

CLIFTON PARK

AN EXCLUSIVE MONTHLY PUBLICATION FOR RESIDENTS

Living



At the Dianne Hellert Studio

Music is All Around



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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.

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,

Happy New Year and welcome to the first issue of *Clifton Park Living* magazine! *Clifton Park Living* is an exclusive monthly magazine for residents and a new resource for the community to announce events, share stories and let others know about what's going on around town. I would first like to thank all of the founding advertisers who have made this magazine possible. Clifton Park has an amazingly strong community and this has definitely come through loud and clear with all of the early involvement, from article contributions to businesses supporting the magazine.

Throughout the year, I hope to bring residents, nonprofit organizations and businesses together to create a magazine that adds value to Clifton Park. One of the main goals of the magazine is to help you get to know who's living down your block, up the street and around the corner. In this first issue we have featured a little bit of something for everyone – a feature article on Dianne Hellert, an accomplished musician who recently opened a Yamaha Music School in Clifton Park, a history column by Clifton Park historian John Scherer, a motivating health and wellness column courtesy of Ellis Hospital, an artist spotlight from the Saratoga Arts Council and an inspirational article by Pierre Zimmerman, a Buddhist who leads mindfulness-based stress reduction clinics. Each month, you'll also learn something new by reading Ann Cocca's column from the Clifton Park Library and you'll meet new business owners after Pete Bardunias at the Chamber of Southern Saratoga County welcomes them to the neighborhood. Lastly, we'll always feature interesting events to keep you informed about what's happening throughout the month. I hope all of these articles will help you ring in 2015 on a happy, positive note.

Other articles in upcoming issues throughout the year might include a book review, home remodeling tips, wedding announcements, a nonprofit volunteer spotlight, a section on youth sports, delicious homemade recipes and more. What would you like to read about? Do you have an article idea for any of these topics or one that I didn't mention? We are open to your suggestions. If you have a story idea that you would like to submit for consideration for publication, please email the Clifton Park Living content coordinator, Jenna Caputo, at jcaputo@bestversionmedia.com. She is currently collecting articles for the March and April magazines.

It's a new year and a new chance to create positive growth in your own life and for others in the community. I invite you to share your accomplishments, your dreams, your work and your lives with your neighbors. This is your magazine – for you, by you and about you – so please don't be shy in contributing to its growth. We welcome you!

Cheers to a happy, healthy and prosperous new year!



Jessie Riley
PUBLISHER

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The Man Behind the Photographs

By John L. Scherer, Clifton Park Historian

Many of the early photographic views of Clifton Park are actually postcards. Postcard views were introduced to the American public about 1900, and by 1905 were all the rage. Views of major attractions, large cities, main streets and local communities abounded. Such postcard views were used by visitors or local residents to write brief notes to family and friends. Although these early postcards originally sold for pennies, today they are very collectable, and depending on the view and location, an early postcard could sell for five or even ten dollars.

The Clifton Park postcard views were all photographed by Parker Goodfellow of Schenectady. He was born in 1885 and started taking pictures as a hobby. However, when Goodfellow found that he could make a living with his Poco glass plate camera, he decided to go into the postcard business. He began his career as a freelance photographer in 1906, when he started to travel throughout the state snapping views for his postcards.



Store and post office, southwest corner of Old Route 146 (Fire Road) and Route 9, Clifton Park Village postcard view by Parker Goodfellow, c. 1910. Note 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.

Many of Goodfellow's journeys were made on foot. He would walk to such places as Albany and Troy. Sometimes he hired a horse and buggy for longer trips. By 1912 he had purchased a motorcycle that made travel much easier. In fact, if one looks carefully you can see Goodfellow's motorcycle parked in the background in some of the Clifton Park postcards. He certainly got around, for between 1906 and 1918, he photographed more than 32,000 views.

These postcard views would then be offered to hotels and stores in the form of numbered samples, so quantities could be ordered by view number. Many of the views were of the hotels and stores themselves. These postcards were then retailed to customers. Selling places in Clifton Park included stores in Vischer Ferry, Jonesville, Elnora, Clifton

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Hotel, Main Street and MacElroy Road, Jonesville postcard view by Parker Goodfellow, c. 1910. James Jones constructed this hotel along the Waterford-Saratoga Turnpike about 1820, and it was as a stop on the turnpike that the village developed. The hotel burned down in 1915. The name on the sign is "Fitzgerald's," probably one of the last owners.

