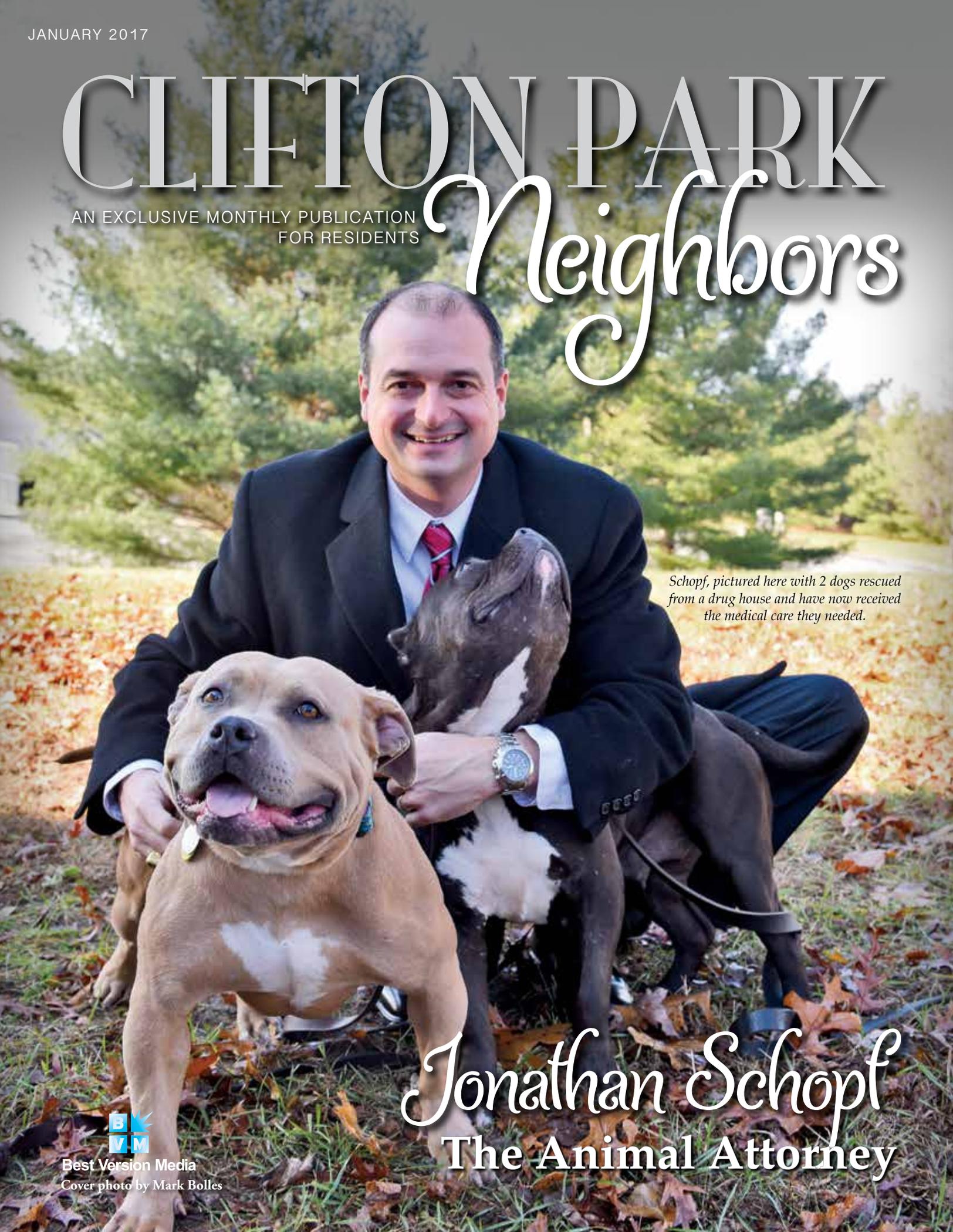


JANUARY 2017

CLIFTON PARK

AN EXCLUSIVE MONTHLY PUBLICATION
FOR RESIDENTS

Neighbors



Schopf, pictured here with 2 dogs rescued from a drug house and have now received the medical care they needed.

Jonathan Schopf
The Animal Attorney



Best Version Media
Cover photo by Mark Bolles

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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.

