

FEBRUARY 2015

CLIFTON PARK

AN EXCLUSIVE MONTHLY PUBLICATION FOR RESIDENTS

Living



Pingelski Family
Bonds Through Exercise
and Outdoor Activities

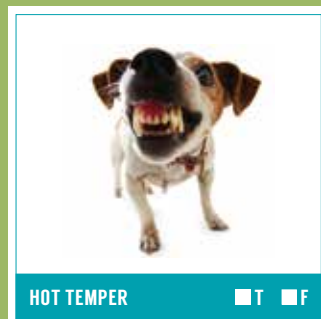
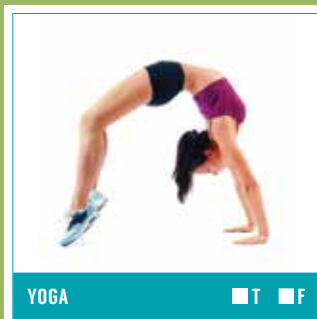


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MAGAZINE DEADLINES

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

Clifton Park Living will usually arrive in your mailbox within the first week of every month. Dates may vary depending on the post office.

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Dear CLIFTON PARK Residents,

February is the shortest month of the year, but there is a lot of love to go around this month. Arguably the most romantic day of the year, Valentine's Day has a history dating back to the 15th century. That means that authors, poets and playwrights have been trying to capture love in words for thousands of years. I often wonder, though, is it possible to capture something so elusive with words alone? Or must love only be lived, and experienced to understand fully? Nonetheless, it's time to get out your red and pink markers and attempt to write a verse, one worthy enough to capture the heart of your beloved. Do you think you can do it? I challenge you to see what you can come up with. Here are some romantic quotes to get you started:

- "Love is composed of a single soul inhabiting two bodies." — Aristotle
- "Being deeply loved by someone gives you strength, while loving someone deeply gives you courage." — Lao Tzu
- "My bounty is as boundless as the sea, My love as deep; the more I give to thee, The more I have, for both are infinite." — William Shakespeare, *Romeo and Juliet*
- "How do I love thee? Let me count the ways." — Elizabeth Barrett Browning
- "Age does not protect you from love. But love, to some extent, protects you from age." — Anais Nin
- "Life has taught us that love does not consist in gazing at each other but in looking outward in the same direction." — Antoine de Saint-Exupery
- "The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart." — Helen Keller
- "Love is like quicksilver in the hand. Leave the fingers open and it stays. Clutch it, and it darts away." — Dorothy Parker
- "I love you without knowing how, or when, or from where. I love you simply, without problems or pride: I love you in this way because I do not know any other way of loving but this, in which there is no I or you, so intimate that your hand upon my chest is my hand, so intimate that when I fall asleep your eyes close." — Pablo Neruda, *Love Sonnet XVII*

It's also American Heart Month, a time to give yourself the love you deserve, so you can stay "heart healthy" for the ones you love, and for those who love you. In this issue of *Clifton Park Living*, you'll find inspiration to start taking care of yourself immediately and it all starts in the kitchen. You'll find a "heart healthy" Valentine inspired dessert and dinner recipes from the American Heart Association of the Capital Region, as well as heart healthy tips from Ellis Hospital.

Whether or not you choose to acknowledge the significance of February 14, it really is a great opportunity to tell all of the special people in your life just how much they mean to you. And if you don't have anyone to shower your love upon, it's a great month to make yourself feel special by taking care of your body and health in a positive way. We all deserve to feel safe and loved on this planet. Let's make it so!

Happy hearts to all of you!



Photo by Mark Morand, Mainframe
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Jessie Riley
PUBLISHER

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The Old Clifton Park Hotel

By John L. Scherer, Clifton Park Historian

On the northeast corner of Route 9 and old Route 146 stands a derelict building recognized by passing motorists as an icon of Clifton Park's past. Indeed, it was placed on the National Register of Historic Places in 1998.

The hotel, called a tavern stand in the early records, was constructed between 1821 and 1831 by Ephraim Stevens. The Greek Revival portico may not have been added until about 1850. Stevens became the first Supervisor of the Town of Clifton Park in 1828, and until the name Clifton Park Village was bestowed on the area some years later, it was known as Stevens' Corners.

The tavern was ideally located along the Waterford Turnpike, a toll road that crossed the southern part of Saratoga County from Waterford to Halfmoon and then north to the hotel where it continued northwest to Jonesville, or east to Mechanicville.

Isaac Rogers acquired the hotel in 1859. At this time, the tavern and stage coach stop became known as the Clifton Park Village Hotel and is listed as such with Isaac Rogers, proprietor, on the 1866 Beers Map of Clifton Park.

The hotel ledger for 1865-1866 reveals that dinner was 25

cents; a dozen oysters, 30 cents; a lobster and drink \$1.50; whiskey, 50 cents per pint; a night's lodging, \$1 and a week's board, \$6. A

whip cost a dollar and lumber was 5 cents per foot. Billiards were 20 cents a game and appear to have been a popular hotel pastime as well as card playing.

