

NOVEMBER 2017

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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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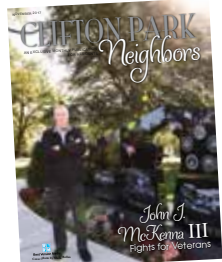
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ON THE COVER

John J. McKenna III at the Gold Star Families Memorial Monument



Dear CLIFTON PARK RESIDENTS

November is a time to remind ourselves to give thanks – thanks for all we have in our lives, but also for those who work tirelessly behind the scenes to provide those luxuries that have become a part of our everyday lives.

Our military personnel are certainly one group of people that fall into this category, and while we celebrate Veteran's Day and start preparing for our turkeys and the start of the holiday season, it is important to take the time to remember our fallen heroes and those that continue to fight for our peace everyday.

John McKenna's family knows this struggle well, as they have several veteran family members. Despite losing a son to the war, they continue to fight on the home front to ease the burden on other veterans and their families. Be sure to read his story on page 6, then check out our events listings for a few of the veteran-related activities throughout the region this month.

On a personal note, I would like to thank all of you for being such an important part of our magazine. It has been wonderful getting to know this community – the businesses, the events and most importantly, the people. I wish you all a blessed Thanksgiving and holiday season and I look forward to your stories in the year to come!

Jenna



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A Common Interest in Theater

By Hannah Kotler

If you've ever had aspirations to act or be a part of plays and theater, or maybe you're just looking to be in the audience for some quality entertainment, look no further than Clifton Park's own Not So Common Players! Not So Common Players is a local non-profit that produces a variety of high-quality theatrical presentations while providing hands-on educational opportunities to both children and adults.

Since the summer of 2001, when Clifton Park realized there was a void in family entertainment and theater in town, Not So Common Players has been providing free musical theater in multiple venues. Thanks to the help of the town and various generous donors, the organization is able to put on a large musical every summer on the Clifton Commons Stage, host educational workshops for those interested in learning more about theater and present a minimum of three fully-staged musicals each year.

As the only resident theater company in Clifton Park, Not So Common Players performs exclusively in the town by using community spaces such as school theaters, the town library and the Clifton Commons Stage to draw residents to their shows and bring the community together. The organization is also known for bringing its volunteers together; engagements and marriages have resulted from couples meeting during production and an engagement once even took place on stage!

Always looking to expand their offerings for theater and educational programs, Not So Common Players is currently pursuing funding to hopefully offer something new next year, with more details to come. The

organization always appreciates donations to support their work and welcomes volunteers for everything from stage crew to ushers. Not So Common Players is proud to offer all of their mainstage performances free to the public and make auditions open to performers of all abilities and experience, as they believe theater and participation in theater should be attractive, affordable and available for the entire community. Their dream is to have a dedicated space for performances and rehearsal in the form of a performing arts center in Clifton Park one day.

The organization is already making new additions by offering a dinner theater special this year and by hosting a summer camp called Not So Common Kids Camp. The camp was three weeks of music, dancing, improvisation, learning and rehearsing that culminated in two performances of Disney's *Aladdin Junior* on the Clifton Commons Stage. The group also offered *Fiddler on the Roof* for audiences this past summer.

Whether it's through your talent on the stage, help behind the scenes, or laughter in the audience, help this organization make every member of the community a "Not So Common Player!"

For more information about the Not So Common Players, or for a schedule of upcoming events, visit <http://notsocommonplayers.org> ■

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

UPCOMING PERFORMANCES

- **Nov 2-5**, *I Love You Because*, a musical adaptation of *Pride and Prejudice*, Clifton Park-Halfmoon Public Library
- **Nov 11-12**, *The Women in My Life*, an original musical dinner theater performance at The Hilton Garden Inn

STAY TUNED FOR 2018!

- *And The World Goes 'Round*
- *Thoroughly Modern Millie*
- *Nunsense!*



Photos provided by Not So Common Players

The Old General Store on the Southwest Corner of Route 9 and Old Route 146 (Fire Road), Clifton Park Village, c. 1885 and c. 1910

By John Scherer, Clifton Park Town Historian

The earlier photograph, c. 1885, shows the locals gathered around the store of Jacob Boyce. Note the man seated at left reading a newspaper. The high-wheel bicycle on the right helps date the photograph. Note the butter churns and farm tools on the porch.

