

JUNE 2017

CLIFTON PARK

AN EXCLUSIVE MONTHLY PUBLICATION
FOR RESIDENTS

Neighbors



Nancy Katinas
Starting New Every Day

The Katinas Family on the Shen turf celebrating Senior Night



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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

The Katinas Family

Dear CLIFTON PARK RESIDENTS

June is a time for celebration... we celebrate our dads, our grads and of course all the school children celebrate summer! In between all those parties, in this month's issue we give you some great ideas on other things you can do.

Our cover story features Nancy Katinas and her family. Nancy wears many hats as a wife, mother of three, experienced indoor cyclist, and owner of The Revolution! Learn about how she keeps fit, and maybe give it a try yourself (p. 6)! Also this month, we share the joy of the opera with Opera Saratoga and their summer line-up (p. 10). It's a wonderful way to spend a summer night out to experience the music and a show that is much different than the stereotypical opera we all think of.

Congrats to all the dads for everything you do and to all the graduates for your amazing accomplishments!

And last but not least...welcome summer!

Jill



JILL BEHUNIN,
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MARK BOLLES,
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CORRECTION: In our May issue, we mistakenly had an incorrect last name for the student who participated in an internship through the Community Based Work Program at Shenendehowa High School. The student's correct name is Scott Carvalho. Our apologies to Scott!

EXPERT CONTRIBUTORS

To learn more about becoming an expert contributor, contact BVM at jbehunin@bestversionmedia.com or phone 518-441-5952.

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We Believe. HOPE. And Persevere...

By Shari Voce

For a cure. A cure for what can only be described as "Childhood Alzheimer's." In 2012 at the age of 10, Jay and Donna Honsinger's little boy, JP, was diagnosed with a disease called Niemann-Pick Type C. This disease is a cruel and fatal genetic, neurodegenerative disorder, which causes progressive deterioration of the nervous system. This disease leads to a series of neurological problems that are ultimately fatal...UNTIL a treatment is found.

There is no cure...no cure YET!

We have made it our mission to educate our friends and family, so that they can do the same. So...we continue to Believe, HOPE and Persevere that a cure will be found for Niemann-Pick-C. Until then, we will raise money for research and awareness. The Honsinger family refuses to passively accept this fate. JP visits Albany Medical Center every two weeks to receive experimental treatments in hopes of slowing the progression of his disease.

As JP graduates from Acadia Middle School this month, we are thankful that we have been able to share his story since his diagnosis. By doing so, we have made countless friends, created memories and built relationships that are



The Honsinger Family at JP's Wide World of Sports

truly treasured.

We are gearing up for our fifth **JP's Wide World of Sports** to be held at The Century House in Latham, on Monday night, October 30. If the past four years are any indication, we have drawn hundreds of people to this event and the outpouring of support continues to amaze us. We live in a community filled with love, generosity, hope and friendship. We welcome volunteers and encourage you to attend, as it will be, as it always is, a night to remember!!

And, right around the corner, on June 12, we are having a golf outing, "**Tee It Up For JP**," sponsored by Mohawk Honda, to support this important cause. Contact svoce@nycap.rr.com to register, donate or sponsor this event!

For more information please visit jamminforjp.com. ■

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

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Rexford Trolley Stop

By John L. Scherer, Clifton Park Town Historian

The electric trolley stop can be seen in the left foreground. Trolley lines all over the United States brought city folk to amusement parks. Residents of Schenectady could take the trolley to the amusement park in Rexford from 1906 when the park opened along the Mohawk River, until it went out of business in 1935. The roller coaster and carousel can clearly be seen in the photograph.

