

MARCH 2016

# CLIFTON PARK

AN EXCLUSIVE MONTHLY PUBLICATION  
FOR RESIDENTS

## Neighbors



For  
*Dave Stumpf*  
of Paintworx Collision  
**The Sky's the Limit**



Best Version Media

Cover photo by Niki Rossi Photography



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### COMMUNITY SUBMISSIONS

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

### MAGAZINE DEADLINES

Please submit your content by the 10th of each month.

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**ON THE COVER**  
Dave Stumpf

## Hello CLIFTON PARK RESIDENTS

Spring is almost here! Even when there's still snow on the ground, March is the time I get antsy to start plants for the garden and look ahead to plans for summer activities. I'm ready to feel the dirt, smell some flowers and absorb the warmth of the sun on my face.

But I often have to catch myself from trying to look too far ahead. There are so many wonderful things to enjoy in the meantime. Sometimes it's hard to remember that when I look around and see dirty piles of snow that no longer quite hide the winter's buildup of dog poop in the yard. The trees look cold and tired, there's salt everywhere, and I'm just plain tired of wearing my winter coat every day.

Then I watch my dog as she goes outside. Every day she runs out there with a smile on her face, ready for whatever new adventure waits for her. She's looking for hidden treasures, and she always finds something. It could be that perfect stick she forgot about, or a toy that had been buried in the snow. She rediscovers the Christmas tree that was covered by the mid-winter storm, plays detective with each scent she finds and even sometimes manages to find a flower trying to work its way up. Every day is exciting for her.

We should approach each day in this way. What adventure is waiting for us? What new scents are in the air? New life and a fresh start are emerging from the piles. It might appear ugly outside until nature finishes cleaning herself, but if we were to actually take a look around, we would find all kinds of hidden treasures.

Take a minute to really notice your surroundings. What do you see? Dig a little – what can you find? Even within you – what kind of treasure is waiting to be found? It doesn't matter how the day starts, or what it may initially appear to be. It doesn't matter if it's cold, dark, sunny, stressful, too long, too short, etc. Each day holds a hidden treasure. We just need to open our eyes, stretch our "paws" and search. It's there somewhere. And when we find it, we are as rich as a king – even if only for a day.



*Jenna Caputo*

CONTENT COORDINATOR

### 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 Handerman* .....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.

# Shopping Mall Once a Farm

By John L. Scherer, Clifton Park Historian

Walter Englemore (1892-1962) and his wife Hazel Sweet (1900-1984) acquired the farm on the north side of Clifton Park Center Road, just west of Clifton Country Road, shortly after they were married in 1917. Although the farmland was sold off for the shopping malls in the early 1970s, Hazel continued to live in the farmhouse until it was sold and demolished in 1980. In a 2009 interview, Walter and Hazel's daughter, Ruth, who was born on the farm in 1919, recalled growing up with her younger sister Gladys on the farm that now consists of stores and parking lots. Gladys was nicknamed George because her parents were hoping for a boy to help with the farm chores!

There were three cows and two horses. Ruth's mother, Hazel, raised chickens and ducks. They also had a few pigs, and would enjoy pork during the winter months. Ruth's grandfather, Charles, had a smoke house and he would smoke the bacon and ham for them.

A variety of vegetables were grown, as well as pear trees and raspberries and strawberries. Walter took his produce to Cohoes with his truck and sold it to stores and individuals. He took orders on a weekly basis and would sometimes deliver as much as many hundred ears of corn.

Ruth and Gladys would have to help out in the fields after they walked home from the schoolhouse on Cemetery Road in Clifton Park Village. They picked berries and vegetables. Gladys would hold burlap bags and Ruth would put one hundred ears of corn in each. They wiped off tomatoes and placed them in baskets, cleaning them up so they would look more attractive when they were taken to the stores. They would also help bring in the hay, and as youngsters would enjoy jumping from the packed mounds of hay into the loose hay. When Ruth was older she would lead the horse back and forth as the hay was winched by a pulley system into the barn loft.