The later c. 1910 postcard offers a view of the store by traveling photographer, Parker Goodfellow, indicating that

the store is now owned by H. F. Barrett. The photographer's motorcycle is parked against the porch. The little shop on the right is an ice cream parlor and the building only partially visible beyond that is a harness shop. The store was moved back from Route 9 when it was widened and still survives as Clifton Park Pizza, one of the few surviving landmarks of Clifton Park Village. ■



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John J. McKenna III and his wife, Karen

COVER STORY

John J. McKenna III

Fights for Veterans

By Jenna Caputo

Photos by MarkBolles.com

John J. McKenna III is a man that always wants to leave people with a smile on their faces. He is passionate about making a difference in the lives of others, especially when it comes to recognizing the sacrifices of our veterans. He tries to help alleviate the impact on families after a loved one is lost while in service to our country, in addition to raising awareness about veteran issues.

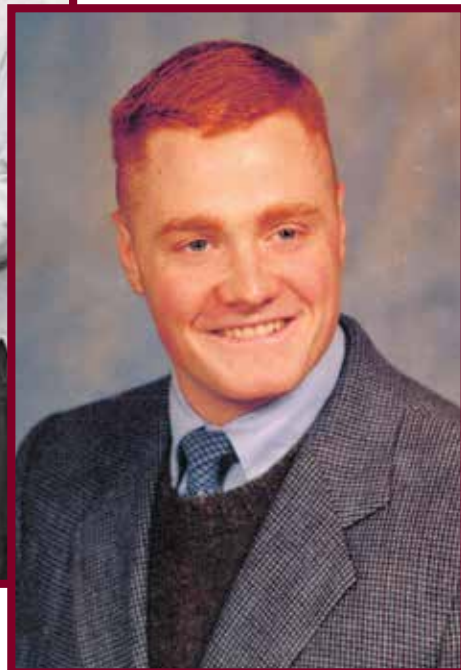
John comes from a family of veterans. He served

with the ARADROM C Battery 3rd Missile Battalion 51st Artillery Brigade in the US Army from 1963-1966. His uncle, PFC Robert E. McKenna, was a Marine in WWII and killed in the line of duty. His father-in-law, George Chlebig, was also a Marine, wounded during WWII. And his son, Captain John J. McKenna IV, was a Marine killed in the line of duty during his second deployment to Iraq in 2006.

Raised in Brooklyn, NY, the McKennas were a typical Irish-American family. John III enjoyed playing stick-ball, touch football, reading, evening stoop-sitting, and watching



At ease with new recruits, Jade Wando and Donovan Hendrickson, in the John J. McKenna IV Military Courtesy Room



John J. McKenna IV

the Brooklyn Dodgers play at Ebbels Field.

John IV, affectionately known as the “leprechaun,” since the redheaded kid with pointy ears and infectious smile was born on St. Patrick’s Day and had a face so Irish that adults would rub dollars on his forehead for good luck, also enjoyed playing street touch football and roller hockey in his early years. He then joined the Boy Scouts and served until he received his Eagle Scout award. He went on to college at Binghamton University, where he rowed with the crew team and earned his degree in history.

“John wanted to be a Marine from the time I can remember,” says John III. He knew all the movies and often played soldiers with his friends. After receiving his degree, John IV finally joined the Marines. He was on active duty until 2003, after serving in Afghanistan and through his first tour of Iraq. When he returned home, he joined the Reserves and was assigned to the 2nd Battalion 25th Marines Regiment based in Albany. John then joined the state police troopers since they represented all the qualities that he saw in the Marine Corps. He volunteered for a second tour to Iraq to stay with his men, and was soon deployed to Fallujah, Iraq.