Other rides included a swing ride that swung out over the Mohawk River, a train ride, and chute the cutes where



Trolley stop, Rexford Amusement Park, Rexford, c. 1920.

you came down a giant slide in a small boat into a pool of water. There was a fun house, theatre that featured vaudeville acts and an outside stage where daredevils and gymnasts would perform. It was a busy place during the early twentieth century. The carousel at the park supposedly ended up at Kaydeross Park on Saratoga Lake and is now in Congress Park in Saratoga Springs. ■

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Nancy Katinas

Starting New Every Day

COVER STORY

By Jenna Caputo

Photos by MarkBolles.com

Originally from Port Jefferson, Long Island, Nancy Katinas enjoyed playing sports and loved living close to the beach. A lover of learning, she initially went to school for marketing, but her college had a huge education program. Since she had always liked school and children, she was naturally drawn to that program instead. Not thinking that her childhood hobbies might turn into a career, Nancy graduated from Suny Brockport and Suny Albany with her degree and masters in Education. She also happens to have a Bachelor's degree in Earth Science. (Did she mention she enjoyed school?) After graduation, she first worked as a substitute teacher for the Shen schools before teaching in both the Glens Falls City Schools and Ballston Spa City Schools.

She met her husband, George, back when they were kids on Long Island. Growing up in the same hometown, they started dating late in high school. They went off to different

colleges, but kept circling back to each other every summer, and eventually married, settling down in Clifton Park. After having her second child, Nancy decided to stay home with their children. She had started indoor cycling for fun in 1999 and immediately became hooked. She received her certification in Spin® originally to work at the gym for a free membership. She later followed up her certification with Fitour, Core Ball, Body Pump and Body Step.

After her third child was born, Nancy began teaching fitness classes at the gym. Her Spin® class was becoming so popular that there were people repeatedly blocked out of it due to space. It was difficult to get spots at all the gyms in the area. Some of these people suggested to her that she open her own place. After some thought, they opened a studio together as partners seven years ago in Clifton Park. "The Revolution," a state-of-the-art indoor cycling and fitness studio, was born.

Focusing on indoor cycling (which is a little different than Spin®), they made their studio more unique by

adding fusion classes, which include light weights and core work with the cycling. It was something different for the area and became popular immediately. "It is a great combination of cardio and strength," says Nancy. "A total body workout in 45-60 minutes, burning lots of calories!" Two years later, they opened a studio in Loudonville and this fall will be opening their Albany location as well.

Nancy and George are now the sole owners and use state-of-the-art-equipment, rockin' music and numbers to push participants toward their fitness goals. Using Performance IQ software (as seen on *The Biggest Loser* and other fitness shows), riders can see current heart rate, work zones and calories burned during their ride on a flat screen right in class. The results are also emailed to each participant after the workout to track performance and progress. Nancy has found that this rapidly increases motivation and allows for team competition while tracking performance history.

Using high-energy music formats to help push class members, combined with elite instructors with backgrounds in varied fitness areas, members receive not only a fun ride, but an incredible, heart-pumping workout – easily burning 600-1,000 calories in a single class. It's also a "go at our own pace" format. Nancy's creation of this unique cycling atmosphere has built a combination of camaraderie, high intensity, and of course, fun! It's a different atmosphere than she expected to be teaching in while in college, but she still loves teaching. "I enjoy staying in shape and the social aspect. It is fun to workout with people from all different lines of work – when you turn lights down and get on the bike – everyone's on the same page!" she says.

Nancy, George and their three children, Ava (18), Ryan (16) and Adrian (13), are active within the community outside of the studio as well. The kids are into lacrosse, diving and football. Ava is on her school's student council and student athletic advisory council while working part time as well. She is heading to the University at Albany next year on a lacrosse scholarship and plans to study Human Biology, working toward the Physician Assistant program. Ryan works at Market 32, and following in his mom's entrepreneur footsteps, has also started his own small landscaping business, already with 10 clients and growing.

Outside of working out, Nancy enjoys reading and spending time with family and friends. They love to go out to dinner in the area and often frequent Proctors and SPAC to take in the shows, as well as attend the Shen sporting



The Katinas family cheering on Ava at her lacrosse game.

events including lacrosse, soccer, swim & dive, and football. They have run in several 5Ks and 15Ks and a half marathon in the area, as well as participated in the Anyone Can TRI at the Saratoga YMCA.