Walter had a touring car with side curtains, but they would use the horses during the winter. The family bundled up for the ride in the cutter. Walter wore a raccoon coat and they would head for Grandma's on Englemore Road. They had to go into fields to get around snowdrifts because horse drawn plows couldn't get through them. If the weather was really bad,

farm fences would be cut

so you could go around drifts. Doctor MacElroy, the Jonesville doctor who brought Ruth and her family into the world would also travel by cutter. He carried a hot soapstone to keep warm, and when he visited patients the soapstone would be reheated on the stove.

In winter, Walter was employed cutting ice on the Mohawk River at Crescent. It was a dangerous occupation, but paid good money: twenty-five cents per day. Once the large blocks of ice were cut, they were moved on skids into the icehouse where they were stored until summer for use in local iceboxes.

Ruth remembered the Great Depression of the 1930s, and how fortunate her family was to be living on a farm. They had all sorts of food on the farm and it was not necessary for them to wait in bread lines. Ruth's mother did a lot of canning and also did a considerable amount of cooking, as she had to cook for both the family and several farm hands. In the summer she would get up at 5AM to start the wood stove and bake bread before the heat of the day. Ruth fondly remembers awakening to the smell of fresh baked bread. It was a big deal when Freihofer's began delivering bread, and you no longer had to make it yourself.

Another welcome change was the installation of electricity in the late 1930s. The first thing that Ruth's mother did was to purchase a refrigerator and an electric stove. They no longer had to use the summer kitchen. Many farms had summer kitchens so that the house would not heat up from the wood stove during summer months. Ruth's grandparents on Englemore Road did not get electricity until some years later and had to continue using their icebox.

Indoor plumbing did not arrive in most sections of Clifton Park until the 1940s. Ruth's parents got their first modern bathroom in 1942. Some enterprising residents had attached outhouses so that they didn't have to go outside during the winter.

The life Ruth experienced, although strange to twenty first century suburbanites, was typical for Clifton Park residents of her era – a farming life now replaced by stores and subdivisions. ■

Walter Englemore with a truckload of produce for market, 1936.



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# No Place For Hate

By Rebecca Carman, Shenendehowa Central Schools

The National Junior Honor Society at Gowana middle school is holding up posters promoting a new initiative throughout the Tri-building called, "No Place for Hate(r)."

No Place For Hate is designed to create an inclusive school community by promoting unity and respect, and empowering schools to reduce bullying, name-calling and other expressions of bias.

Our NJHS members visited and presented all Gowana homerooms this morning and asked that students sign the NPFH pledge. We are happy to report that we have over 700 signatures taking the No Place for Hate Pledge! ■



## EDUCATION

## Brown School, A Capital Region Independent School, Creates Program to Help Students Create and Reach Goals

By Susan Bardack



Brown School, an independent nursery through grade 8 school in Schenectady, NY, is working with their students on a skill they will use for the rest of their lives – goal setting. They've

actually created a program that works to help families achieve overall balance while meeting key targets. Head of Brown School Patti Vitale said, "It's important for families and educators to work together on setting achievable goals. Some of these may tie directly into academics while others should be affiliated with activities outside of school. Focusing on the whole child is key to seeing improvements throughout the school year."

The program they launched is coined IGNITE and stands for Individualized Goals Nurtured in a Team Environment. Students, with the assistance of their parents, teachers and peers, identify goals they'd like to work on. They map out a plan with the support of those around them, check in frequently to discuss their progress toward their goal, and pivot their plans as needed. "IGNITE started because we wanted to create a better way to deliver our mission. We didn't feel that we were being true to our core by simply serving students who had a specific area of need. Everyone has needs; some may be academic, some social and some physical. We wanted to create a process to help each child strive to be their best," said Vitale. They hired additional educators to assist with this endeavor. Nina Benway, a

speech-language pathologist and a teacher of the gifted and talented was brought on to serve as the director of IGNITE (student support and enrichment, including goal setting). They also hired a reading specialist to work with children who have dyslexia.

