

JULY 2016

CLIFTON PARK

AN EXCLUSIVE MONTHLY PUBLICATION
FOR RESIDENTS

Neighbors



Karli Taylor
& Jodi Druzba
Launch New
Wellness Concept



Best Version Media

Cover photo by Louis Torres Photography



Be Smart About Concussions

Keep your athlete safe on the field by getting a preseason baseline cognitive and balance test* to aid in concussion evaluation and treatment.

Preparation for the Fall sports season should start with a baseline test to have a greater understanding of your child's health in case of injury.

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*recommended by the Centers for Disease Control, National Football League and National Collegiate Athletic Association



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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.

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ON THE COVER

Karli Taylor and
Jodi Druzba

Hello CLIFTON PARK RESIDENTS

I know the summer calendar fills up quickly so I wanted to let you know about an important event coming up that will help make our community a safer place to live.

Clifton Park will be celebrating the 11th Annual National Night Out Against Crime event in the **Clifton Common on Tuesday, August 4th, 2015, from 6:00 PM to 8:00 PM at the Clifton Common Basketball Courts**. Children ages 6 to 12 are invited to join the Town and special guests Shenendehowa Basketball Head Coach Tony Dzikas and TV Sports Announcer Rodger Wyland for a free-throw contest, a basketball skills clinic from the pros and many more activities for the whole family. You can also meet State Police K-9s, see fire and police equipment on display and talk with our "Home Town Emergency Responders." Also on hand will be the FIRST Team 20, the Shenendehowa Robotics team, which reminds us that ALL team activities are important!

Fill out a registration form at cliftonpark.org and turn it in to the Clifton Park Parks and Recreation Department – fax to 383-5088 or email a scanned form to parksrec@cliftonpark.org.



The Town of Clifton Park is a proud sponsor of National Night Out and they wish to continue this great tradition by remaining one of the largest National Night Out participants regionally. With your help and participation that will happen!

Jenna Caputo

CONTENT COORDINATOR



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Clifton Park Solar Array Reaches Construction Milestone

By Dahn S. Bull, Clifton Park Town Hall

The 1-megawatt solar project located on the Clifton Park capped landfill has reached a construction milestone; all major infrastructure including ballasted racking and solar panels are now in place. "The long process of acquiring the grant, selecting a vendor, consummating necessary agreements and preparing for construction is nearing an end as the solar field will be completed soon," said Town Supervisor Phil Barrett. "The Town will realize significant savings in our energy expenses due to the solar field."

In conjunction with the Town of Clifton Park, *groSolar* developed, designed and is constructing the project, which is slated to produce about 1.3 million kilowatt hours of clean renewable electricity. Construction of the solar field

began earlier this year and will be completed in the next several weeks. Remaining construction work includes electrical wiring, interconnection equipment installation and final testing. ■