Nancy's "Fitness for Life" motto carries over into other areas of life as well. "It embraces not only encouraging personal wellness for women, but also using 'fitness' to support the 'life' of others who desperately need greater awareness and funds to advance their charity missions," she says. She has helped raise this awareness for a variety of causes by hosting fitness fundraisers at the studios and has participated in many marathons and galas as well. Some of these causes include breast cancer awareness, leukemia & lymphoma research, diabetes, autism, anti-smoking, Hannah's Hope, ovarian cancer research and more.

She hopes that her studios can show everyone that not only can working out be fun, but that fitness is something that can be for life. It's never too late to start or to try something new. Be realistic with yourself in order to lay a strong foundation in your fitness and wellness goals. "The most important thing is finding a workout that you love!" she says. "The more fun you have with the instructor, the music, the club and other members, the easier it is to be consistent in showing up. When you are consistent in showing up, that's when you see results. Try to find a friend to work out with. Commit to 2-3 times a week (anything more than that is great!) but be realistic – if you have a job, family, kids, you probably can't go seven days a week, so don't set yourself up to fail. Every day is a new start!" ■

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.

Welcome to the Neighborhood

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

Ribbons flew as the Capital Region Chamber and the Chamber of Southern Saratoga County joined forces to celebrate the opening of **Orangetheory Fitness** (54 Crossing Blvd Suite 5, Clifton Park, 518-644-4757, clifton-park.orangetheoryfitness.com). State Senator Jim Tedisco was in attendance along with Gina Wierzbowski, representing Assemblywoman Mary Beth Walsh.



Councilwoman Daphne Jordan represented the Town of Halfmoon and Senator Marchione. Once inside, Pete seemed to need a little help lifting the weights, but thankfully volunteer Ambassador Sandy Hassfurter from Berkshire Hathaway Home Services was there to help!



The Chamber of Southern Saratoga County (CSSC) celebrated its **50th Anniversary** in style by holding its annual awards dinner in front of a packed house at the Hilton Garden Inn, Clifton Park on April 27. From its roots in 1967 supporting the growing business communities of Clifton Park and Halfmoon, to its status today as the 3rd largest in the Capital Region with 1070 members, the CSSC promotes the interests of business throughout the lower half of the county

plus neighboring Glenville, and is especially respected for its leadership in the Marine, Manufacturing, Agriculture and Transportation sectors plus, more recently, Hospitality. Working through statewide publications, trade shows and through its operation of the Southern Saratoga Information Center located right on the Northway, the CSSC is aggressively promoting the "Discover Clifton Park" theme to area travelers and newcomers.

Meet other business neighbors at www.southernsaratoga.org.

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Solarize Albany and Capital Region

By Joanne Coons

The Clifton Park GREEN Committee (Government Re-Thinking Energy & Environment Now) guided by Councilwoman Amy Standaert, is involved in many annual events such as shredding day, Shen Science Night, tree give away and Habitat For Humanity partnership to reuse unwanted good condition furniture and building materials. One of the long term and behind-the-scene projects that many might not know about is the Town's participation in NYSEERDA's Clean Energy Communities, which recognizes and rewards local governments for implementing clean energy. In this program there are 10 high impact actions and the Town needs to complete 4 of them, which are:

- Benchmarking - Adopt a policy to report the energy use of public buildings
- Unified Solar Permit - Streamline the approvals process for solar
- Energy Code Enforcement Training - Train compliance officers in energy code best practices
- Solarize - Undertake a local solarize campaign to increase the number of solar installations.

When the four tasks are completed, Clifton Park will be eligible for a \$150,000 grant to support additional clean energy projects with no local cost share.

We are fortunate that the successful Solarize Albany program has expanded to eight more counties, giving us the opportunity to participate and accomplish our fourth task (so we are close to this award!). The Solarize Albany and Capital Region is a grassroots, citizen-run volunteer organization made up of people who care about educating the public about generating their own

clean energy from the sun.