The hotel became the focal point of Clifton Park social life. Traveling theatrical troops would perform here, and there were dances and concerts. The hotel also served, for a time, as courthouse and jail. Town Board meetings were often held here.

By 1890 a large dance hall was added to the rear of the building. The floor was built in such a way to provide a spring to it. A stage was also incorporated into this addition. For a while, in the early 1900s, roller-skating was popular in the dance hall.

The Clifton Park-Halfmoon town line passes through the middle of the hotel, and during prohibition this was used to advantage. According to tradition, the bar was moved from one side to the other depending on which town was dry or wet. The hotel was last used about 1976. ■



A postcard view of the Clifton Park Hotel in better days, c. 1910. Hotel owner, John Brenneisen, is seated with his feet up.

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A Sense of Place...

By Ann Cocca, Librarian Assistant, Clifton Park-Halfmoon Public Library

When you hear the word library, many stroll down memory lane and recall their childhood. A trip to the library was a family affair – the books, the quiet, the tall shelves, the sense of safety. We loved “the place” called the library. In our mind’s eye, there are some places that evoke a feeling of being special or unique and foster a sense of attachment or belonging. There is no denying a special bond develops between children and their environment. This is called a “primal landscape” by researchers. This “primal landscape” is used by adults as a point of comparison and consideration for future places. There are anthropologists, sociologists and urban planners who study “why” certain places hold special meaning to particular people. A “sense of place” is a social phenomenon that exists independently of any individual’s perception or experience. Reading comments from our patrons over the years, they all seem to express the same thing “I love MY library!” ■

Would You Like to Dance?

By Jenna E. Caputo

Ballroom Dancing – passion, blinding sequins, skimpy outfits. That's what most people think of when they hear "ballroom." Well, that and the Hollywood and sports stars that have traded in their Italian leather soles for a sleek pair of dance shoes. If you caught yourself pausing the remote on *Dancing with the Stars* this year, you're not the only one. Millions of people have tuned in to watch the stars go from bumbling idiots to the graceful Fred and Gingers of our day gliding across the dance floor. Spawning several spin-off shows, *Dancing with the Stars* has found its way into American culture. And with the rise in dance movies, ballroom dancing (which includes the other social dances as well as Latin and Swing) has become an unprecedented multi-generational trend.

Dance is obviously not new, but something we keep coming back to. As Don Dworkin, a musician locally known for his work with the toe-tapping groups *Doc Scanlon's Rhythm Boys* and *Reggie's Red Hot Footwarmers*, says that "in almost 30 years of playing dance music, I've noticed that the music runs in cycles and always comes back to the great standards of the '30s and '40s. The music of George Gershwin, Glenn Miller and Louis Jordan will always connect with something deep down in the American dancing psyche."

It is no surprise that ballroom dancing offers an elegant and passionate alternative to the gyrating we've been seeing on the dance floor, but the real surprise is that this timeless tradition that once was called "your grandmother's dancing" is now also being embraced by a much younger audience. In explanation to this new infatuation by the younger generations, Brian McDonald, president of the National Dance Council of America said, "Young people like it because it's different, artistic and has a great competitive attitude about it."

Not only that, but surprise – it has many health benefits too! Studies have shown that a competition ballroom dancer

has an equal breathing rate and muscle exertion as an Olympic level, 800-meter runner. A dancing workout can complement use of exercise equipment, gym memberships and outdoor workouts, especially if it becomes a chore to workout in the "traditional" sense.

Dave Wolf, owner of *The Saratoga SAVOY Center of Dance* in Saratoga, has seen many of these benefits in his students. "One of our students lost 30 pounds when he started with us. And just the other day another student came in all excited that she had lost two dress sizes." With an extensive background, Dave has developed dance programs that have been endorsed by the American Heart Association and has instituted programs in schools for ages 11 and up, as well as hosting the highly popular, live music, monthly Diamond Dance in Saratoga.

Ready to get out there and try it? While there are many great studios and dances in the area, a fun way to start might be to attend the *The Flurry Festival* February 13 through 15 at the Saratoga Springs City Center. The popular event attracts dancers, musicians and sightseers from all over the country and abroad.

Whether just for the health benefits, enjoyment of a night out, a new competitive sport or to get ready for the special dance on your wedding day, social dancing allows everyone to be part of this classic American tradition that is disguising itself as a hot new craze. What are you waiting for? Let's dance! ■

*Excerpt from an article originally published in *Adirondack Sports & Fitness Magazine*. All rights reserved. Used with permission.



The 28th Annual Flurry Festival will take place February 13-15. For more information, visit www.flurryfestival.org.

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The Pingelski kids: Brendan, 13, Emily, 15 and Sean, 11.

COVER STORY

By Jo Ann LeSage Nelson

Pingelski Family

Bonds Through Exercise and Outdoor Activities

Three and a half years ago, when Clifton Park resident Kathleen Pingelski was just 43, she had a wake-up call about her health that resulted in lasting changes in her lifestyle and that of her husband, Bob, and three kids, Emily, now 15; Brendan, 13; and Sean, 11.