Whatever the goals may be, Vitale and Benway both believe it's important to focus on quality of life and balance. Overall, the school's mission is to inspire each student to love learning while striving for academic excellence. Brown School's teachers work to identify and develop the strengths of individual students, thereby stimulating discovery, imagination and critical thinking. Small classes, a dedicated staff and an innovative curriculum combine to motivate children to reach their full potential. ■

### Inspiring a love of learning



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## COVER STORY

By Jenna Caputo Photo by Niki Rossi Photography

# For Dave Stumpf of Paintworx Collision The Sky's the Limit

"Put yourself out there and listen to your heart."

This is a lesson that Dave Stumpf, owner of Paintworx Collision Center, has learned by experience. Growing up in Coxsackie, Dave's family had little money, and by the time he was 18, Dave knew that he didn't want to live the way he already had. So he decided to do something about it. He always wanted to be an entrepreneur and he loved cars, so he combined the two together to start his own detailing business. He plastered flyers everywhere and pretty soon the phone started ringing. It was a "we come to you" business and in between jobs, Dave drove door to door to try to drum up new clients.

He found himself occasionally passing one body shop in Delmar along his route. He kept thinking that a body shop would need detailing and he should drop off flyers, but he would push the thought aside and continue on his way. One day he decided to listen to that voice and finally made the turn into the body shop. "Anybody who is successful will tell you to always go with those voices in your head. Don't ever push those away because there is a reason why they're doing it. Different turns you make can totally change the whole direction of your life," he says.

This body shop was one of those turns for Dave. He ended up doing some detailing work for the shop before the owner offered him a regular position to train in bodywork. Dave agreed, not knowing that the new skill would eventually turn into a whole new life for him. While at the shop, Dave became friendly with Jack, another technician. Dave was instantly drawn to his laid back manner and looked up to him as a father figure. Jack left the shop to open his own place, but his place in Dave's story wasn't quite over.

Dave was learning quickly, but one day made a mistake by unknowingly putting on the wrong color pinstripe.



saw an ad for his current location behind Dott's Garage on Central Avenue in Albany, he decided to take a look. It was perfect, but he knew he couldn't afford it and continued working as

It worked. It was another lesson for Dave. "If you don't put yourself out there, if you don't go after something you don't think you can do – you just never friggin' know."

Dave started as a one-man operation with only \$3000 left in his bank account and over \$100,000 in debt. After the first year of business, he was debt free. Six and a half years later, he has almost 10 employees, is expanding from a 5,000 square foot facility to 10,000 and is in negotiation with Dotts to buy out their business and combine everything into one.

Dave is a very straightforward, tell-it-like-it-is man and is a firm believer in old-fashioned values and hard work. Now he has the resources to run his business the way he always wanted – combining values with new age thinking to create an experience that makes customers for life. His diligence in this ambition is apparent in every aspect of his impeccable shop and easy process for his customers.

"Business is awesome because I love it. I get to do something I love every day. I like making people happy. They trust me. My employees trust me. It's not just my family I have to feed, but theirs too. It feels good knowing that people trust in my abilities."

The lessons he has learned to get to this point in his life are ones he wants to share with anyone that has a dream or is trying to figure out a way to make it in their own lives. "Don't ever take what someone else says. Believe in yourself. Anything is possible. Put yourself out there and just listen to your heart and no one else. Pick yourself up and do it again. Surround yourself with good people and follow your heart. The sky's the limit!" ■

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](mailto:jcaputo@bestversionmedia.com).

The owner, who was an aggressive, no excuse kind of guy, flipped out, and among a few other choice words, told Dave that, "Some people have it. Some people don't. And you just don't have it."

"It messed with me," says Dave. "But I'm stubborn."

