrounding communities have given us since we’ve opened. Hosting friends and regulars in the tasting room and at our big anniversary party or at the smaller seasonal festivals makes all the hard work worth it to share these exceptional beers. We are happy to see that so many neighbors like them as much as we do!” ■

Do you know a neighbor who has a story to share? Nominate your neighbor to be featured in one of our upcoming issues! Contact us at jcaputo@bestversionmedia.com.



What You Should Know When Choosing a New Doctor

By Ellis Medicine

Whether you're new to the area and need to find a doctor to care for you and your family, or you simply are looking for a new medical provider, the search and ultimate decision should be something you undertake with thoughtful consideration.


Dr. Dean Limeri, medical director of Ellis Primary Care, offers some recommendations to assist you in the search for a new doctor:

- Referrals – Ask family, friends, neighbors and co-workers or call the local hospital or medical society for a referral. You can also do some research on the Internet; however, understand that not everything on the Internet is accurate so seek information from reputable sources only.
- Quality of care – Explore the quality of care you may receive. That process starts with making a call to the doctor's office to either set up a "meet and greet" appointment with the doctor, or asking some questions about the way the office and the doctor work.
- Movement of information – Good communication between your doctor's office and other specialists, as well as between the doctor and the patient, is key to achieving the best possible outcomes for your health. Find out how this works with the particular doctor's office you are speaking with.
- Patient to doctor communication – When meeting the doctor for the first time, it's important to set your expectations. One of the keys to good healthcare is having patients become active players on their healthcare team.
- Doctor to patient communication – Determine how your doctor will notify you of test results, regardless of the results, and how you will be provided with care instructions. Also, ask how the doctor's office will communicate about follow-up appointments and referrals.
- Doctor to specialist communication – If you need to involve a specialist, find out how often your primary care doctor will communicate directly with your specialist and how you will be kept in the loop.
- Doctor's ongoing education practices – Ask how many continuous medical education hours the doctor completes annually. At least 25 hours per year is a good average.

Once you have all this information and have made a decision, the next step is to get on the healthcare team and work with your chosen doctor's office to obtain all of your healthcare information from previous providers as soon as possible.

Asking the right questions and seeking a good referral will go a long way in helping you find a doctor with whom you can be comfortable, which is key to a good doctor/patient relationship.

Ellis Medicine provides a convenient way to help you connect with physicians and specialists. By calling 844-518-DOCS, you can get help finding a primary care physician; identifying surgeons and specialists to treat a specific condition; searching for doctors by location, availability or insurance coverage; or scheduling tests, imaging and appointments. You can also find a doctor or request an appointment online at www.ellismedicine.org. ■



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No Place for Hate

By Rebecca Carmen, Shenendehowa Central Schools

In alignment with Shenendehowa's district goals and the District's Character Education and Diversity Committee, the District has committed to the Anti-Defamation League's No Place for Hate initiative. This initiative seeks to provide a model for combating intolerance, bullying and hatred, leading to long-term solutions for creating and maintaining a positive climate. The Shenendehowa School District will be the first district to receive their designation as a district.

No Place for Hate schools receive their designation by:

- Building inclusive and safe communities in which respect is the goal and all students can thrive
- Empowering students, faculty, administration and family members to take a stand against intolerance, bullying and hate by incorporating new and existing programs under one message
- Sending a clear, unified message that all students have a place to belong

Each school in the district applied for this designation and now are committed to forming a No Place for Hate Committee, signing a Resolution of Respect and

completing at least three activities throughout the year that impact the majority of the students in the school.

Again, this is not a program, this is a way to recognize the great work that our schools are already doing to combat bias, prejudice and bullying to create inclusive school environments.

We encourage parents to talk to their child about diversity and bias. We also encourage you to think about joining the No Place for Hate committee at your child's school, to help be a part of this process.

The Anti-Defamation League provides a variety of free resources online that you can utilize. They have *Table Talk: Family Conversations About Current Events*, which provides parents and family members with the tools they need to engage in conversations about important news stories and timely discussions about societal and world events. They also have *Books Matter*, which is an online collection of anti-bias and multicultural literature for students through age twelve. To find all of their education resources you can visit <http://www.adl.org/education-outreach/>. You can also contact the local staff person, Beth Martinez, at bmartinez@adl.org or by phone at 518-694-9986 ■