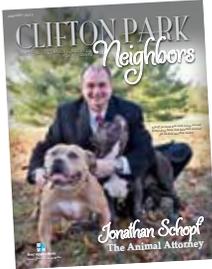
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ON THE COVER

Schopf, pictured here with 2 dogs rescued from a drug house and have now received the medical care they needed.



Dear CLIFTON PARK RESIDENTS

Happy New Year! It's hard to believe that *Clifton Park Neighbors* is starting its third year in the community already. Time truly does fly when you're having fun and we certainly have enjoyed all of the stories and support you have sent our way. Our little magazine is growing and we have this wonderful community to thank. Please be sure to continue sending us your story ideas, pictures and creative submissions to jcaputo@bestversionmedia.com so we can ensure that your magazine has the stories you want to hear.

The new year is always a time of reflection and planning for the year ahead. Whether if it is a new health goal like losing weight (p. 17) or helping a local charity or non-profit (see p. 7 for this month's feature), taking steps to build our bodies to be the best they can be (Have knee pain? Check out p. 8), making changes in a career or finding new ways to spend time with family, I wish you all the best in 2017. May the new year bring you great joy and happiness!

Jenna



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COORDINATOR



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CONTRIBUTING
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Jonathan Schopf

The Animal Attorney

COVER STORY

By Jenna Caputo

Photos by MarkBolles.com

As young adults, we usually have an idea in our heads about how we think our lives will be. But often, one event – sometimes something that seems small and inconsequential – can change our whole course. When Jonathan Schopf left his hometown of Cambridge Springs in western Pennsylvania to attend Albany Law School here in the Capital District, he never thought he would someday be known as “The Animal Attorney.”

He earned his BA in Criminal Justice, went to law school, where he met his wife, Carin, opened a landscaping company while studying for the bar, then finally got his first job as an attorney. Admitted to practice in New York, Pennsylvania, U.S. District Court, U.S. Second Circuit Court of Appeals and the Supreme Court of the U.S., Jonathan now has his own practice here in Clifton Park. It was in 2006 when his wife (also an attorney) first mentioned a new area of law that was starting to get exposure – animal

law. Shortly after, Jonathan was waiting in town court for his case to be called when the judge asked him if he could represent defendants on a fairly serious dangerous dog proceeding. It was an emotional case as there was a real possibility the dog would be euthanized and the defendants did not have an attorney.

He had only a few minutes to read the statute before he tried his first case in the Agriculture and Markets Law sector, but he was able to save the dog from being put down. The witness for

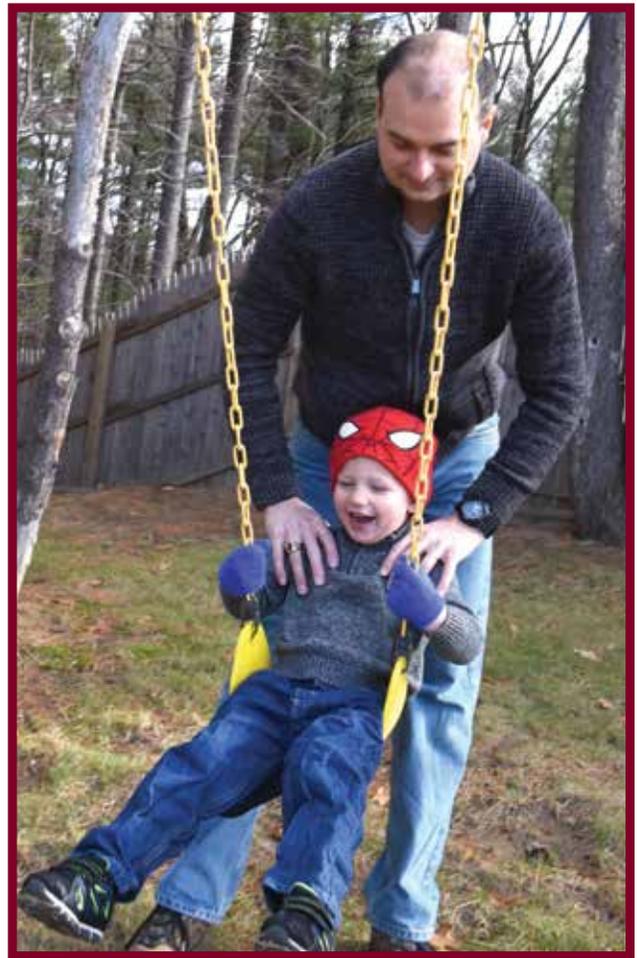
the case, a private dog trainer, was impressed and started referring him other cases. "It took me about five years to develop the 'street cred' with the local animal people, but now I'm pretty much the animal attorney for upstate NY. I get calls from all over the country and have represented clients from at least a half dozen states on all sorts of issues related to animals and pets." His record is impressive. While having tried hundreds of dangerous dog cases in local courts, he's only had one client's dog ordered to be euthanized. "Being there with the mom while she had to explain to a seven year old why his dog wasn't coming home was one of the hardest things I've had to watch," he says.