He decided to go back to detailing and found himself in the usual whirlwind of a new business owner – rocking it on some days but still making mistakes along the way. He never let anything derail him, taking each setback as a challenge, stubbornly pushing forward and finding a way through to the other side.

When things got extra tough, he drove around to find his old friend Jack for some advice, and the two men ended up joining forces to work together. Jack convinced Dave to try again at bodywork. Things were different with his new teacher, and Dave quickly learned the trade all the way through this time. He became the face of Jack's shop until he broke his wrist in an accident and had to leave. Dave moved around, working at a few smaller shops before entering the world of the dealers. With their high demand workload, Dave learned how to do good work fast and he became one of the most sought after technicians in the area.

He always continued his Paintworx business on the side and when he

a contractor for the dealers. Things were tough and he began to doubt himself and question if he was making the right decisions. His wife Carolee was his greatest supporter and she encouraged him to follow his heart.

He remembers the day he was ready to call it quits. Literally standing out in the rain, he called his wife. "She said, 'Honey, just pack it up and come home if you want. I'm behind you 110%. I just want to tell you one thing, though – I don't know many people like you. When you say you're going to do something, you do it. Any time you say something, I believe you – you're going to do it. If anybody can do this, you can do this.' She believes in me more than I believe in myself sometimes. It's like what they say at the awards shows – without that person on your side, always being there, always having your back when no one else would have your back, not using your vulnerabilities against you, I don't know how you make it. We are a team. Without her help, I don't think Paintworx would even exist."

He decided to give things one more shot and went back to the shop behind Dotts. He told the owners straight up that he wanted the place but couldn't afford the rent they were asking. Dave offered them a deal – agree on a dollar amount he could afford for rent, then they could get an additional percentage of every car he brought in.



# Heart Screening Program Credited with a Life-Saving Diagnosis

By Ellis Medicine

It had been quite a while since Kathleen Menzies had exercised because she always felt a real heaviness in her arms when she exerted much effort and she tired easily. Having had stress tests where nothing of concern showed up in the past, Menzies thought little of the heaviness. She just gave up on any regular exercise.

Last fall, after hearing about the Women & Heart Disease program at Bellevue Woman's Center during a

visit to Bellevue for her annual mammogram, Menzies mentioned the program to her primary care physician. With her physician's encouragement, she made an appointment for the low-cost screening, the first of its type in the Capital Region, which provides a comprehensive assessment in a single appointment.

After the screening, it was a conversation she had with Dr. Andi Nawab, the medical director of Ellis Medicine's Women & Heart Disease program, that led to what Menzies considers a life-saving discovery.

"Dr. Nawab was reviewing the results of my blood work, which were all fine, and she asked if I had any questions," said Menzies. "I complained that when I tried

to exercise I was always tired and that my hands got very heavy. That simple comment led Dr. Nawab to ask more questions and to schedule a cardiac catheterization to rule out heart disease."

During the procedure, Dr. Nawab discovered that one of Menzies' main arteries was 80 percent blocked, and another was 70 percent blocked. A stent was put in to help clear the more seriously blocked artery, and the other was treated with angioplasty, both of which helped Menzies, who just turned 60, avoid a major heart attack.

"I was very surprised that I had that much blockage and that I needed a procedure," Menzies said. "I really didn't have any symptoms that signaled heart issues. I could have had a stroke or a massive heart attack!"

She said Dr. Nawab explained that although she didn't have any real pain, the blockages were making her heart work much harder and that was why she was experiencing the heaviness and tingling in her hands and the frequent feeling of being very tired.