Park Village, Grooms Corners and Rexford. Postcards could also be purchased at hotels in Vischer Ferry, Jonesville, Rexford and Clifton Park Village. All of these places are featured on Goodfellow's postcard views.

We are fortunate, indeed, that Parker Goodfellow discovered Clifton Park on his journeys; his views have captured moments in history that would otherwise have been lost. ■

Traditions and Resolutions

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

The start of the New Year has many people making promises and resolutions of self-improvement, but have you ever wondered where this tradition started? As with many holidays and traditions, their roots can be traced back to ancient rituals and religious origins.

The ancient Babylonians made promises to their gods at the start of each year that they would return borrowed items and pay their debts. Roman ancestors celebrated Janus, the god of new beginnings who had two faces, one looking into the past the other to the future. The month of January is named in his honor. Janus also symbolized the values of home, family, friendship and civilization. At the end of the Christmas season, medieval knights were required to place their hands

on a peacock and vow to renew their commitment to chivalry.

During Jewish New Year, Rosh Hashanah through Yom Kippur (the Day of Atonement), one is to reflect upon one's transgressions and both seek and offer forgiveness. This is similar to the fasting period of Lent, observed by many Christians, and is focused on sacrifice. This practice can also possess an element of self-improvement.

Chinese New Year is an important

ill-fortune and make way for incoming good luck. Decorations celebrate good fortune, happiness, wealth and longevity.

What does all of this have to do with the library? In the spirit of renewal and lifelong learning, the library has the materials, classes and resources to pursue new endeavors and interests regardless of subject matter. Why not make a family trip to the library a regular outing, not just a visit for a special program or when there is a big

school project. Can you think of another place that the whole family can enjoy at the same time? Spend time together browsing books, music or DVDs. Bottom line – that's a

resolution we all can keep.

Visit the library to pick up a current program brochure or visit www.cphlibrary.org to view the online Calendar of Events to see what's happening! ■

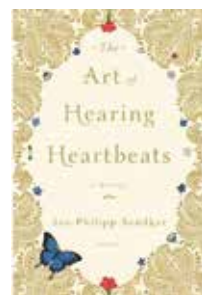


Time is precious. Make 2015 count.

Two Towns – One Book, Clifton Park & Halfmoon Read! Organizers are planning great programs and events surrounding the book *The Art of Hearing Heartbeats* written by Jan-Phillipp Sendker. Programs will begin in January and run through May. The goal of a community-wide reading program is to bring people in our community together through the shared reading and discussion of a common book. The choices inspire rich discussion and community activities and encourage younger readers to participate through companion books and related activities. Check it out!

traditional holiday honoring deities and family ancestors. Though traditions and customs vary greatly throughout China, there are many similarities. For example, families thoroughly clean the house to sweep away

The Art of Hearing Heartbeats
by Jan-Phillipp Sendker



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“Music is all around us – whether if you play or not, people love to listen to music.”

–Dianne Hellert

Dianne Hellert recently opened one of only three of New York State's Yamaha Music Schools.

COVER STORY

Dianne Hellert Music is All Around

By Jenna E. Caputo

“I can’t imagine what I would have done if I didn’t play music.” Dianne Hellert’s whole life is music – literally. The oldest of three children, Dianne was born and raised on a poultry farm in Mt. Gilead, Ohio. Her mom was a classical pianist, teacher, performer and accompanist to several Hollywood stars (including Phyllis Diller), so music was around Dianne from the day she was born. Dianne started the piano at age 3 with perfect pitch and quickly excelled. Her mother was an integral part in her education, and Dianne began playing in talent shows

and competitions, often winning. At only 8 years old, she performed once a month on WMVO radio in Ohio. At the age of 10, she studied with teachers at Otterbein College and Ohio State University. By sixth grade, she was the church organist. At 15, she played Tchaikovsky as the soloist with the Mansfield Ohio Symphony Orchestra.

Interested in all music, Dianne joined her high school select choir, which went on to tour Europe. At the time, it was rare for high school choirs to have that honor. But despite her love of music, Dianne thought she would go

into art instead and was worried about telling her mom. She didn’t want her to be upset. However, Dianne quickly realized that music was her destiny and went on to obtain her degree in music education/piano pedagogy at Capital University. In her “spare” time, she was the assistant director of the 350 voice All-Ohio Youth Choir.