The Solarize program is like a Consumers Report of solar. Solarize has interviewed and evaluated solar companies in a competitive process to participate in Solarize based on quality of product, service, installation and price. This year, instead of picking one installer to run the program, Solarize has picked the top three for consumers to choose from. If you cannot put panels on your roof due to poor orientation or shading issues, there is a community solar option. Now is a great time to take charge of your utility costs and go solar since National Grid has applied for a rate increase.

There will be information sessions about the Solarize program at the Clifton Park-Halfmoon Library, Town Hall, a link to Solarize on the Town of Clifton Park's web site and information at the website: www.solarizealbany.org. If you have questions or want to know when and where a meeting is scheduled, please email: coonjoan@gmail.com. ■



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No Horned Helmets at Opera Saratoga

Contributed by Susan Bardack

For some, opera evokes images of Vikings in horned helmets singing loudly in German. Evoke that stereotype for Lawrence Edelson and he's likely to roll his eyes before he begins laughing. "Yes, people often joke about opera in such terms," Edelson says, "but clearly they haven't been to a performance at Opera Saratoga!"

Edelson has been the Artistic and General Director at Opera Saratoga since July of 2014, and over the past

legendary Jim Henson, directs this magical production that is ideal for the whole family. The final production is Blitzstein's *The Cradle Will Rock*. An allegory on corruption and corporate greed both timely and timeless, *The Cradle Will Rock*'s biting humor and brazenness is as impactful now as it was when it premiered on Broadway in 1937. *The Cradle Will Rock* was actually shut down on its opening night by the government in an act of censorship, because the pro-union

plot was feared to be too radical. Opera Saratoga will celebrate the 80th Anniversary of that infamous night with a new production, directed by Edelson, and conducted by acclaimed Maestro John Mauceri, who will lead



Falstaff

Photo by Tim Trumble

three years, he has been showing our community that old-fashioned stereotypes about opera don't really hold water anymore. "My goal," says Edelson, "is to share with audiences the breadth and depth of what opera can be."

Opera Saratoga's 2017 Summer Festival opens with Verdi's comic masterpiece, *Falstaff*, which was last performed in the region over 25 years ago. Next up is Grétry's *Zémire et Azor* (*Beauty and the Beast*). One of the first musical adaptations of the classic fairytale, this opera-ballet was one of Mozart's favorite works. James Ortiz, whose innovative use of puppetry has been compared to the



Beauty and the Beast

Photo by Mark Frohna

Blitzstein's original orchestration for the first time anywhere in the world in over 50 years.

Rounding out the season is a wide variety of free concerts and additional ticketed events, including *Wand'ring Minstrels – A Gilbert & Sullivan Cabaret*, and *Broadway in the 1930s*. Concerts begin on May 27th, and operas begin on July 1st. Visit operasaratoga.org for more information. ■

FREE CONCERTS:

Stars of Tomorrow: May 27th
@ 7:30pm; Filene Recital Hall,
Skidmore College

Swan Songs: June 3rd @ 2:00pm;
Dee Sarno Theatre, Saratoga Arts

Marc Blitzstein – A Life in Song:
June 16th @ 7:30pm; GE Theatre,
Proctors

TICKETED CONCERTS:

**Wand'ring Minstrels – A Gilbert
& Sullivan Cabaret:** Sunday, June
11th @ 2pm and 7:30pm;
The Mansion Inn

Broadway in the 1930s:
Friday, July 14th @ 7:30pm;
Spa Little Theatre

OPERAS – ALL AT THE SPA LITTLE THEATRE:

Falstaff: July 1st, 6th @ 7:30pm;
10th, 15th @ 2:00pm

**Beauty and the Beast
(Zémire et Azor):**
July 2nd @ 7:30pm;
July 8th, 14th @ 2:00pm

The Cradle Will Rock:
July 9th, 13th @ 7:30pm;
July 11th, 16th @ 2:00pm

SPECIAL EVENTS:

**Opera on the Lake – The 2017
Opera Gala:** Sunday, June 4th
@ 4:30pm; The Lake George Club

**Falstaff's Feast – Opening Night
Dinner:** Saturday, July 1st
@ 5:00pm; The Gideon
Putnam Hotel

Friday, Jun 2

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@Spirit Tree Connections, Latham
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Time: 7-9:30pm

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Friday-Sunday, Jun 2-4

POLISH FEST

@Blessed Virgin Mary of Czestochowa Church, Latham

The Capital District's Polish Fest is a celebration of Polish heritage including food; music; art; language; customs & culture. Find a vast array of favorite traditional foods; gourmet desserts; music & dance entertainment; tours; children's area with games, face painting, kid snacks; and other fun activities.