With the busy schedule that comes with being president of MicroKnowledge, Inc., one of Tech Valley's leading computer training

and consulting firms, and the mom of three children, Kathleen didn't make time for exercising and a healthy lifestyle. She knew she needed to lose some weight, but couldn't seem to find the time to make the necessary changes in lifestyle. Then she changed her primary care physician to a female doctor who made her focus more on her "numbers": weight, cholesterol and blood pressure, all of which were too high. On top of all that, she

had been experiencing debilitating migraines.

"My stress level was off the charts and I did not have a release for myself," she recalls. "Everybody always would say to me, 'You are so calm and relaxed.' Little did they know that my blood pressure was sky high."

It was then that she began participating in BetterU, a 12-week program developed by the American



Kathleen Pingelski and her husband Bob.

Heart Association that takes a woman step-by-step through learning more about heart health, eating healthy and exercising.

As a result, Kathleen learned how to exercise and eat healthy, reduced her blood pressure significantly, eliminated her migraines and committed to exercising four to five times each week – a commitment she still fulfills four years later.

"Kathleen's participation in BetterU helped us all create a better awareness of our health," said Bob. "We focus on 'conscious eating' now, rather than on grabbing fast food because it's easier."

It kick started more family



The Pingelski family enjoys an afternoon pick-up basketball game.



involvement too, he said. "We do more activities together now, like hiking and riding our bikes, and we all support one another's team activities." Emily, a freshman at Shenendehowa High School, is on the cross country team and track team there; her two brothers, Brendan and Sean, are on travel baseball teams, one of which Bob coaches, and both play travel basketball, too. So, it's not unusual for the whole family to be traveling to a meet or game to cheer one of them on. Emily also recently got her dad involved in skiing again after a 10-plus-year hiatus, another activity they enjoy together.

This past June, Kathleen and Emily rode 25 miles in the Saratoga Tour de Cure to benefit the American Diabetes

Association. They'll ride again at the 2015 event. Kathleen has her sights on doing the 50-mile, tour this time with the whole family participating this year.

Both Kathleen and Bob praise the Clifton Park YMCA as a valuable resource in the town. "Having such a terrific Y so close is awesome," said Kathleen. "It makes it easy for all of us to fit exercise into our busy schedules, even if it's a quick pick-up game of basketball with friends."

In addition to their commitment to healthy living, Kathleen and Bob instill in their children the importance

of being civic minded. When one of them or one of their children get involved in a project or a community event, the whole family pitches in to help.

"We want them to understand that contributing to your community is an important part of being a good community member," said Kathleen. A long-time board member of Circles of Mercy, a Rensselaer County based organization that works to improve the quality of life for women by

working to end the cycle of poverty, she often involves her husband and children in Circles' activities. "The entire family was there to help at the last special event," she said. "We've been participating as a family for so long that the Circles' staff know which tasks are regularly assigned to each of us."

In addition to that work, the Pingelski family volunteers their time working to aid St. Edward's Church in Clifton Park, the Tesago PTA, and the Nick's Fight to Be Healed Foundation.

How do they manage all these activities? By staying organized, they said. They have a shared family Google calendar that each one of them has access to on their mobile devices so everyone knows where each one is at any given moment. And because Bob works from a home office as a project manager for NASCO, an IT health care firm based in Atlanta, his schedule is somewhat flexible. He is able to take a couple of hours

away from his work in late afternoon to get one of the children to a sports or extracurricular activity, and then get back to his work later in the evening. Having that "home support," as they refer to it, makes all the difference and even allows them to eat dinner together as a family on most days.

Having lived in Clifton Park all of their married life, nearly 20 years now, Kathleen and Bob cite the sense of community, opportunities for involvement in a wide variety of sports and the high quality education provided by the school system as key reasons why they can't see themselves living anywhere else. ■

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.

Have a Heart-to-Heart

By Ellis Medicine

Heart disease is the leading cause of death for men and women, accounting for one in every four deaths in the US. And even though they can reduce their risks with diet and exercise, people avoid dealing with it or choose not to take proper steps to avoid heart disease.

Ten Sneaky Risk Factors of Heart Disease

1. **HOT TEMPER:** Uncontrolled stress and anger can cause heart attacks and strokes. Practice meditation, time management and relaxing exercise, such as yoga, to manage your stress.

2. **BAD GENES:** Even if you do everything right in terms of diet, exercise and mental health, a family history of heart disease can override your hard work and dedication. Conditions such as high blood pressure and heart disease are hereditary. If heart disease runs in your family, visit your doctor to see what you can do about it.

3. **SMOKING:** Everyone knows that smoking cigarettes and cigars can lead to lung cancer, but what some people don't know is that it also puts

you at 2x the risk of having a heart attack than nonsmokers. The sooner you quit, the better off you'll be.