Jonathan's love for animals has also extended to non-profit work with Out of the Pits, based here in the Capital Region. As a board member and General Counsel, Jonathan assists in legal aspects of the group's mission to educate the public about the true nature of the American pit bull, while also assisting law enforcement in mass-cruelty seizure and taking abused dogs from fighting and drug rings. They have become one of the best dog rescues in the state and were even involved in the rehabilitation of two of the dogs from the Michael Vick fighting ring that garnered national attention in 2007.

Focusing on education, the group visits schools throughout the Capital District as well as in Massachusetts

and Connecticut. Since their inception, they have successfully rehomed over 6,000 dogs and helped many others to stay in their homes. But for every home they find, they receive hundreds of other calls asking them to rescue a pit bull. Thousands of displaced dogs are filling the streets and shelters, and until there are a sufficient number of loving homes, they have launched the "Fix-A-Bull" program, offering a low cost pit bull spay-neuter option in an attempt to address this overpopulation problem. Unfortunately, with about 1,000 requests a week coming in to take unwanted pit bulls, and with shelter statistics that are equally staggering, typically only 1 in 800 pit bulls find a loving home and over 80% are euthanized in shelters.

In addition to his work with Out of the Pits, Jonathan is involved in forming a Law Enforcement SPCA here in Saratoga County. They already have court approval and now are working on all the regulatory issues to get it running. While Animal Law and its derivatives comprises about



40% of his practice, Jonathan stays busy in town as the attorney for the Sportsmen's Club of Clifton Park and many local businesses. He also handles various other types of cases, including religious corporation work, general litigation and small business issues like debt collection, corporate, contracts, start ups, commercial and civil litigation, municipal, property tax challenges, guardianship proceedings, pistol permit revocation hearings, transactional real estate and minor estate planning.

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He is also now the County Supervisor for Clifton Park. "I am not a politician, but I have always been casually interested in politics," he states. "I had an opportunity that came out of the blue last year to get involved in local politics and to run for town judge. I wasn't successful, but I counted it as a personal victory. Running against a 37-year incumbent was a real challenge. We ran a fun and different campaign and I learned a lot in a process that has a steep learning curve. The County Supervisor position unexpectedly opened up this spring and I thought that with my municipal law background that I was a good fit. It's a legislative position, so that is different for me, but I figured that I could either stand around and complain about things, or actually participate in our government and try to make a difference."

Jonathan isn't only active at work. With Carin and their two sons, they are often out around town, participating in programs at the library or the Commons, as well as other community events. His oldest son plays baseball, basketball and is a Cub Scout, while his youngest son is trying out hockey and loves helping his dad fix things around the house. They have lived in Clifton Park for 11 years and enjoy the variety of outdoor activities available here and in the Adirondacks.

Jonathan also has a natural mechanical ability and likes to tinker with fix-it projects. His largest attempt was a restoration project on his aunt

and uncle's 1929 39' wooden motor yacht. The boat ended up being in worse shape than expected and the monetary commitment would have been too great, so he had to abandon that project. But his dad salvaged the teak and mahogany off of it and made a desk for him that he uses today, while Jonathan used the propeller to make a desk lamp. His current project is taking care of renovations in his new office space.

Jonathan is passionate about his work and strives to make a difference in his community. He would like to change how lawyers are perceived and prove that they are not bad people looking to manipulate their clients. "At the end of the day, I'm just there to do my job, which is to represent my clients as best as possible," he says.

He warns everyone to think ahead to help keep their pets safe. "Seriously, use a leash, fence your yard, watch your dog. Don't let small children around your dog no matter how nice of a dog it is. The actions of animals and how they react to stimuli on any particular day is impossible to predict. So many people I've represented could have avoided a bad situation with a little common sense."