While on foot patrol, they were hit by sniper fire. One of his men, Lance Corporal Michael Glover, was struck by the gunshots. John IV had his men throw smoke grenades around Glover to cover them while he rushed to his side to help. The sniper fire hit John IV as he was dragging Glover to safety. Both men died. John IV was awarded the Silver Star and is now buried in the Saratoga National Cemetery in Schuylerville after receiving a memorial service that included a block-long line of Marines, police officers and troopers; a police bagpipe and drum corps; and an honor

guard of Marines and troopers to carry the casket.

John III met his wife, Karen, at a church bazaar in Brooklyn, where they were both volunteering to run a gambling game. “I tell everyone I won her in a ‘dice game,’” he jokes. They had two children, John IV and Allyson, and now have granddaughter, Michaela. They moved to Clifton Park in 2006 to be near their children who had settled here in the Capital Region. John III had gained extensive computer and electronics experience while serving as a technician in the army, which proved very valuable with the merging computer services industry. He spent much of his career managing computer centers before deciding on a career change in 2000, when he completed his education courses and became a math and computer science teacher instead.

In 2009, a few friends approached him about a project to create a military courtesy room at the Albany International Airport. The grand opening of the Captain John J. McKenna IV Military Courtesy Room, located on the third floor observation deck, was celebrated on April 28, 2010 and doubled in size in 2011. This space is provided to offer military personnel and their families a warm and inviting environment with accommodations to help provide comfort and support while they are traveling. So far, over 37,000 military personnel and thousands of their family members have visited the room. They also offer free hotel accommodations through the generosity of the BBL Construction PFC David Taylor Miller Stranded Military Fund for stranded personnel to stay at the Hilton Garden Inn in Troy.

John and Karen also were actively involved with a project to construct and dedicate a Gold Star Families Memorial Monument in Lafayette Park, Albany. Gold Star Families was originally founded after WWI as the Gold Star Mother's Club – a way to honor and support the mothers of our armed forces killed in combat. Through the years, the group has evolved and been recognized in several different ways. A few years ago Congress recognized that all family members should be included and the name was changed once again. The McKenna's project, together with the efforts of other Gold Star Family members, the Tri-County Council

John is always looking for ways to help veterans and their families, and can often be found speaking to various groups on veteran issues. He still loves to read, especially about modern US history, and is also very involved with the Toastmasters club. He enjoys getting out to meet interesting, knowledgeable and caring people. "I find them at all times and at all types of venues," he says. "I have met many wonderful people while living in the Capital Region and especially Clifton Park. Our diverse ideas are what make us stronger. I enjoy meeting new people, fostering relationships with folks who understand the concept

that we are all passengers on this spaceship called Earth and we must all work to preserve it for those who follow us."

These days, John III goes by the nickname of "Yoda." The name developed when his granddaughter was born and they were trying to figure out what to call him. He wasn't into the usual Grandpa or Gramps kind of names and loved that Yoda is what stuck. In fact, it caught on so much that friends and family began calling him that too. Now when people ask where the Yoda came from, he just says it's because, "I am greying, and I am cuddly and adorable."

"[John IV and I] both have believed in having a strong and lighthearted view of life and we try to inject humor whenever we can. We take many things seriously, but avoid

taking ourselves too seriously. It will only hold you back in life." While he continues to bring smiles to all around him, John also fights every day for a cause that affects all of us in some way. He knows how important it is to remember that these men and women who have fought so hard for our country were once just kids that grew up with a moral and patriotic duty, and it is our job to take care of them when they get home. "I believe the spirits of our fallen are watching us, not from a distance, but up close, side by side, only a breath away, as we decide as a society how to help those who have been injured in body and mind by this war. Many of our wounded are still fighting on their own personal battlefields, dealing with what for many will be life-long wounds, and we will not leave them while they still need us. That is why we do what we do." ■

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



Captain John J. McKenna IV

of Vietnam Era Veterans, Albany Mayor Kathy Sheehan, the generosity of the local building trades councils, and the financial assistance from many Capital Region donors, resulted in a beautiful and moving monument dedicated to all Gold Star Family members.