To help pay for school, Dianne modeled and entered beauty competitions. She made it as far as Miss Ohio runner-up in the Miss America preliminaries. These experiences resulted in increasing her confidence



The Hellert Studio is located at Clark Music at the Clifton Park Center Mall.

– confidence that she would need to succeed in her future music career.

Dianne met her husband John during college and moved to New York when John landed a new job. She completed her graduate work at SUNY Potsdam and began her new life. Teaching K-12 in various school districts for many years, while also still performing with organizations like the Philadelphia Orchestra and the ASID convention in Washington, D.C., she saw an ad looking for teachers for the Yamaha School of Music and decided to become certified.

While out on maternity leave, she changed her focus to just piano lessons and since has taught close to 2000 students in Clifton Park so far. The walls of her studio are covered with pictures of old recital programs and her past students, some of whom have gone on to graduate from Julliard, Berklee, the Royal Academy of Music and many others.

Dianne didn't want to just teach piano; she wanted to instill the love of music into her students as well. She couldn't understand why a student wouldn't enjoy a song from a new composer that she was very excited about. She started noticing a pattern as to which songs students liked based on if they were more adept at Math or English. She decided to do some study on the brain and found out that there was indeed a correlation between right versus left brain people and what composers they enjoy. Dianne is a right brain person, so once she figures out which way her students are, she gives right-brained students predominantly composers that she herself likes, and left brainers things she doesn't enjoy. It works. "Every student has to have a balance, though, so I will give them about 75% of what they like and we'll study the other composers the rest of the time."

She also encourages parents to always make piano the winner. She first learned this technique from her father. He would ask her if she

needed more time to practice (lessons were 90 minutes away, one way). If she said yes, she didn't have to gather the eggs that day. "Piano shouldn't be a punishment – 'If you don't practice, you can't go to football.' It should be a reward – 'If you practice, you don't need to mow the lawn today.' Make it a choice where it will always be a winner and a positive experience."

As much as music is her life (Dianne also plays clarinet, saxophone, pipe organ and writes original compositions, as well as serving as the church choir director and organist), her life isn't all about music. Dianne still loves art, and when time allows, works on her painting, woodcarving and sewing. She has a passion for sports cars and was the proud owner of a Porsche 911 until dealing with winter driving became too much. She also never listens to music while she's driving. It is her time to take a break and clear her head so she can really pay attention to it while she's working.

A resident of the Capital District for over 30 years now, Dianne likes to travel around the region with her husband to the many local attractions for day trips. Her son and daughter both attended Shen schools, and Dianne often was the accompanist for the musicals. Her music studio, The Hellert Studio in Clifton Park, has recently opened a Yamaha Music School program.

The Yamaha School has been in the U.S. since 1961 and has over 600,000 students worldwide, but what really makes it prestigious are the teachers. Each prospective teacher has to go through a brutal music test before they can be offered the job. The program doesn't just teach the student to play



Teacher Daisy Lin with Clifton Park Yamaha Music School students (Left to right): Alexander, Age 5; Qishuo, Age 6; Robby, Age 6; Jason, Age 4; Nimarika, Age 4; My-Xzao, Age 6.

music, but also teaches the foundations of music in general. "Music is one of the earliest ways to communicate," Dianne says. "Any child will gravitate toward a piano – it is a natural instinct. Music stimulates the brain and is a stimulus to move." Some of her prior students are now teachers at her studio, which currently teaches over 250 students a week. There are programs for adults and children of all ages.

Dianne has a long list of accomplishments, but when she's asked to pick her favorite, her answer is the most simple and pure of them all – "I get to sit down and play whatever I want whenever I want. I feel very proud that I was able to take that to the next level. Piano can be very lonesome – you are often stuck practicing in a remote corner of the house by yourself. Going from that little single piano teacher, to having others work with me and be able to watch everything blossom in size and continue to grow is so fulfilling. I was able to make this into a full studio and I get to watch my students of all ages enjoy many aspects of music and succeed because of it!"

Dianne's New Year's resolution? "Be happy. Think positive. I believe in the law of attraction – keep good things in your mind, so good things can continue to happen." ■

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.