Welcome to the Neighborhood

By Pete Bardunias, President/CEO, the Chamber of Southern Saratoga County

One of Tech Valley's newest locally manufactured products makes its debut as the "extendher," a lightweight coat extender for pregnant women, new mommies, grandmothers and even dads. During pregnancy the extendher allows the mom-to-be to continue wearing her usual coats, etc. while allowing for the extra room needed to accommodate the baby growing inside. Once the little one arrives, the extendher (theextendher.com) allows for some baby bonding time with the whole family. Pictured (L-R) during the ribbon cutting ceremony for their new display at Tiny Tots Tea Room (Exit 8) are: Chamber of Southern Saratoga County (CSSC) volunteer ambassador and wellness consultant Linda Tepper, Extendher owners Maria Messier and Joanne Frank, Assemblyman Jim Tedisco, CSSC ambassador Aaron Ditch of the Southern Saratoga YMCA, Michael Mansion representing Senator Hugh Farley, CSSC ambassador Judy Brinkmann of Lifes2Short, LLC and CSSC Membership Consultant Sandy McAlonie.



Raymond Bernat, age 16, visiting Clifton Park from Yorktown Heights, NY, tries his hand... err... foot... at a new sport sensation – foot golf, available during the season at Player's Park (1012 Route 146A, Clifton Park). This interesting sport is played on a Par 3 sized golf course using soccer balls, and provides a real workout as well as a fun, unique twist on golfing. Player's Park also sports a miniature golf course and a vast array of ice cream flavors. Player's Park reopens in Spring 2016. For more information visit players-park.com.

Meet other business neighbors at www.southernsaratoga.org.

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December 1-6, 8-13, 15-23, 26-27

THE POLAR EXPRESS

@North Creek Railway, Saratoga Springs

The Polar Express comes to the Saratoga North Creek Railway. Experience the magic of the season on a mystical round-trip journey to an extravagantly built North Pole. Read along with the story, meet Santa and enjoy caroling, hot cocoa, a treat, and a special gift for each child. Kids are encouraged to wear their pajamas.

Time: 5:30-7pm

Cost: Varies by class and availability

Saturday, December 5

103RD HOLIDAY CONCERT

@First Reformed Church, Schenectady Thursday Musical Club, an all women's chorus will present holiday favorites. Includes guest artists, the Thursday Belles, an English handbell group.

Time: 2:30pm

Saturday, December 5

SANTA'S WORKSHOP AT THE SARATOGA FESTIVAL OF TREES

@Saratoga Springs City Center Part of the Saratoga Festival of Trees. Join Santa, Mrs. Claus, Frosty, Rudolph, and other costumed characters in a variety of holiday craft activities and goodies!

Time: 8am-2pm

Cost: FREE, Craft activity booths \$1

Saturday, December 5

HOMEMADE WRAPPING PAPER FOR KIDS

@Serendipity Arts Studio, Saratoga Springs

Design and create beautiful wrapping paper perfect for the holiday season. Open to children of all ages. Children under 8 must be accompanied an adult. Registration highly recommended. (518) 886-9553.

Time: 10-11:30am

Cost: \$15

Friday-Thursday, December 4-10

11TH ANNUAL SARATOGA COUNTY WINTER RESTAURANT WEEK

@Participating Restaurants in Saratoga County

Get a 3-course dinner or lunch specials at participating restaurants throughout Saratoga County.

Reservations strongly suggested by calling the restaurant of your choice.

Cost: 3 Course Menus: \$10, \$20 or \$30;


Lunch: \$5 Or \$10

Sunday, December 6

91ST ANNUAL CAROL SING

@First Reformed Church, Schenectady The Thursday Belles will present traditional Christmas carols rung on English handbells with the audience singing. This family event will have a surprise guest and an outrageous 12 Days of Christmas.


Time: 3pm



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Sunday, December 6

TROY VICTORIAN STROLL

@Downtown Troy

Enjoy caroling and wassailing along with some more contemporary music, food and fun for the entire family! There will be crafts and rides to amuse, as well as storytellers and magicians. There will also be a food court set up by City Hall.

Also features window decorating contest - don't forget to look for your favorite!

Time: 11am-5pm

Cost: FREE

Sunday, December 6

EMPIRE STATE PLAZA HOLIDAY TREE LIGHTENING AND FIREWORKS FESTIVAL

@Empire State Plaza, Albany

A full day of indoor and outdoor activities, including Santa, ice sculpture & skating demonstrations, arts & crafts fair, live music, train rides, and a holiday rock & skate with Electric City Horns. Also check out the Taste NY Holiday Expo at the NYS Museum and the Great Train Extravaganza in the Convention Center. Tree lighting ceremony begins at 5:15 and concludes with a fireworks show.

Time: 1-6pm

Cost: FREE

Sunday, December 6

OCTAVO SINGERS PERFORM HANDEL'S MESSIAH

@Union College Memorial Chapel, Schenectady

Don't miss the chance to experience this inspiring and moving holiday favorite. Share the music as Octavo Singers, soloists and orchestra fill the chapel with Handel's wonderful music (including the Hallelujah Chorus) under the direction of Curtis Funk. It's an experience you'll never forget!