4. **DRINKING:** If you think that heavy alcohol consumption only puts your liver at risk, think again. It can also cause an increase in blood pressure and triglyceride levels, which increases your risk for heart disease. Drink in moderation to lessen your risk.

5. **DIABETES:** Most people think of blood sugar levels and kidney disease when they hear the word "diabetes," but did you know that it can also lead to heart disease? Unmanaged diabetes can cause heart damage, heart attacks and even death. Control your diabetes with proper diet and exercise, and medication

Learn your risks for heart disease, and then have a healthy heart-to-heart talk with your doctor.

prescribed by your doctor.

6. **SURPRISE PARTIES:** If you know anyone with a heart condition, it's not a good idea to throw him or her a surprise party. The shock could cause a heart attack and send them to the hospital. Talk about a party foul.

7. **WATCHING TV:** Did you know that even if you exercise regularly, sitting for hours at a time can increase your risk of heart attack and stroke? Try to limit the amount of time you sit watching TV each night, and if you sit at work all day, try to break it up by going for walks and standing throughout the day.

8. **HOLDING GRUDGES:** Have you ever heard the saying that not forgiving others only hurts yourself? Not only does it affect you emotionally, but holding onto hostility



It's time to have a heart-to-heart! You're worth it!

can actually cause heart disease. Talk to your doctor to get help letting go and being the happiest version of yourself.

9. **SNORING:** While snoring can be an annoyance to your spouse, it can also be a sign of a much more serious condition: obstructive sleep apnea. If you have obstructive sleep apnea, it can cause your blood pressure to raise, which increases your risk of damaged blood vessels, heart attack and stroke. If your snoring prevents you from getting a good night's sleep, talk to your doctor.

10. **SKIPPING FLOSSING:** Our dentists always tell us to floss to prevent gum disease, but did you know that there may be a link between gum disease and heart disease? Take the extra minute to floss daily. Your gums — and heart — may thank you.

Next Steps

Have a healthy heart-to-heart.

Talk to your doctor, call 1-844-518-DOCS or visit ellismedicine.org to find a doctor. ■

Top Risk Factors for Heart Disease

- High blood pressure
- High blood cholesterol
- Diabetes and prediabetes
- Smoking
- Being overweight or obese
- Being physically inactive
- Family history of early heart disease
- History of preeclampsia during pregnancy
- Unhealthy diet
- Age (55 or older for women)

Berry-Topped Pudding Pie in Meringue-Nut Crust

Recipe courtesy Alton Brown

Serves 8; 1 slice per serving

INGREDIENTS

Canola or corn oil for pie pan
2 large egg whites
1/2 teaspoon vanilla extract
1/8 teaspoon cream of tartar
1/8 teaspoon salt
1/2 cup sugar
3/4 cup walnuts or pecans, finely chopped
1 small package fat-free, sugar-free instant lemon or vanilla pudding mix, prepared with 2 cups cold fat-free milk
12 ounces fresh berries or other fruit, sliced if needed
1/2 cup fat-free frozen whipped topping, thawed (optional)

DIRECTIONS

Preheat the oven to 300°F. Pour a small amount of oil onto a paper towel and lightly wipe the bottom and side of an 8- or 9-inch pie pan.

In a large mixing bowl, using an electric mixer, beat the egg whites, vanilla, cream of tartar, and salt on medium speed until foamy. With the mixer still running, gradually add the sugar in a slow steady stream, until stiff peaks form. (The peaks shouldn't fold over when the beater is

lifted.) Very gently fold in 1/2 cup of the nuts.

Using a flexible spatula or rubber scraper, spread the meringue over the bottom and up the side of the pie pan and onto the lip of the pan, but not over the edge of the pan. Sprinkle the bottom the pan with the remaining nuts.

Bake for 50 minutes, or until the meringue is firm and lightly browned. Transfer to a cooling rack and let cool completely, at least 2 hours.

Using the package directions, prepare the pudding. Spread over the cooled crust. Arrange the fruit decoratively over the pudding. Top with the whipped topping.

NOTE: In warm weather, meringues will get gummy after a few days, so it's best to serve this dessert within 24 hours.

Nutritional Analysis (per serving)

| | | | |
|---------------------|-------|---------------|--------|
| Calories | 236 | Cholesterol | 24 mg |
| Total Fat | 5.5 g | Sodium | 342 mg |
| Saturated Fat | 1.0 g | Carbohydrates | 33 g |
| Polyunsaturated Fat | 1.5 g | Fiber | 4 g |
| Monounsaturated Fat | 3.0 g | Sugars | 6 g |
| Trans Fat | 0.0 | Protein | 15 g |

This recipe is brought to you by the American Heart Association's Face The Facts program and is reprinted with permission. Recipe Copyright © 2007 by the American Heart Association. Look for other delicious recipes in American Heart Association cookbooks, available from booksellers everywhere.