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Welcome to the Neighborhood

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

Just like the falcon, the word “peregrine” means “pilgrim,” and Stephen Bowman’s talented professionals at **Peregrine Senior Living** at Clifton Park (1 Emma Ln, www.peregrineseniorliving.com, 518-371-2200) are blazing a new trail in the management of memory care. With state-of-the-art facilities, 24-hour assisted living help and in-house medical services, staff members follow The Peregrine Way® Memory Care program in a safe, secure environment. The facility moves away from the traditional, more institutional model of dealing with memory impairments toward a more dynamic and revitalizing environment, which fosters intellectual, spiritual and emotional growth. The program is built around fundamental principles of individual growth, the spiritual experience and lifelong learning.



The **Southern Saratoga YMCA** (1 Wall St, www.cdymca.org, 518-371-2139) recently dedicated a new walking trail along the perimeter of its downtown Clifton Park facility. Named for Charles “Chuck” McGaffin, who tirelessly donated his time to help make the trail possible, the trail was built by volunteers such as Eagle Scout Brendan Borrow, who made the signage, laid wood chips and made educational stops along the trail. Pictured along with Borrow and McGaffin at the official ribbon cutting/ dedication ceremony are Shenendehowa Schools’ Superintendent Dr. L. Oliver Robinson (far left) and Assemblywoman Mary Beth Walsh. Elected officials, citizens, plus the staff and volunteers of the Chamber of Southern Saratoga County were on hand to support the YMCA staff and board members for the event.



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CALLING ALL TEENS!

By Jenna Caputo



Silverpen Productions, a company based here in the Capital Region, is looking for tweens and teens, ages 11-20, to take a short survey about the current young adult book market to help with market research for upcoming projects. The survey takes about 5 minutes, and will allow YOUR voice to be heard on what you would like to see in the books you read.

Email info@silverpenproductions.com to have the survey link emailed to you, or you can access the survey directly from your browser at <https://goo.gl/forms/VD9is5CCcOf1Dij42>.

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Inspirational Student Encourages Young People To Be Understanding and Accepting When Someone Faces a Challenge

By Susan Bardack



Aidai Sevigny, a seventh grade student at Brown School, is encouraging students to be understanding and accepting when someone faces a challenge. Aidai, who was adopted from Kyrgyzstan, was born with cerebral palsy. She lived for four years in an orphanage with little medical service but her strong and resilient spirit kept her fighting until she was adopted and provided with better care.

At Brown School, students work on individual goals through a program coined IGNITE (Individual Goals Nurtured in a Team Environment). Aidai really wanted other students to understand why it was more difficult for her to play sports or simply walk from class to class. Sometimes students would get annoyed when she would accidentally bump into them or was too slow. She and IGNITE Director Nina Benway decided they would work on a project to educate students, since many of them did not understand the situation. Aidai points out that sometimes people can say hurtful things without realizing what they are doing.

She educated students in the fifth, sixth and seventh grades, about cerebral palsy through a presentation. She explained the disorder happens when someone is a baby, not as a teen or adult, and shared that some people wear leg braces and need shots to help with flexibility. "I talked about how it makes me feel when people say things and how people shouldn't judge how I do things. When you judge someone by their cover and don't really know them, you may not understand what they are going through," said Aidai.

Aidai's mom, Elizabeth Harding, is very proud of her brave daughter. "I am proud of so many things. First of all,

she is kind. I don't care if she wins a Nobel Prize or changes the world in some big way. She changes it just by being kind and sharing her love and skills with those of us lucky enough to be in her life. My focus is just to raise good kids who love themselves and treat others right. She has great determination and strength. This kid is a fighter," said Harding.

Head of School Patti Vitale is impressed with Aidai and her mission to educate others. "We are always learning from one another at Brown School. Educating your peers about cerebral palsy when you are a middle school student is brave. However, Aidai took this challenge on and her message truly impacted others. Students and staff loved her presentation and gained a greater understanding that we all face obstacles in life."

Aidai who loves theater, art, history, singing and guitar, has learned to do many activities. These include riding a bike, swimming and even walking on a balance beam. She has an important message for students and adults. "I would like them to understand that people are different and that is okay. It's important not to call people out when you don't know them and what they are going through. For the people that have problems I want them to know they can tell people about it to get help and they have other areas where they shine. You can look up to people who have challenges. Motivation and excitement can help you do great things," said Aidai.