He also encourages everyone to be involved in community life. The only way to create change is to take action. He advises to, "Be involved, pay attention to government at all levels. This is your town, your state and



your life. I run into so many who are completely checked out of politics and the multitude of laws and regulations that are passed every year. You have to pay attention and take action to make changes to things you don't agree with or to promote action that you want to take. Most importantly, vote!" ■

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.

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Out of the Pits and Into Your Hearts

By Cydney Cross, OOTP President

Years before they met, Mary Allen and Cydney Cross were rescuing Greyhounds. Mary is a writer, Cydney a photographer. Mary knew about Cydney through the dog rescue network and hired her to take photographs for a story she was writing on Tux, a pit bull weight pull champion. The photograph they chose was Tux effortlessly

puppy to be euthanized after a horrible incident of being thrown out of a car on the highway. Mary couldn't leave

willing to take time from their busy lives for these dogs.

OOTP has several programs to help those in need. Along with Fix-a-Bull for spaying/neutering, they offer pit bulls helping pit bulls for vet care, free behavioral help, free training class for those facing giving up a dog, supplying food for families in need and after natural disasters, and therapy dog visits throughout the northeast to bring joy to many.

The dogs sell themselves more than words could ever do with their wagging tails, smiling faces and a joyous outlook on life. They overcome unspeakable cruelty and STILL are willing to trust us. They continue to inspire us with their courage and people-loving nature in spite of it all!

To learn more about how you can help, visit outofthepits.org. ■

Know of a great local non-profit? Let us know so we can spotlight them here. Send submissions to jcaputo@bestversionmedia.com



Jenny, formerly a street dog, now brings joy as a therapy dog.

Photo by Brittney Palmeri.

pulling a Ford Escort. Their love of dogs brought them together in friendship and a desire to do bigger and better things for man's best friend. As they worked on Tux's story, they recognized the great need for the misunderstood pit bull, once America's favorite dog. They realized so many people were helping greyhounds that they would step in for pit bulls. The name "Out of the Pits" popped into Cydney's mind and the journey began.

Out of the Pits (OOTP) was born in 1994 when Cydney took in 4 orphan half greyhound, half pit bull puppies that no one else wanted. One, by the name of Rose, instantly stole her heart and never left! She is the inspiration for OOTP. Mary was at her vet's when a police officer brought in a pit bull



Jenju, a neutered male, looking for a home.
Photo by Cydney Cross.



Rose, the inspiration for OOTP. Photo by Cydney Cross.

this pup without a home, and named her Spirit. Both women's lives were forever changed by these dogs.

They often laugh about going from two people to 50,000 followers on

Facebook, and continue to be amazed at all the dogs who have been placed - over 6,000 and counting! But there are still so many more who need homes.

Cydney and Mary realized that education, spaying/neutering, and community service were the only way they could make a difference for these great dogs. OOTP has spayed/neutered over 1,070 community pit bulls and is working on raising more funds for this program that is instrumental in reducing the number of homeless dogs. OOTP also has an amazing group of volunteers who are

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Knee Pain? Check the Rest of Your Body

By Nuhar Jaleel, *The Pilates Principle*

As a physical therapist who teaches Pilates and Gyrotonic® exercise full time, I have learned quite a bit from observing how my clients' bodies respond to my work.

One of the most common physical issues we see at the studio is knee pain. We see people of all ages who suffer from knee pain and knee alignment issues, from teenagers to grandparents.

You may have tried treatments such as cortisone shots, physical therapy or kinesio tape, but yet you still struggle with daily activities like going up and down stairs, getting in and out of a car, or getting up from a chair. If this is the case, you may need these three principles for maintaining healthy knees: **1.) Get your hips as strong and limber as possible. 2.) Mind your core. 3.) Supple those feet.**

HIPS: When it comes to a functional activity like going up stairs, most people tend to pitch forward, put a hand on their knee for support (or pull on a handrail) and hope for the best as they heave or lurch to get up a step. Here's the newsflash – your butt muscles are supposed to be pushing you up those stairs, not your knees. Strengthening the glutes may seem simple – lunges and squats, but not so fast... you first need to strengthen the hips in a safer position

like sidelying or on your back. After that, you can progress to more functional positions like standing balance work. Remember, your goal is to establish your muscle memory for proper movement before you attempt any standing exercises.