New Year, New You

By Anne Jones, R.N., C.B.N., Ellis Medicine's Bariatric Care Center

Okay, enough with the New Year's resolutions that go absolutely nowhere. Make 2015 the year things change for you by understanding that the answers to better health are actually quite simple.

No Secrets - It's Common Sense

There is no magic pill or magic wand out there to help you lose weight. In order to lose weight, you have to consume less calories than you burn, which means eat less and exercise more.

Diet

"Everything in moderation, including moderation," as Oscar Wilde once said, are words to live by, especially when it comes to diet and exercise.

The skinny on a proper diet can be found at choosemyplate.gov and by talking with your doctor, among a myriad of other sources. Essentially,

you want to eat a variety of foods from the main food groups that are high in nutrients. Additionally, be sure to keep unhealthy things like saturated and trans fats, cholesterol, added sugars, salt and alcohol to a minimum. You should also stay away from the "diet" mentality. Don't think of it as having to be on a "diet." The changes you are making are for a healthy lifestyle for life.

Define your long-term goals and then start by making small changes. Success will come if you start small. Aim to make one tweak a day: add a new fruit to breakfast; skip your pre-dinner cocktail; or use a smaller plate at a buffet.

Some people have to ask themselves if they are using food as a coping mechanism to deal with stress in their lives. If the answer is 'yes,' you should talk with your doctor or possibly see a counselor to help you better deal with the underlying problem.

Exercise

The winter months tend to keep us indoors more, so it does take some extra effort to exercise. Consider walking at the local mall and exercising in your home with a treadmill or to a workout video that suits your level of activity.

Standard guidelines suggest adults should engage in at least 30 minutes of moderate physical activity on most days of the week. 60 minutes of moderate to higher intensity activity on most days of the week, while not exceeding caloric intake requirements will provide greater health benefits and better weight management for most people. *You should consult your doctor before you begin any new exercise routine to ensure it's safe for you.*

When All Else Fails...

Sometimes obesity cannot be treated by diet and exercise alone. For people who are severely obese and can't lose weight by traditional methods or who suffer from serious obesity-related health problems, weight loss surgery may be a viable option. Visit ellismedicine.org for more information about our comprehensive, nationally recognized weight loss surgery program.

What Are You Waiting For?

So are you ready to make 2015 the year you get healthier? Before you answer, consider what good health is worth to you? Better yet, ponder what is more valuable than your health. ■

For more information about nutrition services, including programs available at the Ellis Medicine's Medical Center of Clifton Park, visit ellismedicine.org or call 518-243-4345.



Anne Jones, R.N., C.B.N.

FIT TIPS

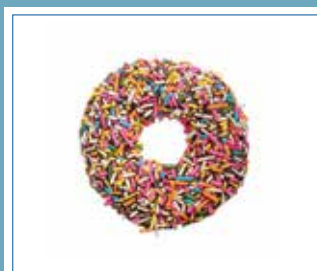
- **Get motivated.** Keep yourself motivated during your weight loss journey by doing the "write thing." Writing down your weight loss goals reinforces them in your mind.
- **Want it.** Another "stick with it strategy" is to use the word "want" instead of "should." Saying you "should" do something, like exercise, implies that you feel the activity is a burden. Telling yourself you want to work out or you want to eat less is the better approach.
- **Shop the Perimeter.** When grocery shopping, stick to the outside walls of the store to get the freshest, healthiest foods. The packaged, less healthy food choices tend to be kept in the aisles in between.
- **Wear a Pedometer.** A pedometer can actually prompt you to be more active. Aim for 2,000 steps per day, and work up to 10,000. Consult your physician before beginning any new physical activity.
- **Protein first!** Gram for gram, protein has the same number of calories as carbohydrates and half the fat, but takes longer to digest, so you feel full longer. Include a serving of lean protein with each meal and snack.
- **Stop Smoking.** The adverse health effects for smokers are staggering. Sign up for a smoking cessation class (ellismedicine.org) or call the NYS Quitline at 1-866-NY-QUITS (1-866-697-8487).

WHAT'S YOUR EXCUSE?