Aidai is at Brown School this year continuing to challenge herself in new ways while educating her peers. "Awareness is important. Aidai does a terrific job inspiring each of us to be determined, face challenges and to be accepting of others and ourselves," said Vitale. ■

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Baptist Health Nursing and Rehabilitation Center

By Nancy Mckiernan



It's hard to believe that Baptist Health Nursing and Rehabilitation Center is celebrating its 40th anniversary this fall!

In November 1977 the Highland Retirement Center in Scotia, founded by the Rev. Bernard N. Morris, became the Baptist Retirement Center. Ralph Boyd, a GE employee who dedicated his life to community service, was the first President of the Board of Directors. In 1994, Baptist Retirement Center purchased the building that it had been leasing and added a new wing, which currently includes long-term care rooms, the main lobby, a gift shop, therapy gyms and the Homeward Bound Transitional Care unit. In 1998, with the addition of subacute rehabilitation services, it was renamed Baptist Health Nursing and Rehabilitation Center.

The building has been renovated recently to open up more space for residents' common areas and let in



Field trip to the ViaPort Aquarium. Photo provided by Baptist Health

more light. A memory-focused unit has been staffed with nurses, aides and activities personnel who are equipped to accommodate the specific needs of Alzheimer's and dementia residents. Many staff have been trained in Music and Memory™, a program of personalized music that helps dementia patients reconnect with their memories.

In 2013, Baptist Health opened Judson Meadows Assisted Living Community in Glenville. This 80-bed community, in its park-like setting, has garnered a superb reputation for its loving and caring staff, fine dining and amiable way of life. Many Judson Meadows residents wonder why they waited so long to move in!

Baptist Health is also about to include outpatient therapy to its suite of services. Pending state approval, a brand new therapy gym is fully equipped and our rehabilitation staff are ready to provide outpatient therapy to anyone in the area requiring it after surgery or illness.

In addition, Baptist Health was recently awarded a \$1.65 million grant to add 12 specially equipped rooms that will provide much-needed services to bariatric patients in the Capital Region.


Baptist Health's accomplishments would not have been possible without the incredible people who have worked and volunteered there over the years. If the walls could talk, they would tell tales of dedicated people caring for people.

The management and staff of Baptist Health look forward to another 40 years of fulfilling Baptist Health's mission of serving all persons with quality care in a loving and compassionate environment. ■

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Got Solar? (Or Are You Thinking About It?) Great! But, does it make power you can use during electrical outages? No!

By Choppy Wicker

If you already have solar, you know that when the grid goes down, your home goes dark, too. That's because utility grid-connected systems must be isolated for the safety of the utility workers.

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October was the anniversary of the famous "October Snowstorm" when power was out for more than a week. And since then we've had plenty of ice storms, hurricanes, falling trees and traffic accidents that knock out the power.

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For more information, please contact www.LotusSolar.com. ■

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- 1 frozen pie crust
- 3 medium apples, peeled and chopped
- 1/3 C. sugar
- 1 t. cinnamon
- 3 T. flour
- 1 T. butter

Directions:

Preheat oven to 425°. Allow pie crust to defrost and lay on a lightly floured surface. Roll out to make slightly thinner. Cut out six 4-inch circles with a cup or a bowl. Place each circle in to a muffin tin.

In a bowl, mix apples, sugar, cinnamon, and flour. Spoon mixture into the bowl-like crusts. Cut butter into six small chunks and place one over each pie. Bake for 16-18 minutes. Allow to cool slightly before serving. Yields six pies. ■



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Nov 1, 8, 15

TEEN FICTION WRITING WORKSHOP

@Clifton Park-Halfmoon Public Library

Teens in grades 6-8 join award-winning author, Janine De Tillio Cammarata for a writing workshop to focus on creating and finishing short stories that could also be expanded into a novel. All levels of writers are welcome.