Time: 3-5:45pm

Cost: \$15 students, \$20 seniors, \$25 adults

Friday, December 11

MIRACLE ON 34TH STREET

@Home Made Theater, Spa Little Theater, Saratoga Springs

Sometimes we all need a reminder of how wonderful it is to believe! Join us for this uplifting yuletide classic! Adapted by Mountain Community Theater from the novel and based on the 20th Century Fox motion picture.

Time: 7:30pm

Cost: \$18 adults, \$12 Children 12 & under

Thursday-Sunday, December 17-20

MELODIES OF CHRISTMAS

@Proctors Theater, Schenectady

The Capital Region's premiere holiday extravaganza featuring the Empire State Youth Orchestra and Chorale with special guests Grand Central Station, Marquise Productions, and the Northeast Ballet. Net proceeds benefit the Melodies Center for Childhood Cancer and Blood Disorders at the Bernard & Millie Duker Children's Hospital at Albany Medical Center.

Time: 12/17, 12/18, 12/19: 7pm; 12/20: 3pm

Cost: \$15-\$25

Friday, December 18

SARATOGA SAVOY DIAMOND DANCE

@Saratoga Music Hall, Saratoga Springs

Listen, or better yet, dance live to The Lustre Kings while enjoying the historic Music Hall. Includes DJ'd music between sets, demonstrations, discounts, snacks and a free beginner dance lesson. www.saratogasavoy.com

Time: 7:30-11pm

Cost: \$16

Thursday, December 31

20TH ANNUAL SARATOGA FIRST NIGHT

@Downtown Saratoga Springs

Experience NY's largest New Year's event outside of NYC! Evening starts with the First Night 5K, then includes musicians, dancers, magicians, psychics and fireworks. Buttons available online or at any of our partner organizations.

Time: 6pm-12am

Cost: \$15 button, Kids 12 & under FREE

Every day through January 2

19TH ANNUAL CAPITAL HOLIDAY LIGHTS

@Washington Park, Albany

Over 125 illuminated displays throughout the historic park.

At the end of the drive through, the Washington Park Lakehouse features visits with Santa (through Dec. 23), refreshments, crafts, costumed characters and lots of surprises.

Proceeds benefit the youth and programs of the Albany Police Athletic League

Time: Sun-Thurs: 6-9pm; Fri-Sat: 6-10pm

Cost: \$15 per car or \$25-\$100 depending on size of group



Local Senior Tap Group Performs in New Jersey

Recently the Shen Showstoppers, a tap group from the Shenendehowa Adult Community Center in Clifton Park, NY, were part of *The Senior Interstate Tap Show: 26 Years*, at the theater in the George Frey Center for Arts and Recreation in Fair Lawn, NJ. They were one of eleven groups from New Jersey, New York and Connecticut invited to perform at this long running annual event. Janet Murphy, a former Rockette, is the teacher and choreographer for the Shen Showstoppers. Another of Janet's groups, the Timeless Tappers from Colonie, also

performed. It was a sold out show.

The Shen Showstoppers danced two numbers: "It Had to be You," sung by Harry Connick, Jr. and "Fascinating Rhythm," composed by George Gershwin. They performed a variety of time steps (syncopated steps), precision steps and kick lines. The Shen Showstoppers who performed in New Jersey were: Tema Chase and Carol Clark of Mechanicville, as well as Cathy Dempsey Jackie DiLorenzo, Millicent Miller and Phyllis Morrison of Clifton Park. ■



Pumpkin Pie Spiced Almonds

CONTRIBUTED BY MELISSA SCHOLLAERT

This recipe is truly one of my favorites (refined sugar-free, gluten-free, vegan & paleo). I love setting out a dish at family gatherings or taking them to parties. If you show up with these in hand, I promise you will be complemented well and often!

- | | |
|------------------------------------|-------------------------------------|
| 1 cup raw almonds | 1/4 tsp sea salt |
| 1/2 tsp cinnamon | 2 tbsp maple syrup |
| 1-1/2 tsp pumpkin pie spice | 1/2 tsp pure vanilla extract |

Preheat oven to 325 degrees F. While the oven is preheating, pour the almonds into a large mixing bowl. Add cinnamon, pumpkin pie spice and salt. Toss to coat. Drizzle the maple syrup and vanilla extract on the almonds. Stir until all almonds are evenly coated with the mixture. Spray a foil lined cookie sheet with cooking spray and spread the almonds on the sheet in a single layer. Cook for 15-20 minutes, turning once, until almonds are roasted. Let cool completely before storing in an airtight container.



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