Mazzone Hospitality Creates Two Low-Sugar Desserts to Support Fundraising Efforts of the American Diabetes Association 2015 Saratoga Springs Tour de Cure

Mazzone Hospitality recently announced it will donate proceeds from two low-sugar desserts offered in each of its restaurants to the American Diabetes Association (ADA) 2015 Saratoga Springs Tour de Cure – the premier cycling event in the Capital Region dedicated to finding a cure for diabetes.

The desserts were created by Vivian Brammer, pastry chef at *Prime at Saratoga National*, and feature lower sugar content, making them ideal for diners with diabetes. Both desserts cost \$10 and will be available through Sunday, June 7, 2015, the day of the ride, at all Mazzone Hospitality restaurants.

The Mazzone Hospitality 2015 Saratoga Springs Tour de Cure desserts are:

- **Orange-infused Panna Cotta** – panna cotta covered with a dark chocolate

ganache, vanilla Chantilly and toasted hazelnuts

- **Peanut Butter & Chocolate Banana Crepes** – crepes filled with a peanut butter mousse, drizzled with a warm dark chocolate ganache and topped with caramelized bananas

This marks Mazzone Hospitality's second charitable dessert campaign to benefit the Tour de Cure. "We are honored to support the efforts of the American Diabetes Association as they combat this disease that affects so many families throughout the nation," said Angelo Mazzone, owner of Mazzone Hospitality. "The Tour de Cure is a fun and healthy way to raise money and awareness of diabetes and I'm proud that we can help



Proceeds will support the American Diabetes Association 2015 Saratoga Springs Tour de Cure. Photo by Ed Parham.

this wonderful organization work toward a cure. I plan to be riding again on June 7 with the Mazzone Hospitality team."

For more information on registering or volunteering with the Tour de Cure, visit www.diabetes.org/saratoga, call 518-218-1755 ext. 3606 or e-mail Denise Nicastro at dnicastro@diabetes.org.

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Salmon and Corn Chowder

(Makes ten 1-cup servings)

Note: Here's a tasty way to get those omega-3 fatty acids into your diet.

| | |
|---|---|
| 1 cup brown rice | 2 tablespoons curry powder |
| 8 cups fat-free, low-sodium chicken stock | 1 teaspoon salt |
| 1 tablespoon ginger purée | 2 tablespoons sugar |
| 2 tablespoons olive oil | 3 cups (one pound) sweet corn (thawed, if using frozen) |
| 1 cup diced onion | ¼ cup flour |
| 1 cup diced carrots | 1 pound salmon, cut into one-inch cubes |
| 1 cup diced celery | ½ cup chopped cilantro |
| 2 cloves garlic, chopped | ½ cup chopped scallions, green and white parts |
| 1 teaspoon turmeric | |
| 1 teaspoon dried thyme | |
| 1 bay leaf | |

Nutritional Analysis (per serving)

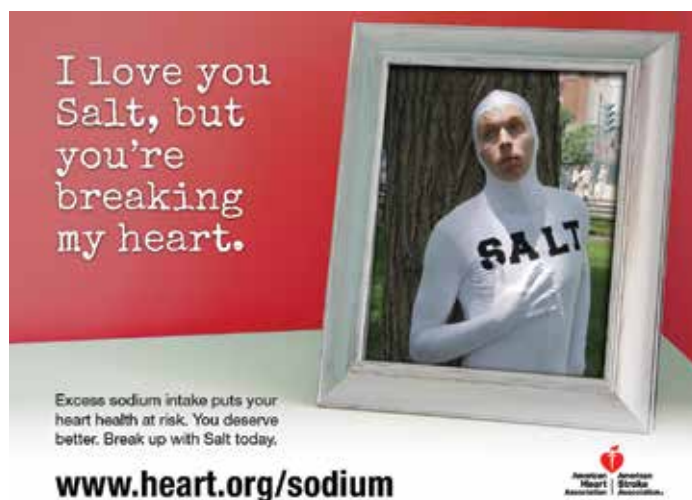
| | | | |
|---------------------|-------|---------------|--------|
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| Polyunsaturated Fat | 1.5 g | Fiber | 4 g |
| Monounsaturated Fat | 3.0 g | Sugars | 6 g |
| Trans Fat | 0.0 | Protein | 15 g |

Dietary Exchanges: 2 lean meat, 2 starch

This recipe is brought to you by the American Heart Association's *Face The Fats* program and is reprinted with permission. Recipe copyright © 2007 by the American Heart Association. Look for other delicious recipes in American Heart Association cookbooks, available from booksellers everywhere.

Place the rice, stock, and ginger purée in a large saucepan and set over high heat. Boil until the rice is cooked through, about 40 minutes. Remove from stove and set aside.

In a large stockpot over medium-high heat, bring the olive oil to the smoking point. Add the onions, carrots, celery, garlic, turmeric, thyme, bay leaf, curry, salt, sugar, and corn to the pot and sauté for 5 minutes. Stir in the flour to coat the vegetables. Add the cooked rice and stock to the soup and let it simmer for 5 minutes. Add the salmon and remove the pot from the stove. Let the soup rest for 5-10 minutes to cook the salmon through. Stir in the chopped cilantro and serve immediately. Garnish with chopped scallions, if desired.