CHOOSE THE TOP 3 REASONS PEOPLE CAN'T LOSE WEIGHT:



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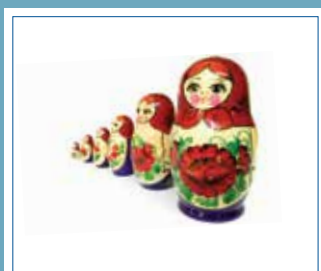
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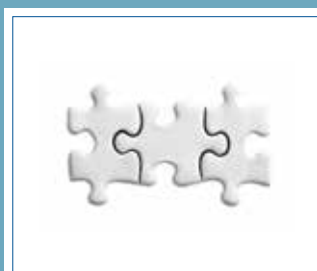
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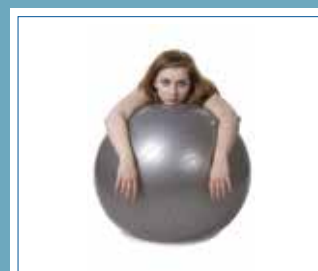
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Practicing Resilience

By Pierre Zimmerman, M.S.

Resilience is the ability to face life's challenges, small or seemingly overwhelming, surprising or habitual. With it we can experience what we might label victories, and when we lack resilience, we might end up having meltdowns or setbacks. Some people recover quickly from adversity; others become crippled by it, and some spiral into deep depression. As we begin a new year, it is the perfect time to reflect on this subject.

The capacities to bounce back, resurface and integrate our experiences and then move on are innate and possible, yet difficult. To be resilient requires of us several qualities such as awareness, pausing to reflect, flexibility, stability

these important themes:

- The earth element of stability and firmness
- The water element of fluidity
- The fire element of adjustable temperatures
- The air element of mobility
- The space element of boundlessness

Impermanence is real and not just a thought, everything is changing in our

*Resiliency can be learned.
All you need is a little practice.*

internal and external life constantly. Once we come to terms with it, our responses to change give us numerous probabilities of what can occur and unlimited opportunities to respond to them. We have neuroplasticity in the brain, which has the capacity to rewire itself and grow numerous connections, new pathways and circuits. Activating resilience means choosing experiences that will cause neurons to fire and wire together, creating new patterns in the brain and new attitudes in our mental and emotional world.

We need to face whatever creates suffering and discomfort; it is necessary and it's called coping. Thoughts and feelings cannot destroy

us; they may weaken our outlook slightly, and that is, only if we let them. We need to pause and stay calm, letting what needs to emerge surface, which in turn will bring clarity as to the beneficial choices we can make.

This doesn't indicate that we are unfeeling or emotionally walled off, but neither are we getting drawn into an abyss. Mindfulness of the breath and cognitive reappraising of any distressing event helps us to reframe adversity in such a way that it is not perceived as extreme. Rather than viewing an event as a mistake, experiencing shame, guilt or inadequacy, we can look at it as an anomaly that could happen to anyone and thereby challenging the accuracy of our thoughts. The most important thing to realize is that a thought, feeling or sensation is not the totality of who we are in any given moment.

We can use the following three-part contemplation to resource ourselves and retrain the wiring of our brain.

1. I am safe.
2. I am well resourced, I have what I need or I can ask for what I need.
3. I am connected, I am not alone.
(from Rick Hanson, PhD)

This three-part exercise helps us become more resilient. By repeating this contemplation a few times each day, it enhances our capabilities to retrain our nervous system and go back to a homeostatic and more balanced baseline. Cultivating empathy for oneself and others is a great antidote for recovery from distress or emotional dis-regulation. These new choices will bring us healthier connections and new resourcefulness which will support us in feeling more competent and give us renewed courage to face what is, rather than avoid it. ■



and adaptability. We can use the five elements that are part of our bodies and the larger universe to illustrate

START THE YEAR OFF RIGHT

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Saturday morning classes begin Saturday, January 17

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Classes take place at One Big Roof on Broadway in Saratoga Springs.

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Welcome to the Neighborhood



Owners Vinny and Tina Liota (center) of Events by Cool Cat receive a New York State Assembly citation from Assemblyman Jim Tedisco (holding citation) as Chamber of Southern Saratoga County President/CEO Pete Bardunias (4th from right) and Clifton Park Town Councilwoman Amy Standaert (2nd from right) look on. They were celebrating the company's new headquarters, at 2 Crestmont Dr (corner of Route 146) in Clifton Park. Events by Cool Cat is a full service DJ, Photobooth and Photo/Video provider for parties and events. Vinny Liota was named 2014 "DJ of the Year" by DJ Times magazine.

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.