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COVER STORY

By Susan Bardack
Photos by Louis Torres Photography

Karli Taylor & Jodi Druzba Launch New Wellness Concept

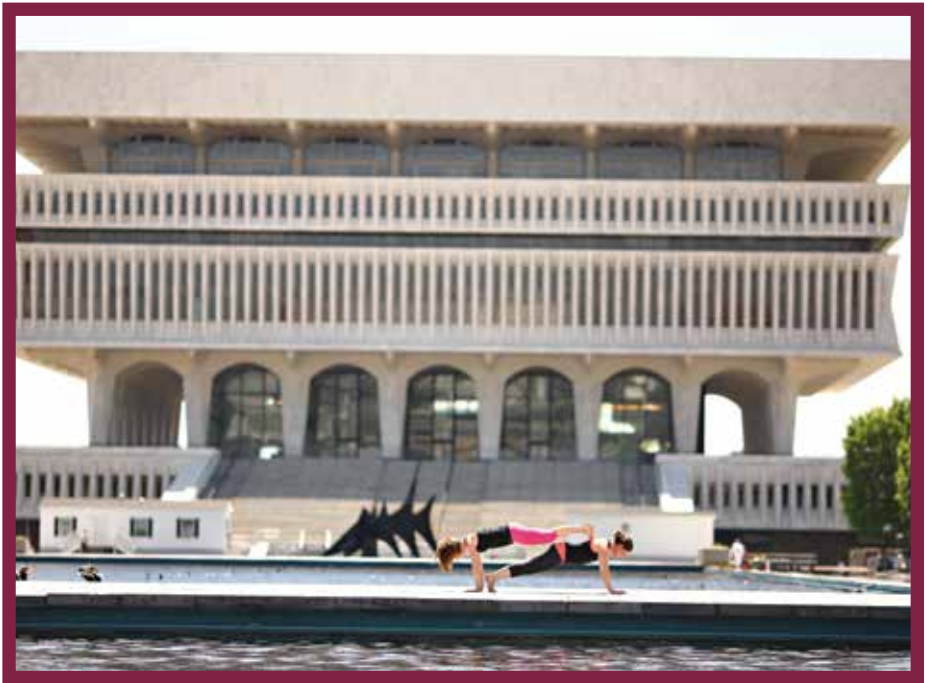
Karli Taylor, an expert in the fitness industry, and Jodi Druzba, a successful entrepreneur, have brought their talents and love of exercise together to launch a new wellness concept that is beginning to reach beyond the borders of the Capital Region and become adopted nationally. BarreFlow® is a comprehensive program for all levels that combines a barre exercise workout with aspects of yoga and pilates. The class strongly focuses on proper posture and alignment to achieve results. Barre, which can be found at many fitness studios these days, is a workout routine that uses a ballet barre and some basic elements of dance set to upbeat music.

The concept behind BarreFlow®, a unique variation on Barre, is the brainchild of Taylor who has spent many years working in the fitness industry. She has always placed a great deal of emphasis on alignment and doing exercises in a way that will achieve results while keeping the body feeling great with less strain and injury. "I created BarreFlow® because I felt there was a need for a barre workout that made sense. I had tried a few classes and couldn't understand the logic behind them, so I wanted to develop my own that focused on alignment and a knowledge of anatomy," she said. Once on the path to a Ph.D. in criminology, Taylor's passion and knowledge

in the fitness industry won out and she quickly became a success in the field. She is currently the owner of a yoga and fitness studio in the Albany, NY region. In past years she has held a top position managing personal trainers at a popular northeast fitness chain.

Since Taylor was in high school she has found comfort in sports and recreation. During those early years she overcame some difficult life challenges, including an eating disorder. Fitness helped Taylor to feel strong, but most importantly on the inside. "Today I work with all types of people and speak with students at schools about feeling great about yourself. There are a lot of pressures these days to look a certain way. But, honestly, it's about how you feel about yourself and if you are coming from a place of inner strength you can really transform your own world and become an inspiration to others."

Druzba, who works closely in partnership with her husband Joe, founder of Average Joe's Fitness, had been on the lookout for solid fitness programs to bring to their facility. When she came across BarreFlow® she fell in love with the concept because she herself could see results and felt better overall after each class. She thoroughly enjoyed learning from Taylor and they became fast friends. She decided to formally offer the concept to clients at Average Joe's Fitness. "We compared the process to other programs in the industry and realized that most were missing some key components such as injury controls and successful outcomes. I began learning the concept and eventually gained enough knowledge and experience to become certified by Karli. The more I participated, the more I understood why there is an industry-wide need to create a comprehensive fitness program," Druzba said. She offered a partnership opportunity to Taylor and they are now working to roll the concept out to studios and fitness



centers in the region and around the country. Druzba is similar to Taylor in that she also developed a passion for fitness over the years. She has a strong background in finance and business. In addition to partnerships in BarreFlow and Average Joe's Fitness, she also owns and operates a distribution company in the communications industry.

BarreFlow® is being offered at a variety of studios in the Capital Region in the form of classes, master-classes and workshops. The team has also gained traction in Buffalo and Northern New Jersey.

Recently, they received a significant honor in the fitness industry as their new program has been accepted as continuing education credit for nationally recognized personal training certifications. Both their full instructor certification and workshop have been deemed worthy of credits from the American Council on Exercise (ACE), the Aerobics and Fitness Association of America (AFAA) and the National Academy of Sports Medicine (NASM). "This new status means that any fitness professional can take our classes and earn credits. Instructors are required to take a certain amount of continuing education classes each year

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and this will satisfy requirements for them. For us, this is a seal of approval by major associations providing a new level of legitimacy. Very few Barre programs in the United States have achieved this rank to date," said Taylor.