Edamame & Penne Salad w/Feta

Serves 4; 1 ½ cups per serving

Toss this unusual salad together the next time you want something different for a brown-bag lunch. The

bright green edamame and shiny black beans provide complementary tastes and a nice color contrast.

| |
|--|
| 4 ounces dried multigrain penne |
| 2 cups frozen shelled edamame (green soybeans), thawed |
| ½ 15-ounce can no-salt-added black beans, rinsed and drained |
| ½ cup chopped green onions |
| 2 tablespoons snipped fresh parsley |
| 1 tablespoon grated lemon zest |
| 2 tablespoons fresh lemon juice |
| 1 tablespoon olive oil (extra-virgin preferred) |
| 2 medium garlic cloves, minced |
| 1 ½ to 2 teaspoons finely chopped fresh rosemary or |
| ½ teaspoon dried rosemary, crushed |
| 1/4 teaspoon salt |
| 3 ounces low-fat feta cheese, crumbled |

Prepare the pasta using the package directions, omitting the salt and oil. Drain in a colander. Run the pasta under cold water for about 20 seconds to stop the cooking process. Drain well in a colander.

Meanwhile, in a medium bowl, stir together the remaining ingredients except the feta. Using a rubber scraper, fold the pasta and feta into the mixture.

COOK'S TIP: If you make this salad to enjoy the next day or have leftovers, squeeze lemon wedges over it just before serving to "brighten" the flavors.

Nutritional Analysis (per serving)

| | | | |
|---------------------|--------|---------------|--------|
| Calories | 320 | Cholesterol | 8 mg |
| Total Fat | 10.0 g | Sodium | 453 mg |
| Saturated Fat | 2.0 g | Carbohydrates | 38 g |
| Trans Fat | 0.0 g | Fiber | 9 g |
| Polyunsaturated Fat | 1.0 g | Sugars | 6 g |
| Monounsaturated Fat | 3.0 g | Protein | 21 g |

Dietary Exchanges: 2 1/2 starch, 2 lean meat

This recipe is brought to you by the American Heart Association's *Face the Fats* campaign and is reprinted with permission. Recipe copyright © 2009 by the American Heart Association. Look for other delicious recipes in American Heart Association cookbooks, available from booksellers everywhere, and at deliciousdecisions.org.



Welcome to the Neighborhood



Looking for gift ideas in the Halfmoon jewelry district? Assemblyman James Tedisco looks on as Stuart Greenway, owner of the S. Saxon Company displays a rare timepiece, part of

his exclusive collection at this new jewelry store located at 1524 Route 9. The Route 9 corridor in Clifton Park and Halfmoon is home to four jewelry stores with a fifth about to open, making it a destination for shoppers throughout the Tech Valley corridor. S. Saxon Company specializes in rare and antique watches, fine diamonds and coins, gold and silver, as well as interesting jewelry items. Greenway, a well-known jewelry wholesaler, runs the store along with wife Sandra Sa'-Greenway and several employees. They celebrated their Grand Opening at the Route 9 location last November.

The Chamber Spotlight is sponsored by Mangino Buick GMC, a family owned and operated business for over 36 years, now celebrating almost one year in their new state of the art Buick GMC facility on Saratoga Road in Ballston Spa.



A new Stewart's Shop opens in Clifton Park: Representatives from Stewart's Shops led by CEO Gary Dake (2nd from right) and Store Manager Veronica Hickok (center, in Santa hat)

join Clifton Park Supervisor Anita Daly (far right), Senator Farley representative Michael Mansion (far left), Clifton Park Deputy Supervisor Lynda Walowit (2nd from left), Chamber of Southern Saratoga County President / CEO Pete Bardunias (4th from left) and Assemblyman Jim Tedisco (5th from left) in cutting the ceremonial chain of store coupons marking the first official day of operation for the new store, at the corner of Sitterly Road and Clifton Park Center Drive, joined by CSSC Ambassadors and the public. The store, near Ellis Medicine's Urgent Care Center, is across the street from the Clifton Park Center Mall and offers visitors to both locations an opportunity to stock up on convenience store items, fuel up their vehicles or enjoy a cup of Stewart's fine coffee.

Meet other business neighbors at www.southernsaratoga.org.











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Saturday, Feb. 7

WINTERFEST CELEBRATION AND ANNUAL CLIFTON PARK IDOL CONTEST

@Clifton Park Center, 22 Clifton Country Road, Clifton Park

Get excited! Clifton Park Idol, the annual singing competition for locals only, is back! 30 Clifton Park residents, in 2 age categories, will compete for the title.

Cost: FREE | 518-371-6667

Saturday, Feb. 7

A MUSICAL EXTRAVAGANZA: EMPIRE STATE YOUTH ORCHESTRAS' ANNUAL PLAYATHON!