Time: 4-6pm

Cost: \$5 a day

Saturday, Jun 3

THE FORBIDDEN GARDEN W/ ELLEN HERRICK

@Northshire Bookstore, Saratoga
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Sparrow Sisters, Ellen Herrick returns with another enchanting move, *The Forbidden Garden*, set in the heart of a mysterious country garden, yearning to spring to life. Come meet Ellen Herrick, an avid gardener herself, as she shares a story as bright and beautiful as the Shakespeare Garden that inspires the book.

Time: 6pm

Cost: FREE

Saturday, Jun 3

3RD ANNUAL MOTORCYCLE RUN FOR GATEWAY HOUSE OF PEACE

@The Factory Eatery & Spirits,
Ballston Spa

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Pearson at 518-727-3178 or at info@gatewayhouseofpeace.org.

Time: 9 AM Registration, 11am

Kick Stands Up!, 2:30pm After Party

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Saturday, Jun 3

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@Downtown Albany

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Time: 9am

Saturday, Jun 3

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Saturday, Jun 3

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Time: 11am-9pm
Cost: Varies

Saturday, Jun 3

23RD ANNUAL KIDS' ARTS FESTIVAL

@Outside Schenectady City Hall, Schenectady
Robots are the theme of this annual outdoor arts festival while nearly 50

groups show "heart" during the day. Free shows from The Puppet People; safe child IDs; vehicle and safety tips from the City firefighters; flight simulators; drones; an experimental plane; create Father's Day cards; design a cake; enjoy music, dance, painting, drawing and so much more! Rain location inside City Hall.

Time: 12-4pm

Cost: FREE

Sunday, Jun 4

SARATOGA TOUR DE CURE

@Saratoga Spa State Park
Become part of the American Diabetes Association's largest fundraising event. Join thousands of participants from around the country to come together to directly impact the lives of people facing the daily challenges of diabetes and their loved ones. Cyclists of all ages and ability levels welcome with 5 routes to choose from: 10 mile, 28 mile, 50 mile, 62.5 mile &

100 mile. Rest stops with refreshments, bike mechanics, medical support & volunteers. After the ride, celebrate at the post-ride festival with lunch, massages & live entertainment.

Time: 7am

Cost: \$35

Sunday, Jun 4

WILDLIFE FESTIVAL 2017

@Camp Saratoga, Gansevoort
Join us for a day of nature walks, live animals, crafts & hands-on fun as we celebrate the Karner Blue Butterfly and the animals of the Saratoga Sandplains! Includes crafts, pond life exploration, lupine painting, fire tower climb, live reptiles, amphibians, search & rescue dogs, essay contest winners, BBQ & Bake sale. For more info call 518-450-0321 or www.wiltonpreserve.org.

Time: 11am-3pm

Cost: FREE

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Thursdays

EVENING MEDITATIONS

@Spirit Tree Connections, Latham

Each Thursday evening we will have a different meditation lined up for you, with a different meditation facilitator each week. We have drumming meditations, crystal bowls, medicine bowls, chanting, Shamanic Journeys, Angel, hypnotic meditations and much more. Register online or at 518-362-8383.