MIND YOUR CORE: Most people hear the word core and think of crunches. Actually, the primary function of your core is to hold you upright. If the torso is sinking, it's "heavier" on the pelvis. Effectively strengthening your core means you can hold your trunk lifted off your pelvis, and you won't collapse into the lower half of your body. *This decreases pressure on your knees!* Most of us stand and sit with very poor posture. Changing that can make a world of difference when it comes to protecting your knees.

TLC FOR THE FEET: Our poor feet...they spend all day holding us up, stuffed into often very uncomfortable shoes, and then in the evening, they hang out propped up on the couch, not moving. While we sleep, our feet are pointed under the sheets. Throughout the day and evening, our plantar fascia and our calves get tighter in all these positions. We never stretch our feet and calves, and then we expect our feet to *not* be a problem when we decide to go running on the weekend. Cue the knee pain! One more secret to easing up the pressure on your knees is keep your feet and calves as supple as possible. Something you can learn how to do on your own is MELT Method® for getting those feet limbered up. As seen on Dr. Oz, this is a self-stretching technique for our connective tissue, or our fascia. There's a heavy emphasis on the feet, and I promise your knees will thank you.

In conclusion, we simply can't make our knees feel better if we aren't paying close attention to the rest of our bodies. Give your whole body a break when one area isn't happy. Try to approach the whole system as opposed to isolating one area.

There's one place you're guaranteed to inhabit forever: your own body. Take good care of every part of it!

Nuhar Jaleel is a physical therapist and founder of The Pilates Principle in Latham, NY – a fully-equipped studio for Pilates and GYROTONIC® exercise. Visit www.PilatesPrinciple.com for more information. ■



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Time: 9am-4pm

Cost: \$40 per day/Members; \$45 per day/Future Members

Monday, Jan. 2-16

THE HOLIDAY TRAIN SHOW

@Museum of Innovation and Science, Schenectady

All aboard! Watch the running O-gauge Lionel trains steam past the skating rink, carnival, schoolhouse & many more intricately created settings.

Time: Museum Hours M-Sat, 9am-5pm, Sun 12-5pm | Cost: Museum Admission

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Monday, Jan. 2-16

KIDS COOKING

@Serendipity Arts Studio, Saratoga
Kids get an interactive cooking class that focuses on kitchen techniques and understanding recipes, then eat what you make! Ages 7+. Sibling discounts. Registration required. Drop-off class.

Time: 1/2, 2pm: *Homemade Pasta & Sauce*; 1/15, 11am: *“Moana” Hawaiian Pizza & Pineapple Upside Down Cupcakes*; 1/16, 10am: *Chocolate Lovers Chocolate Lava Cakes & Double Chocolate Cookies*; 1/16, 5pm: *Sushi*
Cost: \$25 per class

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Sunday, Jan. 8

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@Albany Marriott, Wolf Rd., Albany

All are welcome to attend this event featuring more than 90 exhibits, raffles & prizes, entertainment & more. For more info or to pre-register, contact Sandra Tizzone or Mary Tizzone at 542-5111 or bridalshows@aol.com.

Time: 1-5pm | Cost: FREE

Friday, Jan 13

KIDS OPEN MIC

@Parting Glass, Saratoga

Enjoy kids open mic with Rick Bolton!

Time: 6pm | Cost: FREE

Saturday, Jan. 14

HATTIE'S 16TH ANNUAL MARDI GRAS BENEFIT

@Canfield Casino, Saratoga

Proceeds from this year's event goes to the Caffe Lena Endowment Fund. Enjoy the culinary expertise of Chef Jasper Alexander, dance the night away with Soul Session & Garland Nelson and the Dylan Perrillo Orchestra, a silent auction, photo booth and cocktails. Tickets available online.

Time: 6-10pm | Cost: \$100 per person

Saturday, Jan. 14

JEWISH FILM FESTIVAL: FREEDOM SUMMER

@Schenectady JCC, Niskayuna

Freedom Summer (2014) tells the story of the hot and deadly summer of 1964 when the nation's eyes were on Mississippi when more than 700 student volunteers joined with

organizers and local African Americans in an historic effort to shatter the foundations of white supremacy to create freedom schools and establish the Mississippi Freedom Democratic Party. Includes a discussion led by Cyndee Readdean, Film Producer.