@Crossgates Mall, Albany

Playathon is ESYO's annual fundraiser and friend-raiser, featuring free live music by ESYO musicians throughout the day at Crossgates Mall. There will be multiple auctions to win the baton and conduct one of ESYO's ensembles, as well as a "musical petting zoo," courtesy of John Keal Music, that will allow people of all ages to try various instruments throughout the day.

Cost: FREE

Saturday, Feb. 14

VALENTINE'S DAY OLD SCHOOL DANCE

@Watervliet Elks, Watervliet

Join us for an old school Valentine's Day dance. Enjoy wonderful music, delicious food and a great time!

Time: 7pm-1am | Cost: \$25-\$40 | 518-210-5988

Daily, Feb. 17-20

WINTER WONDERLAND RECREATION CAMP

@Locust Lane Club House, Clifton Park

Do your kids miss summer camp during the winter? We may not be able to provide the warm weather, but we can bring everything else! Join us during school vacation week for our Winter Wonderland rec camp for children ages 5-10. Themed activities will include games, crafts and more!

Time: 1:30pm-4pm | Cost: \$45

Feb. 17-21

4TH ANNUAL SARATOGA BEER WEEK

@Saratoga Springs City Center, Saratoga Springs

Beer enthusiasts mark your calendars for a 5-day, citywide beer celebration promising fun, food and fantastic beer! With over dozens of beer-centered events scheduled, locals and visitors alike will enjoy top local, regional and national brews, while seeing the best of what Saratoga has to offer including restaurants, shops and hotels.

Time: Varies

Cost: Various events have different prices
saratogabeerweek.com

Thursday, Feb. 19

LITTLE BRAINS TRIVIA

@Northshire Bookstore, Saratoga Springs

Capital Region kids (ages 6-14) are invited to Little Brains Trivia, a 40 trivia question trivia competition hosted by Big Brothers Big Sisters of the Capital Region! Kids will register on an individual basis, and compete as a table.

Time: 2-4pm | Cost: FREE | 518-862-1250 x 21

Saturday, Feb. 21

TRY HOCKEY FOR FREE

@Empire State Plaza, Albany

OGS and USA Hockey invite boys and girls to the Empire State Plaza Ice Rink to try Hockey for free as part of Hockey Weekend Across America. Starting at 9am, local youth ages 4-12 are encouraged to experience ice hockey for the first time and learn the basic skills in a fun, safe environment. Pre-registration is required.

Time: 9-11am | Cost: FREE | 518-473-1527

Saturday, Feb. 21

THE ANNUAL MAC-N-CHEESE BOWL

@Marcelle Athletic Complex at Siena College, Loudonville

Mac 'n Cheese is a favorite food of all ages! Come taste 30 different varieties of the dish, prepared by local restaurants. Then, vote for your favorites! Proceeds benefit the Regional

Food Bank of Northeastern New York.

There will be two tasting sessions - one beginning at 11am and the second at 12:30pm. This is a kid-friendly event! Children can even vote for their favorites too. The cheese for this event has been generously donated by the 1,200 farm families who own the Cabot Creamery Cooperative.

Time: 11am-2pm

Cost: \$20 adults, \$5 kids 5-12

Saturday, Feb. 21

MONTHLY CLASSIC FILM

@Ballston Spa High School Auditorium, Ballston Spa

"A love story of today" (1967) presented by the Ballston Spa Film Festival. Sidney Poitier portrays a handsome, successful doctor who comes to dinner with his fiancée only to find that her liberal parents (Spencer Tracy and Katherine Hepburn) may not be as accepting as they thought. "After all, a lot of people are going to think we are a shocking pair."

Time: 6:45-9pm | Cost: FREE

bspafilm.org | 518-441-4236

Sunday, Feb. 22

LONGFELLOWS WEDDING SHOW

@Longfellows Restaurant, Saratoga Springs

Meet with a large variety of wedding professionals who will offer their expertise and advice in planning the day of your dreams! Complimentary hors d'oeuvres, door prizes and more.

Time: 11am-3pm | Cost: FREE

Call 518-406-0505 to register.



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Artist Statement - Jane Agee

Although my primary profession was in academia as a professor of English Education (at The University at Albany, SUNY), my interest in photography started early. I was making photographs when I was in elementary school in Savannah, Georgia. My parents gave me a Kodak Brownie camera, a simple plastic case that housed a roll of black and white film. The photos, some of which I still have, were not the best quality, but they showed that I understood how to frame a scene. I had various point and shoot cameras as I was growing up. I was also interested in painting and was the youngest member of the Savannah Art Association. My painting helped me to understand composition, color and light.

My first serious foray into photography occurred when I was earning a master's degree at the University of Georgia. I bought an SLR, a Nikkormat and several lenses. I took a series of non-credit courses with Al Wise who was at that time the official photographer for the University of Georgia. I learned how to develop film in the darkroom, how to do studio portraits, and how to use the basic principles of photography to inform my work.