Taylor feels strongly that everyone should be certified to present BarreFlow® and any other fitness concept to students. "Certifications provide quality control for business owners, safety and scientifically proven results for participants, as well as continuing education for professionals," she said.

Druzba also believes this latest honor will truly help them in their quest to take the company to the next level. "I began working with Karli in 2014 and during the process of becoming certified myself, realized this was probably the best exercise program I had ever learned to do. I decided to partner with Karli because I knew then that the program she had written was true to anyone wanting to better their health at all levels. Achieving this certification status gives us an independent professional stamp of approval that supports this and provides instructors an opportunity to receive their credit hours by participating in a program with solid substance," she said.

Over the past few years, Barre classes have grown in popularity. However, Taylor points out that the rapid growth of the trend has resulted in a lack of attention to the fundamentals of human movement in exchange for

a gimmick or a spin to make each workout the "next big thing". Taylor said, "We have our own niche. We focus on the way the human body moves and we address it with each element of the program. This isn't meant to replace the wide range of classes out there today. We aim to supplement them and help people feel their best." BarreFlow® addresses common postural problems while focusing on the core and integrated movements. One of the unique qualities is a vinyasa-like structure to the class. With steady and flowing movements, students are able to calm the mind and truly be present in the moment. The 45-minute class is for all levels of students, meaning most can take it.

Taylor and Druzba think big and have aspirations for what they'd like to achieve in the upcoming months. "Our primary goal is to provide a safe and fun program that is accessible to anyone. On the business side of things, we want to raise the 'barre' in this growing niche market and have this brand in major health clubs everywhere," said Taylor.

Information about BarreFlow can be found at: <http://www.barreflow.net>. ■

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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Concussion Management

By Ellis Medicine

Each year, more than 1.6 million sport-related concussions occur in the United States, but concussions are often difficult to diagnose quickly and accurately, especially mild ones. Did you know that young athletes who have a concussion are four times more likely to sustain a secondary bone or joint injury? Also, they are more likely to sustain another concussion. Early detection is very important.

What can parents do to keep their student athletes safe on the field? The Centers for Disease Control (CDC) recommend a preseason baseline cognitive and balance test as a first step to aid in concussion evaluation and treatment. The CDC, National Collegiate Athletic Association (NCAA) and National Football League (NFL) all recommend that athletes undergo baseline neurocognitive and balance assessments annually at the start of each sport season.

Parents can help ensure their child's long-term health as an athlete by thinking ahead and scheduling a preseason evaluation.

Preparation for any sports season should begin with a baseline test to gain greater understanding of a child's health in case of injury. Having baseline information available when evaluating for a possible concussion is very helpful in getting to the right diagnosis. Also, proper concussion care leads to safer play and return-to-play decisions.

Ellis Physical Therapy offers baseline testing using state-of-the-art technology. Used by professional sports organizations, Ellis utilizes the NeuroCom® Balance Master™ to provide comprehensive balance assessments. Ellis is one of only two organizations in the Capital Region with the NeuroCom® Balance Master™ and the only facility with stability testing designed exclusively for evaluating an athlete's balance.

Using a three-pronged approach for the most accurate and objective determination on when an athlete is ready to return to play, an evaluation at Ellis Physical Therapy includes symptom screening, cognitive testing and balance assessment. Post-injury comprehensive evaluations and treatment are also provided by the Ellis Physical Therapy team. These interventions follow the latest evidence-based guidelines for return to play and are covered by most insurance companies.