Time: 7pm

Cost: \$5 per SJCC member, \$10 per community member, FREE for students w/ school ID

Monday, Jan. 16

DR. MARTIN LUTHER KING JR. MEMORIAL OBSERVANCE

@Empire State Plaza Convention Center, Albany

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Time: 7-8pm | Cost: FREE

Time: 1-6pm
Cost: See website for details

Monday, Jan. 16

WELLNESS WALK

@Camp Saratoga, Gansevoort
Enjoy nature with others looking to get outside! The walk is geared towards gentle exercise and is for participants at basic fitness levels. Register at info@wiltonpreserve.org or 450-0321.

Time: 10am | Cost: FREE

Thursday, Jan. 19

SARATOGA OPERA

@The Parting Glass, Saratoga
Saratoga Opera performs live!

Time: 7pm | Cost: FREE

Friday-Sunday, Jan. 20-22

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Saturday, Jan. 21

SEASON 6 KICKOFF: TIFFANY TREASURES

@Clifton Park-Halfmoon Library
Tiffany Treasures, a delightful presentation by Michael Barrett, kicks off Two Towns-One Book's sixth community read celebrating this year's winning book, *Noon at Tiffany's* by Echo Heron - A historical biographical novel based on a recently discovered cache of letters written between 1888-1944, artfully blending fact with fiction of the remarkable life of one of America's most prolific and extraordinary women artists, Clara Walcott Driscoll, the hidden genius behind the iconic Tiffany lamps.

Time: 1:30pm

Cost: FREE

Tuesday, Jan. 17

NEW YEAR, NEW YOU: GUIDED MEDITATION

@Clifton Park-Halfmoon Library
Learn a surprisingly simple yet powerful practice that can help you reduce stress, get recharged, experience improved overall physical health, and possibly get you "blissed-out," all while sitting comfortably in a chair.

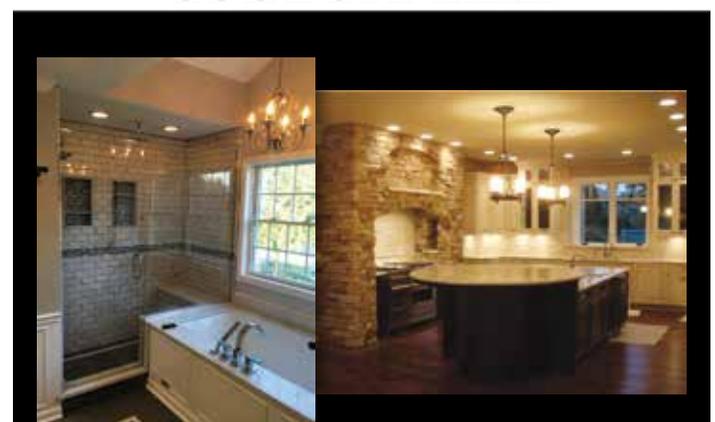
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Welcome to the Neighborhood

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



Some of the selection of paints and accessories available at **Colorize, Inc.** (1750 Route 9 next to Hannoush Jewelers, (518) 557-2858, www.mycolorize.com), a new, family-owned, certified retailer of Benjamin Moore Paints. Colorize offers many specialty paints, as well as surface preparation products and coatings in various sheens and formulas. The store is open 7 days per week, and employees take pride in being able to offer expert advice to their customers for both paint and home décor. The store offers interior and exterior solutions for home and business. A ribbon cutting ceremony was held in mid-October to welcome Colorize to the Clifton Park area community.

The stylists of **Hair & Body Essentials** (22 Clifton Country Rd.) flank owners Jim and Pam Peraino (center), Assemblyman Jim Tedisco, CSSC President/CEO Pete Bardunias, and volunteer CSSC Ambassador Donna Connor of On the Go Concierge as they cut the ribbon celebrating 40 years in business for this venerable Clifton Park hair salon & day spa. The salon offers manicures, pedicures, wraps, massages, body treatments and more for men and women. A lot has happened in Clifton Park during those four decades, including the development of a new downtown center for Saratoga County's largest municipality, and Hair & Body Essentials has literally been in the middle of it all!



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Contributed by KPM Group Tax & Business Services

Most people think only big businesses know the “SECRETS” of complex tax breaks and that their business is too “small” to qualify. This was the underlying concern of JP Komorny, of KPM Group Tax & Business Services. Those that heard of tax savings/planning strategies thought, “maybe that will work for me,” but had no idea who could help them. Most go to a tax preparer/CPA instead of a tax specialist – an Enrolled Agent – licensed directly by the IRS to utilize these specialty tax laws.