Time: 5-6pm

Cost: FREE

Wednesday, Nov 8

HIRING OUR HEROES: A VETERAN'S CAREER FAIR

@Pioneer Savings Bank Headquarters, Albany

Bring your resume and let's talk about your work experience. We are recruiting for technical, assembly, logistics/warehouse, manufacturing, customer service, packaging, administrative/clerical and more. Come introduce yourself!

Time: 8:30am-1pm

Cost: FREE

active military & veterans from around the Capital Region.

Time: 7:30-9am

Cost: \$5 Veteran or Active Military; \$20 Nonmilitary; \$180 for Table of 10

Thursday, Nov 9

VETERANS' DAY AT THE MUSEUM

@American Italian Heritage Museum, Albany

A program to honor veterans followed by a reception. Admission to the museum is free for veterans. Italian American veterans are encouraged to place their name in the Museum's Book of Honor.

Time: 11am-1pm

Cost: FREE

Saturday, Nov 4

FLOGGING MOLLY

@Upstate Concert Hall, Clifton Park

The infectious originality of this group infuses punk rock with Celtic instruments, merging blues progressions and traditional Irish music for a fun night of music that matters!

Time: 8pm

Thursday, Nov 9

9TH ANNUAL "TO HONOR & SERVE" VETERANS' DAY BREAKFAST

@Glen Sanders Mansion, Scotia

Please join the Unified Military Affairs Council (UMAC) at the 9th Annual "To Honor and Serve" Veterans Day Breakfast. Local "celebrities" will serve breakfast to our honored guests,

Thursday, Nov 9

DIAMONDS & DOGS FOR VETERANS

@Glennpeter Diamond Centre, Albany
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benefit Operation At Ease, Inc. – a local non-profit that rescues dogs and pairs them with veterans struggling with PTSD, then offers a free, guided service dog training program. Steve Caporizzo of Pet Connections will guest host and auction off items. Admission is free as are the appetizers. Cash bar. Public welcomed. Join us!
Time: 6-8pm
Cost: FREE

Friday, Nov 10

NYS WINE TASTING

@Exit 9 Wine & Liquor Warehouse, Clifton Park

Time to stock up for the holiday season! Join us as we host the New York Made Wineries and Distilleries for a sampling of their products, talk to their representatives, and find the perfect gift or perfect pair for your holiday meal!

Time: 3-7pm

Saturday, Nov 11

VETERANS LAW DAY

@Albany Law School, Albany

Veterans and their families receive free legal information from volunteer attorneys and presenters. This

program is open to all veterans seeking general legal help related to employment, family law & more. Hot breakfast will be served.

Time: 8am-4:30pm

Cost: FREE

Monday, Nov 13

PJ STORYTIME

@Clifton Park-Halfmoon Public Library

Children ages 2-6 are welcome with their families to dress up in their pajamas and enjoy a quiet story time. No registration needed. Children must be accompanied by an adult.

Time: 6:15pm

Cost: FREE

Wednesday, Nov 15

CLIFTON PARK KIDS EXPO

@Orenda Elementary School Cafeteria
Attention Parents! Are you shopping for a new preschool for your child or in need of a new pediatrician, daycare, class/activity, sport or new camp ideas for the little ones in your life?

Please join us at the Orenda cafeteria for the Clifton Park Kids Expo on Wednesday, November 15th from 6:00pm - 7:30pm and shop them all in

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one place! Many local businesses will have tables and be ready to answer your questions. Please contact Staci with the Shenendehowa Preschool PTA Committee at pebs1025@aol.com with any questions or if you are a business interested in participating.

Time: 6-7:30pm
Cost: FREE

Thursday, Nov 16

HOLIDAY HINTS FOR CAREGIVERS

@Clifton Park-Halfmoon Public Library

Join us for a discussion about how to better manage responsibilities during the busy holiday season so that the experience can remain as positive as possible for you and your loved one with Alzheimer's disease.

Time: 7-8pm
Cost: FREE

Friday, Nov 17

JOEY THOMAS BIG BAND DIAMOND DANCE

@Saratoga Music Hall, Saratoga

Join the swingin' Joey Thomas Big Band in the historic Saratoga Music Hall and dance the night away!