Time: 6-7pm

Cost: \$10 drop in

Thursday, Jun 8

DIGITAL MARKETING CONFERENCE

@Hilton Garden Inn, Clifton Park

Learn digital marketing from the pros and quickly learn the best ways to use Facebook ads, how to get found in Google, what should be on your website and other strategies to reach new customers, get more leads and increase

sales. An information-packed event for small-medium sized businesses. Seating is limited. 518-743-9424

Time: 1-4:30pm

Saturday, June 10

CHILDREN'S RUMMAGE SALE

@Orenda Elementary School Cafeteria

Looking for new clothes, toys & more for your children? Or are you hoping to find a new home for the items your children have outgrown? Please join us at the Orenda cafeteria for a children's rummage sale! If you have items to donate you can drop them off (children's items in good condition only) at the Orenda cafeteria on Friday, June 9th from 1-6pm. All proceeds will benefit the Shenendehowa PTA Preschool Committee. Please contact Staci at pebs1025@aol.com with any questions.

Saturday, Jun 10

DAFFODIL DASH

@Halfmoon Town Park, Clifton Park

Join LifeSong's annual fundraiser for their day habilitation and employment programs serving individuals and families of differing abilities throughout the Capital District for a family fun-filled day and community celebration. Parade and Kids Run (.75 mile) starts at 9:30am. The 5K starts at 10am. Awards ceremony at 11am. Face painting and raffles all day.

Time: 9:30am-12pm

Cost: \$25 for registered runners, walkers, joggers

Wednesday, Jun 14

KARNER BLUE BUTTERFLY WALKS

@Camp Saratoga South, Gansevoort

On this hour long walk, we will be looking for adults of the first brood of the Karner Blue Butterfly as they are

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searching for nectar and mates in the open pine/oak savannah meadows. Park in the lot by the Saratoga Sandplains sign on Route 50, half mile north of King Road. Will be cancelled if raining. Preregistration is strongly encouraged.

Time: 11am-4pm
Cost: FREE

Friday-Sunday, Jun 16-18 SARATOGA BALLOON & CRAFT FESTIVAL

@Saratoga County Fairground, Ballston Spa
Join us for an amazing weekend with over 20 hot air balloons with 4 liftoffs and the Best Balloon Glow in the US; over 100 artists and artisans; live entertainment & music; ongoing craft demonstrations; kids activities including face painting, airborne artwork, and games; helicopter rides; balloon rides. No dogs (unless a service animal) allowed.

Time: Fri: 3-8:30pm; Sat: 5:30am-6:30pm; Sun: 5:30am-4pm
Cost: Adults \$10 daily or \$15 weekend; Kids (3-15) \$5 daily or weekend; Under 2 FREE: Helicopter rides \$40; Balloon rides \$249

Sunday, Jun 18 22ND ANNUAL SUNDAE ON THE FARM

@Turning Point Dairy, Saratoga
Enjoy tours of the farm, children's activities, farm animals, horse-drawn wagon rides, live music, agricultural exhibits, demonstration by area chefs using local farm products, spelling bee, ice cream eating contest, horse showcase, farmer's market, ice cream sundaes, and homemade pies!

Time: 12-4pm
Cost: FREE

Sunday, Jun 18

ALBANY'S DAD FEST

@Washington Park, Albany
Features live music, great food, beverage tastings, vendors, kids' activities & family fun! Rain location at Corning Preserve Boatlaunch.

Time: 1-6pm
Cost: FREE

Sunday, Jun 25

24TH ANNUAL BALLSTON SPA VILLAGE FAMILY FUN DAY

@Saratoga County Fairgrounds, Ballston Spa
Come out and enjoy a free day of family fun! Schedule released soon.
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Cost: FREE



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Misconceptions Of A Dry Basement

By Kevin Koval, President, Adirondack Basement Systems

Wet basements are a pain. They are frustrating, can be costly and most don't know that there is a way to effectively eliminate the issue. There are several popular products on the market that homeowners try, only to find they only worked for a brief amount of time or not at all. Let's look at some of the good and not-so-good methods for fixing a wet basement.

The best place to start is outside, but it may not end there. The first thing to do is make sure gutter outlets are directed away from your foundation. During rains, you are funneling water off of your roof only to have it dump right near the foundation.