Mother Teresa Academy celebrates its new location at 13 Executive Park Drive,

with a ribbon cutting ceremony and open house. Voted best Clifton Park private school by the Community News, Joyce Maddalone (light blue jacket, holding scissors) and her team offer children a good start in education. The school is a nonprofit, private school teaching Catholic Christian values, and students are encouraged to apply Christian values in their everyday life by participating in the faith community, respecting the dignity of others and making responsible choices for themselves and their community. Representing the Chamber of Southern Saratoga County is Vice Chair Jenifer Marten of Ballston Spa National Bank (4th from right). She is joined by Clifton Park Town Councilwoman Amy Standaert (3rd from right), Assemblyman Jim Tedisco (2nd from right) and Clifton Park Town Supervisor Phil Barrett (right).

Meet other business neighbors at www.southernsaratoga.org.



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Friday, Jan. 9

ITALIAN DINNER & CULTURAL EVENT

@10 Ferry Rd., Rexford

Friday evening dinner out in a beautiful & quaint country home with a meal prepared by chef Anouk, graduate of the Culinary Institute of America. Join Rachel Queenan, a certified Italian teacher as she guides you through the inner secrets of this Italian dinner that will feature both familiar and not-as-known dishes for you to enjoy. 346-7096

Time: 6-8pm | Cost: \$45

Friday, Jan. 9, Feb. 6

STEWARDSHIP HIKE

@Veterans Memorial Park – Mooney Carrese Forest

Entrance is on Elks Trail, off of MacElroy Rd. Meet at the pavilion on south side of entrance drive. We are aiming to explore a rugged route, at times off the path, to the old fields to the northeast side of the property. Please kindly RSVP to confirm participation in specific hikes by the day before, either by calling the Open Space Coordinator in the Planning Department at 371-6054, or by emailing: jenniferv@cliftonpark.org.

Time: 1pm | Cost: Free

Friday, Jan. 16

THE DIAMOND DANCE

@Saratoga Music Hall, Saratoga

Enjoy live music with the Jump Daddies in the elegance of the Saratoga Music Hall with munchies and a free beginner swing dance lesson with the price of admission.

Time: Lesson starts at 7:30pm

Band begins at 8pm

Cost: \$15

Saturday, Jan. 17

HATTIE'S 14TH ANNUAL MARDI GRAS BENEFIT

@Canfield Casino, Saratoga

Join master chef Jasper Alexander for New Orleans-style gourmet food and live music by Garland Nelson and Soul Session for a fun "New Orleans of the North" night to raise money for Jakes Help From Heaven – a non-profit foundation that provides for individuals and families facing medical challenges and disabilities.

Also includes specialty cocktails, photo booth, silent auction, Mardi Gras beads, masks and more!

Time: 6-10pm | Cost: \$100

Saturday, Jan. 24

CABIN FEVER LUNCHEON

@Saratoga National

This year's keynote speaker is Ms. Reshma Saujani, the founder of Girls Who Code, a national non-profit organization working to close the gender gap in technology and prepare young women for jobs in the future. Ticket reservations and sponsorships can be purchased for this event. For more information, call 518-581-1201 x4184 or e-mail cabinfeverinfo@gmail.com or visit www.soroptimistsaratoga.org.

Time: 11 am | Cost: \$75

Sunday, Jan. 25

YOUTH ORCHESTRA CONCERT: CARMINA BURANA WITH HIGH SCHOOL CHORAL GROUPS

@Palace Theater

The Empire State Youth Orchestra will be joined on stage by select singers from four high schools from Albany, Shaker, Guilderland and Ravena-Coeymans-Selkirk and a selection from the Boys Choir at The Cathedral of All Saints.

Time: 3pm

Cost: Adults \$23, Seniors \$13, Students \$8

Thursday, Jan. 29

FAMILY MOONLIGHT CROSS COUNTRY SKI

@Vischer Ferry Nature Preserve

Join us on the above dates when snow conditions permit.

Everyone is invited to participate and must bring own ski equipment. There will be a warm-up fire and the Shenendehowa Nordic Club will provide hot drinks and marshmallows during the event. Participants will meet at the preserve's main parking lot on Riverview

Road (at the Whipple Bridge).

Time: 7pm | Cost: Free

Thursday, Jan. 29

MARINSKY ORCHESTRA

@Troy Savings Bank Music Hall

Conductor Ignat Solzhenitsyn features the best of Russia – Tchaikovsky, Prokatiev, and Rachmaninoff.