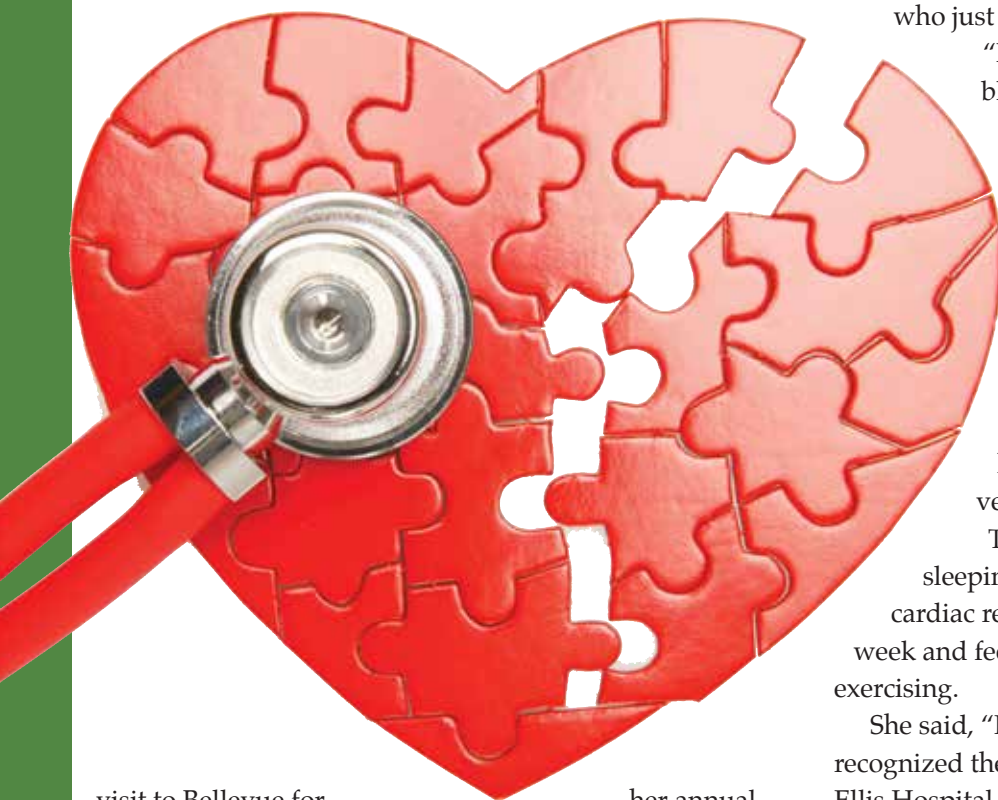
Today, following the procedures, Menzies is sleeping better and has more energy. She's doing cardiac rehabilitation at Ellis Hospital three times a week and feels she is back on the right track with safe exercising.

She said, "I am very grateful to Dr. Nawab, who recognized the problem for what it was, and to everyone at Ellis Hospital who cared for me. I'm feeling great and can now keep up with my three grandchildren!"

With the preventive heart screening from Ellis, women receive:

- An evaluation of their personal risk factors for heart disease
- A consultation on the results from their risk assessment during the appointment
- Referrals to specialists (e.g., cardiologist, nutritionist, diabetes educator), if applicable

The preventive heart screening is offered at the Neil and Jane Golub Breast & Heart Health Center at Bellevue Woman's Center on Tuesdays and Thursdays from 8:30am to 3pm. Call 518.243.3333 to make an appointment. ■








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# Welcome to the Neighborhood

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



Perhaps the youngest individuals ever to hold the ceremonial scissors, Kyler (left) and Kaitlyn (right) officially open their mom Cheryl McDonald's new Clifton Park business, Time For You Playcare, at 940 Route 146 ([www.timeforyouplaycare.com](http://www.timeforyouplaycare.com)). Located just down the street from the Shenendehowa school complex, Time For You Playcare is very convenient for after school programs in a very welcoming, family-friendly setting. At the time of the January 15 ribbon cutting, they had been open just three months and were already 75% full! Also in attendance, representatives from Senator Farley's and Assemblyman Tedisco's offices accompanied chamber volunteers Patricia Crowley of First National Bank of Scotia, and Chris Newell of Shank & Falvey Insurance.