With all that water right near your foundation, you are bound to have a problem! The gutter downspouts should be extended 6-10 feet away from the home to prevent water from infiltrating the basement. Also check to see if the soil near the foundation has settled, and is it now pitching back toward the house? If it is, add more soil to provide a positive pitch away from the foundation. Be careful not to be too close to the top of the foundation as it can create rotting and insect issues. Eight to ten inches is a good rule of thumb.

By directing water away, you should have lessened the amount coming inside, but many people find they still have a wet basement! The next step would be to have a water collection and drainage system installed. Trying to seal a foundation from water infiltration typically is a futile effort – concrete cracks and moves and sealants lose their bond to the concrete and fail. I prefer to see a more permanent solution. The typical method is outside excavation. The problem with this is the pipe in the dirt outside the home



Interior drainage system for your basement



How water enters your basement

clogs over time. Bad idea! The preferred method is a system installed below the floor inside the home that is serviceable with a pumping system that includes a backup pump powered by a battery system or a backup generator. This should solve your issues.

Give us a call or visit our website if you have any other questions! Adirondack Basement Systems, 866-901-1048, CliftonParkBasement.com. ■

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Simple Salad Dressing Ideas

By Jordan King



Did you spend most of your life thinking that the best salad dressings came out of a bottle, like I did? It was not until I was in my mid-twenties that I had a really delectable dressing, asked what brand it was and got a blank stare from my hostess. The friend hosting dinner simply said, "It's oil and vinegar." I replied, "What brand?" She proceeded to explain that it was just extra virgin olive oil and balsamic vinegar, right out of their own bottles... with a little salt and pepper. I was shocked. When I got home, I tossed all the bottled dressings we had. From then on, I used her simple trick: olive oil, balsamic, salt and pepper. In the last ten years, it's amazing how many times I have been asked the same question when having friends over for dinner at my own home. It's also amazing the look, the same one I probably gave my friend all those year back, that people give me when they realize how simple it is.

When I started to think about it, I realized how many restaurants throughout my life always had cruets of oil and vinegar on the table. Without even thinking about them, however, I would quickly order ranch or some premixed vinaigrette that I just assumed would be better. I regret missing out for so long!

Here's hoping my epiphany may inspire you to try your own dressing the next time you serve a salad. We begin every dinner with a salad, even if it is just spinach with our simple dressing. In time, you will find the perfect ratio for your taste buds; and likely, you will find your perfect pour, not even bothering to measure after a while. You might be surprised how far the dressing can stretch when tossed well into the salad.

Best place to start:

3 tablespoons of extra virgin olive oil

2 tablespoons of balsamic vinegar

Salt and pepper to taste

Modifications:

You can give your dressing an Italian flare by sprinkling the salad with Italian seasoning before you toss it.

In the warmer months, switch to red or white wine vinegar for something lighter.

For a tasty twist, replace the vinegar with an equal amount of lemon juice.

For a kick, add honey and mustard to taste.

For a creamier dressing, add a few tablespoons of plain yogurt to the oil and vinegar mixture before adding it to the salad.





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Saratoga Arts Events

Contributed by Emma Huneck, Saratoga Artss



Saratoga Arts Presents the 3rd Annual 10x10 Exhibition!

July 1 - September 2, 2017

Artwork Drop Off: Monday & Tuesday, June 19 & 20, 9am-6pm to Saratoga Arts, located 320 Broadway in

Saratoga Springs

Artists working in all mediums are encouraged to exhibit up to three pieces of artwork in this fabulous exhibition! The 10x10 Exhibition celebrates the community and

community arts, and exhibits upwards of 500 pieces last year. All pieces are for sale at or around \$100 - last year over 100 works sold! Two dimensional pieces must measure 10" x 10" (including frame), and safely be able to hang on the wall. Three dimensional pieces must be able to fit within a 10" x 10" x 10" cube.

For more information, please call Saratoga Arts at 518-584-4132 or visit our website at www.saratoga-arts.org.