Concussions are usually caused by a blow to the head but can be caused by sudden head movement due to a blow to the body. Most of the time, loss of consciousness is not involved. Sports-related concussions can happen during drills, practices and games, and injuries that occur during practice can be just as serious as those that happen during competition. ■

Common Signs of Concussion* Things You Can Observe

- Behavior or personality changes
- Blank stare, dazed look
- Changes to balance, coordination, or reaction time
- Delayed or slowed spoken or physical responses
- Disorientation (confused about time, date, location, game)
- Loss of consciousness (occurs in less than 10 percent of people with concussion)
- Memory loss of event before, during, or after injury occurred
- Slurred/unclear speech
- Trouble controlling emotions
- Vomiting

Symptoms of Concussion* Things the Athlete Tells You

- Blurry vision/double vision
- Confusion
- Dizziness
- Feeling hazy, foggy, or groggy
- Feeling very drowsy, having sleep problems
- Headache
- Inability to focus, concentrate
- Nausea (stomach upset)
- Not feeling right
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*The American Academy of Neurology



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Welcome to the Neighborhood

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

"Battle of the Banks" Round 1: Capital Bank (www.capitalbank.com) opened its new facility next to Price Chopper at 25 Park Avenue in Clifton Park on May 6, with a festive crowd, food and a ceremonial ribbon cutting. Staff and volunteer Ambassadors of the Chamber of Southern Saratoga County and the Saratoga County Chamber joined Capital Bank President/COO Anders Tomson, Branch Manager Greg Bruno, Clifton Park Town Supervisor Phil Barrett, Mike Mansion representing Senator Hugh Farley, Chris Rhodes representing Assemblyman Jim Tedisco, and Bob Miller, Jr. of Windsor Development for the ceremony. The new branch replaces a much smaller one, and includes new features such as a drive through teller and ATM, and improved parking.



"Battle of the Banks" Round 2: In Halfmoon, Catskill Hudson Bank (www.catskillhudsonbank.com) acquired the former Community Bank branch at 1685 Route 9, and celebrated with an open house and ribbon cutting on May 11. The Chamber of Southern Saratoga County brought its staff and volunteer Ambassadors to support Bank Chairman/CEO Mario Martinez and his family, Branch Manager Richard Griesche, Bank President Orville Aarons and other staff members, plus Halfmoon Town Councilwoman Daphne Jordan (who also chairs the town's Business and Economic Development Committee), Assemblyman Jim Tedisco and Peter Gemellaro representing Senator Kathy Marchione. Catskill Hudson Bank spans Tech Valley with branches in Dutchess, Orange, Sullivan and Ulster Counties and two in Saratoga County (Halfmoon and Malta).



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By Jen Fox, Kevin Koval's Adirondack Basement Systems

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When fixing your concrete slab there are many options available. Mudjacking is an old fashioned method and involves drilling a series of holes throughout the concrete slab, then a cement slurry, or mud, is pumped beneath the slab to fill in the void and attempt to lift the slab.

Mudjacking can be messy and the holes drilled in the slab are about the size of a soda can. These holes detract from the visual appeal of the slab. Concrete replacement is also an option. A jackhammer is used to remove all existing slabs and then new concrete is poured. This solution can be disruptive, expensive, timely and does not address the core issue which is the soil supporting the slab.

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When Is It Really Time to Say Goodbye?

By Beth Grzybowski, Keller Williams Realty

It's not surprising that I adore houses. They represent not only the American dream, but years of memories and moments tucked in every corner, porch, kitchen and bedroom. If walls could talk, I'm sure we'd hear the echoes of children laughing uncontrollably at the dinner table, the creaking stairs as teens sneak their way up to their rooms after curfew and the soft cries of parents as their children make life mistakes.

My husband Chris and I lived in a basement apartment for three years to save enough money for our first and only home. He suffered with my newlywed attempts at homemade cooking, bringing lunch to work every day and sitting home watching videos instead of going to the cinema. We watched as our lot was cleared and home built, making sure to bring donuts and coffee for the subcontractors to keep them keen and alert on the specs of

our future.

Chris carried me across the threshold and we've been here ever since—23 years! It doesn't sound like a long time, but during those years we've managed to raise a family, two dogs, *very* fertile fish, and a gecko we named Cato.

As first-time homebuyers, our future was laid out in front of us—pavers being laid down one-by-one leading us to where we are now.

Hmmm . . . and where are we, exactly? Within the next decade, we'll be home sellers. It doesn't seem possible, but I will say with certainty that many of my seller clients have shed tears when signing the paperwork to list their homes. This time around, one door literally closes as another opens. It's not that futures aren't as promising as in more youthful times; it's leaving behind memories of making this first-time house a home.