JP understood that CPAs typically *only* prepared tax returns – and the perception that the CPA does it “all.” However, due to the scarcity of specialty tax firms – CPAs were unlikely to refer clients to tax specialists. KPM bridged that gap, allowing CPAs the ability to provide progressive tax saving strategies to clients without competing for their tax return business.

With saddles hanging in his office and polo sticks resting in the corner, you will likely find JP on the phone with a client in LA or leaning into his computer to uncover ways to create savings. Defying the stereotype of an accountant, JP is both the CEO and Founder of the oldest boutique Cost Segregation practice in the country. With eight offices across the country, his diverse interests help him truly understand each client’s needs.

KPM was founded in 1995 in NYC with a focus on Cost Segregation, then relocated to Saratoga Springs in early 2000. Cost Segregation is a *federal depreciation tax analysis* to segregate personal property from real property in commercial and residential rental property. This commercial property analysis is only allowed by the IRS if accompanied with an engineering analysis of the “components” and “costs” individually identified within the building’s composite structure. Items, typically classified as 39-year property, are then reclassified to shorter asset class lives creating an accelerated depreciation on the property to decreasing the taxable income. This is applied to commercial buildings purchased, built or renovated since 1986. JP authored the *first* cost segregation methodology submitted to the IRS, which is used today by every practitioner performing these studies.



Saratoga Springs Staff. Photo by Hero Glavota.

KPM is comprised of a local team of specialty engineers and accountants with offices in NYC, Boston, Denver and Texas. KPM also handles other specialty tax credit services including Employee Benefit Services and commercial lending. Per the IRS, some of these tax credits are among the most missed tax credits by taxpayers today. KPM clients include a variety of businesses such as restaurants, apartment complexes, car dealerships, office buildings, medical facilities/hospitals and even breweries.

KPM feels you deserve the same breaks as any other business. Have your CPA or tax preparer call us. We’ll help you take advantage of the “SECRETS” too!

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Winters of Old

By John L. Scherer, Clifton Park Historian

The first snowstorm ushers in the long northeast winter. One wonders how our ancestors survived before the days of central heating. Fireplaces did not provide much heat, wood stoves were somewhat more successful, but not as efficient as modern airtight stoves. Bedrooms were not usually heated. There are nineteenth century accounts of Christmas and New Years parties where the punch in the punch bowl had frozen solid. At least you

wouldn't have a house full of flies and mosquitoes as was common in the summer time.

During the winter, people would often wear several layers of clothes and the under layer would not come off until it was time to bath again in the spring. Perfumes were in high demand. Chamber pots and slop jars were used to avoid those cold trips to the privy. Yes, those were the good old days! ■



Route 9, one mile south of Clifton Park Village, c. 1922. A major snowstorm delayed this bus on route to Montreal. Some local folks helped to shovel the bus out. Where were the snowplows?

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Roxanne Wolfe,
Administrator-Sr. Body
Contour Specialist

We started Capital District Wellness Management Services, Inc. in 2015. "My team and I recognized a need for safe and effective fat and weight loss programs," affirmed Dr. Jay Rugoff DC. "Available fat reduction treatments, such as gastric bypass or liposuction, while effective, are painful, require down time and involve the risk of post-operative complications," noted Roxanne Wolfe, Head Administrator and

Senior LED Contour Specialist. "Other methods, such as laser, cryo or freezing cells and RF cavitation, can take weeks to show any results, cause damage to underlying fat tissue and can have post-treatment discomfort, or leave uneven, unsightly fat deposits as a result.

"By contrast, Red LED Light is completely non-invasive and causes no damage. We have found a unique LED Red Light Lipo technology that effectively reduces fat safely without damaging tissue, gives instant results, has no post treatment pain and no down time," Ms. Wolfe stated.

Traditional areas of fat that are resistant to diet and exercise, such as inner thighs, belly, buttock, upper arms, back, face and under the chin, can now be significantly reduced.

Light therapy is not new. It has been used for many ailments ranging from chronic pain to wound healing. What is new is light being used to target specific areas and spot treat fat deposits.

Specific wavelengths of red light stimulate fat cells to

release their fat, allowing the contents to be metabolized and eliminated naturally from the body.

The released fat is used for energy or removed through the lymphatic system and processed through the liver and kidneys, where it is excreted normally.