Time: 7:30pm | Cost: \$50-\$60

Saturday, Jan. 31

CHOWDERFEST 2015

@Participating Restaurants in Saratoga Springs

Enjoy samples of chowder from over 50 local restaurants and vote for your favorite! Includes The Doggie Chow-Down at 1 p.m. in the Saratoga Downtowner parking lot that will feature dog-friendly chowders for your furry friend!

Time: 11am-4pm | Cost: \$1 per cup

Saturday, Feb. 7

TOWN OF CLIFTON PARK WINTERFEST

@Various downtown locations

The Town of Clifton Park is pleased to announce its annual Winterfest on Saturday, Feb. 7. Join your friends and neighbors during this day of fun and excitement in and out of the cold! Events include: "Taste of Clifton Park" best soup contest, Clifton Park Idol singing competition, Clifton Park Community Chorus performance, face painting and more! Other Winterfest Activities include horse drawn sleigh rides and lunch on the farm at Riverview Orchards and a winter nature tour at local town park.

Time: All day | Cost: Free



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Shenendehowa Showcase of Artwork

Every year, high school art teachers throughout Saratoga, Fulton & Montgomery County, including Burnt Hills-Ballston Lake, Ballston Spa, Saratoga Springs, Shenendehowa, South Glens Falls, Stillwater, Amsterdam, Gloversville, Mayfield & Northville select work in all media from their strongest students to exhibit in The Arts Center Gallery. From sculpture to drawing, these wonderful

artworks highlight the dedication of area art teachers together with the amazing talent of their art students. By encouraging younger generations of artists to excel in their creative work, Saratoga Arts fulfills its mission of cultivating, nourishing and sustaining the arts in all of its forms.

Gallery Hours: Monday-Friday, 9am-5pm; Saturday, 11am-5pm; Closed Sunday. ■

Shenendehowa High School Showcase of Artwork at the Annual High School

ALL STARS EXHIBITION AT THE ARTS CENTER GALLERY

Saturday, Jan. 10 – Saturday, Jan. 31

Opening Reception: Saturday, Jan. 10 from 3-5pm



Artwork about pollution and the environment by Marija Bebic of Clifton Park. The pieces were created during her senior year advanced graphic design class.

Artist Statement: A Wanderer's View

By Sarah Moody, "Art in Public Places" featured artist showing at the Clifton Park-Halfmoon Public Library during the month of January

"I have loved photography for as long as I can remember. I'm a transplant to the area and a soldier with many years of service. I use my photography to reflect on the areas where I travel. I received the best compliment from my Uncle Bobby who said about my deployment, 'I have never seen anyone make a combat zone look like a vacation!' I told him that if I could not see the beauty I would be filled with too much sadness. I hope that when someone views my photos, they will touch them in a positive way, even if just for a brief moment of joy." ■



Above: "Air Lift" by Sarah Moody

Right: "Goldfish" by Sarah Moody



Saratoga Arts / Art in Public Places Program

Saratoga Arts' mission is to enrich the region by cultivating a vibrant arts community and by ensuring the arts are accessible to all. Saratoga Arts' Art in Public Places program is at the core of its mission. This program displays the artwork of Saratoga Arts' member artists in over sixty exhibitions per year in venues throughout Saratoga County, including the Clifton Park Halfmoon Public Library.


For more information, visit Saratoga Arts online at www.saratoga-arts.org

A Look at Life Behind the Scenes

Visión – “A Look at Life Behind the Scenes” is an ongoing black and white photography project initiated by EOC, in which participants from the Latino community are invited to participate in a photography workshop series. This year, Emma Dodge Hanson, a local professional photographer, mentored the participants. At the conclusion of the workshop series, photographers were asked to select their best photographs for submission, and a jury of photographers and art professionals selected the final images. The exhibition is traveling to various venues throughout the capital region – including the Clifton Park-Halfmoon Public Library in January. Through this opportunity to document their experiences of living and working in the Saratoga Springs area, participants provide unique insight into a world that is largely inaccessible to the greater community. All proceeds collected at the reception will directly support the Latino Community Advocacy Program. ■



The photo was taken by Gustavo Garcia and the title is “On the Dock” or “El Muelle.”



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