I see the glint of excitement in the eyes of my buyer clients when deciding which room will fit which need, while witnessing the angst of sellers needing to purge years of clutter, catching up on 'to-do' lists, and releasing the grasp of material things to downsize. The door is opening for both buyers and sellers—it just depends on which side they're on. I'm sure that if our walls could talk, they'd say: "Thanks for the memories . . . let's bring on some more!"

Visit Beth at www.BethSellsCliftonPark.com. ■



Beth Grzybowski, Keller Williams Realty

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Live music, face painting, bounce rides, puppet shows, arts & crafts, ballrooms, zoo, trains, trucks & musical instruments!

Time: 12-5pm | Cost: FREE

Sunday, July 10

SIRSY

@Clifton Common Stage

Fiery, soulful indie pop that rocks!

Time: 7pm | Cost: FREE

Saturday, July 16

THE CHIP FESTIVAL

@Saratoga Springs City Center

Prepare your taste buds for a legendary experience!

Competitions, samples, dips & salsa, history booth, family-friendly entertainment & more!

Time: 10am-6pm | Cost: \$5 Adults, Free Kids 12 & under

Tuesday-Sunday, July 19-24

175TH SARATOGA COUNTY FAIR

@Saratoga County Fairgrounds

Classic carnival fun with live music entertainment!

Time: 9am-midnight | Cost: Varies

Friday-Saturday, July 22-23

SEUSSICAL JR.

@Clifton Common Stage

Presented by Not So Common Kids theater camp.

Time: 5pm | Cost: FREE

Thursday, July 28

AN UNBRIDLED AFFAIR: 8TH ANNUAL GALA

@Holiday Inn, Saratoga

Support the CAPTAIN Youth & Family Services at this acclaimed gala & enjoy elegant fare & beverages, dancing, auctions & surprises!

Time: 6:30-10:30pm | Cost: \$125, \$100 for 30 years & younger

Inspiring a love of learning



Nursery through Grade 8

150 Corlaer Ave.
Schenectady, NY



518-370-0366
BrownSchool.org

IMPORTANT TOWN PHONE NUMBERS

Town Supervisor *Phil Barrett*.....371-6651
 Town Board Members.....371-6651
 Animal Control Officer.....371-6756
 Town Attorney *Tom McCarthy*.....371-6651
 Assessor *Walter Smead*.....371-6460
 Building & Development Director
Steve Myers.....371-6702
 Building & Grounds Director
Mike Handerhan.....371-6651
 Town Clerk *Pat O'Donnell*.....371-6681

Town Court, 5 Municipal Plaza.....371-6668
 Community Development Director
Barb McHugh.....371-6651
 Town Comptroller *Mark Heggen*.....371-6651
 Storm Water Management Technician
Scott Reese.....371-6054
 Director of Communications & Tech
Dahn Bull.....371-6651
 Highway Superintendent
Rick Kukuk.....371-7310

Parks and Recreation Director
Myla Kramer.....371-6667
 Planning Director *John Scavo*.....371-6054
 Receiver of Taxes *Lorraine Varley*.....371-5720
 Director of Safety and Security
Lou Pasquarel.....348-7311
 Town Security Officers.....369-6651
 Sewer Director *Mike O'Brien*.....348-7313
 Transfer Station Supervisor
Jeff Vedder.....371-6669

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.

**Community Care Physicians, P.C.
is Opening its New Building Soon!**

1783 Route 9 • Clifton Park

1 Mile North of Route 146 & Route 9 Intersection

Practices Opening July 18:

Clifton Park Family Medicine
 Community Care Internal Medicine - Clifton Park
 The Office of Dr. Downey
 Capital Region Women's Care
 LabCare

Practices Opening July 25:

Clifton Park Pediatrics
 The Child Neurology Group
 Community Care Physical Therapy

Additional Practices Coming in August!

**COMMUNITY
CARE**
PHYSICIANS, P.C.

 Follow us on Facebook | communitycare.com

**DO YOUR
HAPPY DANCE**