You can resume your work or regular activities immediately.

There are no side effects! Anyone in good general health is eligible to use this treatment. The amazing thing about this treatment is you can treat as many times as you like without any dangerous side effects. If you ever regain the fat, it is easily retreated!

Our UltraSlim technology is the only FDA LED device approved for *immediate fat loss*. Capital District Wellness has exclusive rights to this LED Red Light Lipo therapy in the Capital Region.

For more information go to: weightlossalbanyNY.com or contact Capital District Wellness Management Services, Inc. at 518-489-2628. ■

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Art teachers throughout Saratoga, Fulton and Montgomery Counties, representing Amsterdam, Ballston Spa, Burnt Hills-Ballston Lake, Broadalbin-Perth, Johnstown, Mayfield, Northville, Saratoga Springs, Shenendehowa, South Glens Falls, Stillwater and Waterford-Halfmoon school districts, selected work in all media from their students to exhibit in The Arts Center Gallery.

This exhibition provides a unique opportunity for art students to exhibit in a professional gallery setting and gain recognition for their artistic and creative accomplishments. This opportunity helps prepare and motivate young artists to pursue the arts throughout their



lives and find value in creative communities. The exhibition is open from January 14 - February 25 at Saratoga Arts, located at 320 Broadway in Saratoga Springs. All are invited to the Opening Reception at Saratoga Arts on Saturday, January 14 from 3-5pm. This event is free and open to the public.

Also on display at the Clifton Park-Halfmoon Public Library are works by artist Sharon Miller, as well as an exhibit of photographs from the Schenectady Photographic Society.

Artwork is on display in the second-floor gallery space, located at the top of the stairs and outside of the Children's Section. Work will be on display until January 30th. Don't miss it! ■



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Take Care of Your Vision in the New Year

By Judith Archibold, O.D.

A new year often means new goals. This year, make a goal that's easy to keep – take care of your eyes.



Here are some simple steps you can take in 2017 to take care of your vision, take care of your eyes, AND take care of you.

Get a comprehensive eye exam.

Many eye diseases, such as glaucoma, often don't have any early symptoms. Glaucoma is often called the 'silent thief of sight,' because it can cause vision loss before you know you have it. So an annual comprehensive eye exam is a good idea even if you think your eyes are healthy.

Update your eyeglass prescription.

Do you find reading more difficult, or is it harder to see while driving? Your eyeglass prescription could be outdated and you may need a new prescription.

Protect your eyes.

The sun's rays can damage your eyes. Wear sunglasses with UV protection to help protect your eyes. Too much exposure to sunlight can cause cataracts, as well as macular degeneration.

Take breaks from staring at the computer screen.

Staring at the computer screen for long amounts of time can cause blurry vision, headaches and dry eyes.

Maybe it's time to eliminate your dependency on eyeglasses or contacts all together.

This might be the year for you to get LASIK and say goodbye to your eyeglasses or contacts for good.

Eat for good vision. Add supplements.

Start incorporating these healthy foods into your diet:

- Dark green, leafy vegetables, such as spinach and kale
- Salmon, tuna and other oily fish
- Eggs, nuts and beans

There are several manufacturers of eye supplements. At Ophthalmic Consultants of the Capital Region, we carry Physician Recommended Nutraceuticals (PRN).

Take the challenge...quit smoking.

Smoking can increase your risk of cataracts, macular degeneration and optic nerve damage. Your overall health is greatly improved when you stop smoking.

Ophthalmic Consultants of the Capital Region looks forward to helping you maintain healthy vision in 2017. We're a multi-specialty, ophthalmology, optometry and eye-surgery practice with five locations: Albany, Clifton Park, Schenectady, Schodack and Troy. Call our office today to schedule an appointment at 777-2777 or visit myoccr.com. ■

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Town Board Members.....371-6651	Community Development Director	<i>Myla Kramer</i>371-6667
Animal Control Officer371-6756	<i>Barb McHugh</i>371-6651	Planning Director <i>John Scavo</i>371-6054
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If the person you wish to reach is not on the list above, please call 371-6651 to speak to a receptionist who will direct your call to the appropriate individual or department. The Town's office buildings are open from Monday through Friday, 9am to 5pm, excluding holidays. The Town Clerk's Office is open until 7pm every Thursday. The Building and Parks and Recreation Departments are open at 8am Monday through Friday.



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