A new daycare, boarding, training and grooming center for dogs opens on Route 9 in Halfmoon: CaNine to Five, LLC, located at 1534 Route 9, Halfmoon, NY 12065 ([www.caninetofivellc.com](http://www.caninetofivellc.com)), brings a fresh approach and energetic ownership to meeting the needs of pet owners, and a central location here in southern Saratoga County. Clients use an online registration and scheduling program to set up accounts and schedule reservations. On January 4, 2016 owners Amy Zounes (2nd from right) and Samantha Smith (center) received proclamations from Assemblyman Jim Tedisco (2nd from left), as well as US Senator Kirsten Gillibrand (represented by David Connors, far left). Chamber of Southern Saratoga County President/CEO Pete Bardunias (far right) led the group in a celebratory ribbon cutting.



Meet other business neighbors at [www.southernsaratoga.org](http://www.southernsaratoga.org).

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## CALENDAR OF EVENTS

### Saturday, March 5

#### SUMMER CAMP OPEN HOUSE

@The Genius Plaza, Clifton Park  
Come check out the summer camps for International, Robotics, Minecraft, Fashion & Spanish. Sessions start every week, limited availability. Sign up during open house. Parents are welcome to bring their children 2-5 years old.

Time: 11am-1pm | Cost: FREE  
518-280-9550

### Sunday, March 6

#### ROBOT DEMONSTRATION & THE MARTIAN

@Clifton Park-Halfmoon Public Library  
Shenendehowa's first Aerospace Science class will astound you with a robot they constructed followed by a showing of the movie everyone is talking about! Registration recommended.

Time: 1pm | Cost: FREE

### Tuesday, March 8

#### THE BOYS IN THE BOAT BOOK DISCUSSION

@Clifton Park-Halfmoon Public Library  
Book discussion of The Boys in the Boat.

Time: 7pm | Cost: FREE

### Friday-Sunday March 11-13

#### EMPIRE GOLF EXPO

@Siena College Athletic Complex, Loudonville  
Featuring clubs & courses, seminars, merchandise & equipment sales, free lessons from PGA pros, and the 19th Hole with beer, wine and food. Tickets include free subscription to Golf Digest, a membership to the Empire Golf Club, and ticket to the Symmetra Tour at Capital Hills and free green fees. Buy discount ticket online at [empiregolffexpo.com](http://empiregolffexpo.com)

Time: 12pm | Cost: \$10

### Saturday, March 12

#### ST. PATRICK'S PARADE FAMILY FESTIVAL

@University of New York Plaza, Albany  
Join the Irish American Heritage Museum for storytelling, dancing, music, food, museum gift shop, craft vendors, petting zoo, pony rides, face painting & crafts for kids.

Time: 12-5pm | Cost: FREE

### Saturday, March 12

#### 66TH ANNUAL ALBANY ST. PATRICK'S DAY PARADE

@Albany, NY  
Parade steps off at 2pm and travels through the Capital City!

Time: 2pm | Cost: FREE

### Sunday, March 13

#### PANCAKE BREAKFAST

@Vischer Ferry Fire Station, Clifton Park



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Fri. 8:30 - 5:00  
Sat. 10:00 - 2:00  
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Time: 8am-12pm | 368-9790

## Friday-Sunday, March 18-20

### CAPITAL DISTRICT GARDEN & FLOWER SHOW

@Hudson Valley Community College, Troy

Region's premier gardening exhibition. Over 17,000 square feet of beautifully designed, fully blooming gardens, over 100 floral arrangements exploding with rich colors and fragrances and a garden marketplace full of shopping. Local, regional and national experts give advice throughout the show at their displays and during scheduled hourly lectures and demonstrations. Partial proceeds benefit Wildwood programs.