In more recent years, I have studied with Carl

Heilman, Adirondack photographer, Tyler Stableford, sports photographer, Dan Peha, Durango Photographic Services, and Kathy Eyster, a landscape photographer with the Rocky Mountain School of Photography. Most of my photography focuses on landscapes. I have photographed Saratoga Springs, the Adirondacks, Maine, the North Carolina Mountains, as well as Istanbul, Turkey, the Olympic Peninsula in Washington, and the

Grand Tetons and Yellowstone. I have also been involved in photographing the building and the people who attend Bethesda Episcopal Church in Saratoga Springs, NY. This work has taken me into architectural



Yaddo Rainbow



Swimming at the Sagamore

photography and portrait photography.

My aesthetic in painting has shaped my photography. I look for unique ways of seeing landscapes while drawing the viewer into scenes that resonate with the desire to imagine, remember or experience a place. I want people who see my work to be able to go back to an image again and again to evoke a sense of pleasure and place.

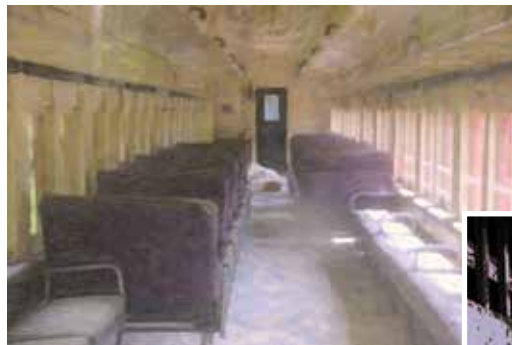
All of my images for sale meet archival standards in terms of printing. They are also framed with acid-free mats and UV glass to protect them from fading. ■



Artist Statement – Chip Perone

Chip Perone has been an amateur photographer for over 35 years. He was a student of theatre arts at SUNY Plattsburgh in the mid-seventies. While residing in New Rochelle, NY, Chip was a member of the New Rochelle Art Association where his photography took First Place in the 2008 Juried Art Show and

Second Place in the 2009 Juried Art Show. Having recently retired as tax assessor from the City of New Rochelle, Chip has now been able to turn photography into a full time endeavor most recently receiving an Honorable Mention in LARAC's 2013 Annual Juried Art exhibition and The Shirt Factory's Juried Photo Show in 2014, as well as a Juror's Choice award at the 2014 Buck Moon Arts Festival. As a member of the Lower Adirondack Regional Arts Council,




*Abstract railcars
by Chip Perone*



North Country Arts Center, The Adirondack Lakes Center for the Arts and The Saratoga Arts Council, he has set his sight on having his work more widely recognized. ■

You can see both of these artists' work at the Clifton Park Halfmoon Public Library in February.



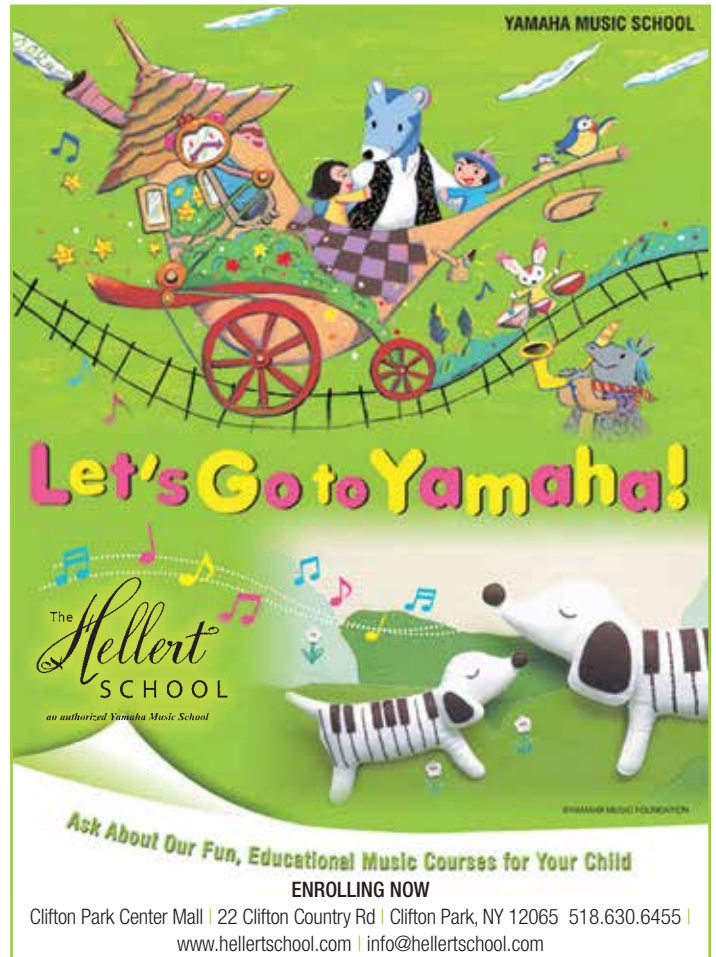
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