Summer Camps

It's not too late to sign your budding artists up for summer camp! Saratoga Arts offers art, literary and theater camps throughout the summer. Each offers a unique summer camp experience for children who love to learn about and create art, read and perform plays. For more information and for camp availability, visit our website at www.saratoga-arts.org/education/summercamp. ■

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All About Eyes: Ask an Ophthalmologist

By Allen Zieker, M.D. Board-Certified Ophthalmologist and Director of Cataract Surgery at Ophthalmic Consultants of the Capital Region



Allen Zieker, MD

"I was one of the first cataract surgeons in the United States to implant the TECNIS Symfony IOL. Both my patients and I are happy with the results. Many of them are no longer using reading glasses."

—Dr. Allen Zieker

Q. I have cataracts and will be scheduling surgery soon. Is there any way I can get rid of needing reading glasses?

A. Due to new technology, patients have more options to decrease the need for reading glasses. There have been great advancements in intraocular lenses (IOLs), the artificial replacement lenses used in cataract surgery. The new IOL technology now can provide extended depth of focus instead of just a single focal point (monofocal), which typically was farsighted.

Because of the single focus, many patients had to use eyeglasses for vision at all focal points. Advanced technology IOLs function much like your eye's

most people are in their late forties, their eyes begin to lose their ability to focus on near objects, creating the need for reading glasses. Studies performed by the manufacturer have shown the Symfony lens may allow you to do many close-vision tasks without dependence on reading glasses. Also, the Symfony lens has a focusing ability so you can see objects at arms length and at a distance. The new Symfony lens can even be used to correct astigmatism that you may have had before your surgery.

The Symfony lens is approved in more than 50 countries around the world, and has been widely studied with data from numerous clinical studies involving over 2,000 eyes.

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Town Clerk *Pat O'Donnell*.....371-6681
 Town Court, 5 Municipal Plaza371-6668
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Scott Reese.....371-6054
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Lou Pasquarel.....348-7311
 Town Security Officers369-6651
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 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.




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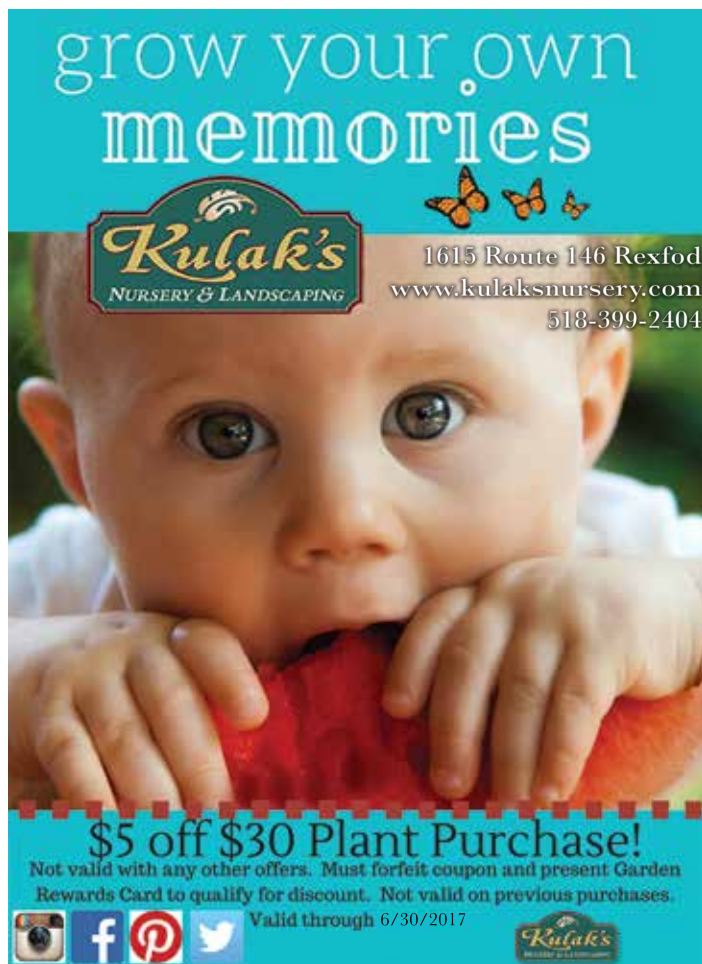
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