Time: 7:30pm Beginning swing dance lesson, 8:00pm Band
Cost: \$15

Saturday, Nov 18

DAILY GAZETTE HOLIDAY PARADE

@State Street, Schenectady

Join us for the 49th anniversary of this Capital Region holiday tradition that has been recognized as the largest nighttime parade held in the northeast. Enjoy the floats, dancers, bands, vehicles and parade attendees as they celebrate this year's theme of "The Parade of Lights: 125 Years of Schenectady."

Time: 5pm
Cost: FREE

Saturday, Nov 18

ALBANY CENTER GALLERY'S FUTURE 40 GALA

@Renaissance Albany Hotel, Albany
Celebrating 40 years of showcasing and promoting local and regional artists! Share in the spirit of art appreciation and enjoy live music, entertainment, auction items, raffles, food & drink.

Time: 7-11pm

Thursday, Nov 23

16TH ANNUAL CHRISTOPHER DAILEY TURKEY TROT

@Saratoga City Hall, Saratoga
Work off that Thanksgiving turkey before you eat it with this 5K Turkey Trot race to benefit the Christopher Dailey Foundation. Advance registration required.

Time: 8:30am



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By Clarissa Woods

This just in: the brain is incredibly powerful.

What you harness its power for, though, is up to you. Thoughts dominate our daily lives, whether they be positive or negative. Therefore, the difference between optimism and pessimism is often nothing more than a change in perspective. If you find yourself worrying, obsessing or focusing on bad parts of your day, you could benefit from a few tips in generating positive thoughts.

Positivity sounds simple to cultivate, but mastering the regular practice of being positive is a challenge. It's often the bad parts of our day that cause the greatest effect, while the best parts often get overshadowed. This is also true for the children of the household. Kids are under a lot of pressure these days and often feel overwhelmed with school, sports and extracurricular activities. To reverse the cycle for both you and your family, follow the steps below to shift your focus.

1 Start your day on a positive note

As soon as the alarm clock sounds, it can be easy to be in a bad mood. You're rushed, the dog needs to be let out and you have a big meeting first-thing at work. The key is to make time for yourself in the morning. Wake up just ten minutes earlier and make a list of purpose for that day. What positive things do you want to happen today? This list can comprise of spending extra time with your kids, going for a walk after work

or spending quality time with your spouse after dinner. Setting these positive goals will help you remain in good spirits throughout the day.

2 Schedule time to "worry"

Instead of letting your worrisome thoughts exhaust your mind throughout the day, schedule a window where you can address them head-on. Worrying about your in-laws visiting next week? Sit down and make a list of what needs to be done before their arrival. If your worries are too scattered to list, reflect on the root of the problem. The idea of this exercise is to eliminate time spent just thinking about potential problems and instead start addressing them with actions, not thoughts.

3 Be grateful

This is a big one. Remembering to be thankful for what you have sounds easy, but is so easy to forget in the shuffle. At dinnertime, have your family go around the table and say what they are happiest about today. Take time to discuss the positive aspects of one another's day. Go above and beyond and start a gratitude journal by writing down what you're most grateful for each night.

By incorporating these simple shifts in your thought process, you can focus more on the positive aspects of your day. Being positive helps you eliminate unnecessary worry, stress and negativity in your life. It's time to let the power of your thoughts help you, not hinder you! ■

Saratoga Arts Events

Contributed by Emma Huneck, Saratoga Arts

In The Arts Center Gallery at Saratoga Arts:

Intangible Roots

Featuring the artwork of Kevin Cieplensky, Greg Cuda & Andrew Dines

Open thru November 11, 2017

The Annual Members' Show

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November 11 - December 31, 2017

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 Animal Control Officer371-6756
 Town Attorney *Tom McCarthy*371-6651
 Assessor *Walter Smead*.....371-6460
 Building & Development Director
Steve Myers371-6702
 Building & Grounds Director
Mike Handershan371-6651

Town Clerk *Pat O'Donnell*.....371-6681
 Town Court, 5 Municipal Plaza371-6668
 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

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 Receiver of Taxes *Lorraine Varley*371-5720
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Lou Pasquarel.....348-7311
 Town Security Officers369-6651
 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.

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