Time: Fri: 10am-8pm, Sat: 9am-7pm, Sun: 10am-5pm

Cost: \$12 at the door | 631-2288

## Saturday, March 19

### AMERICAN GIRL FASHION SHOW 2016

@Proctor's Theatre, Schenectady  
Celebrate the experience of being a girl, whether yesterday or today, through a colorful presentation of historical and contemporary fashions. Enjoy a fashion show, receive a goody bag and have the opportunity to purchase exclusive American Girl Fashion Show merchandise, raffle tickets, and visit our doll hair salon. All funds go to the Junior League of Albany to help support their mission of development of women, improving the community and promoting voluntarism.

## Saturday, March 19

### CHILDREN'S STAR SIGHTING SHOW

@Henry Hudson Planetarium, Albany  
Interactive program exploring the stars, planets, comets and constellations in the night sky. Geared

to children ages 3-7 and their families.  
Time: 11am-12pm | Cost: \$3 Time: 10am and 2pm | Cost: \$37.50

## Saturday, March 26

### ENTER THE HAGGIS

@The Egg, Albany  
With their signature Celtic-rock sounds and instrumentation of bagpipes blazing over a powerhouse rhythm section, Enter the Haggis celebrates its 20th anniversary with its "Cheers and Echoes Tour." The Ghost of Paul Revere will open the show.  
Time: 8pm | Cost: \$28

## Tuesday, March 29

### AAA TRAVEL EXPO

@Proctor's GE Theater, Schenectady  
Chat with top travel partners, get useful planning advice and the opportunity to plan your amazing getaway, get value packed offers, door prizes and more!  
Time: 4-8pm | Cost: FREE



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# God Gave Us Easter

By Jenna Caputo

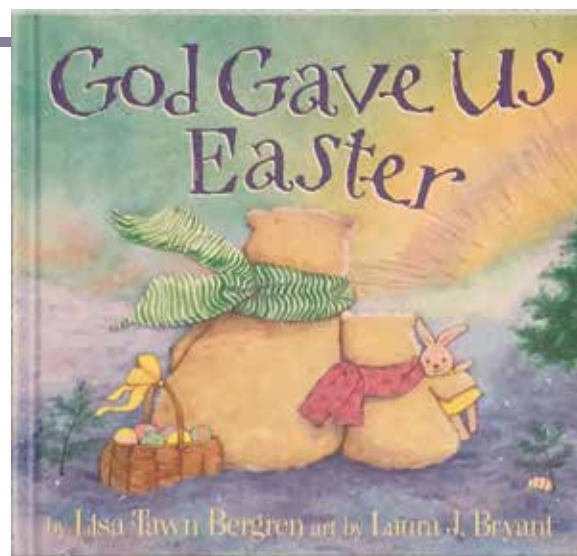
Sometimes it's hard to find a book to convey big ideas for small children. The story of the origin of Easter is a big concept that leaves a lot of open-ended questions. It can also raise new fears in young children.

Many Easter-related picture books have more to do with bunnies and brightly colored eggs than the actual Easter story, which is why I was happy to find *God Gave Us Easter* by Lisa Tawn Bergren, illustrated by Laura J. Bryant.

This easy-to-read picture book tells the story of a father bear and his little cub walking through the woods,

talking about the meaning behind Easter and God's never-ending love for his children. Bergren conveys uplifting messages of love and how to deal with death and the thought of heaven as the two walk through the woods on their way back home.

There is no mention of the torture that Jesus went through, but the concept of letting go of one thing to move on to another – being a part of something bigger than ourselves and opening up a new world to make way for better things, is evident



throughout the story.

It is a story about love, told in an honest and simple way for all children to understand, and makes a wonderful addition to your family's seasonal bookshelf! ■

## Market swings making you uneasy? Let's talk.



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## SOCIAL WEDDING & CORPORATE EVENTS



A woman with curly hair is dancing in a kitchen. She is wearing a white tank top and blue shorts. The kitchen has a white refrigerator with magnets, a window with a view of a city, and a wooden chair in the foreground.

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