

MAY 2015

CLIFTON PARK

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Living



David Guy
Launches Rose & C
Heather Fine Furniture
Collection in the U.S



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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

Our concept of "mother" is based on our experiences in life. It's controlled by the people around us, their various roles in our journey, and our own values. Mother's Day is a day to pamper those who have always pampered us. Where would this world be without all the amazing "mothers" out there? Those women that are constantly encouraging us, encouraging change, encouraging a better world.

The concept of Mother's Day started in America in 1858 when Ann Marie Jarvis first attempted to improve sanitation through "Mother's Friendship Day." She organized women throughout the Civil War to teach them the basics of nursing and sanitation, and in the process helped save thousands of lives. Julia Ward Howe took the idea one step farther in 1870 when she called upon all women to unite together and rise against war. She wanted to protest the futility of sons killing the sons of other mothers, so she created a day to celebrate peace, motherhood, and womanhood. But it was Jarvis' daughter, Anna M. Jarvis who finally succeeded in making Mother's Day into the holiday that we are used to. Jarvis felt that children often didn't show enough appreciation for their mothers while they were still alive, and in 1907 she began a campaign to establish a national Mother's Day to honor mothers, living and dead. The idea quickly gained in popularity and on May 9, 1914 a Presidential proclamation declared the 2nd Sunday of May to be observed as the official Mother's Day. White carnations were declared the official flower for the day since those were Jarvis' mother's favorite flower.

While this particular day may be the "official" day to celebrate mothers, we thank all the mothers out there every day of the year for the amazing impact they have on all of our lives! Happy Mother's Day!



Jenna
Caputo

CONTENT
COORDINATOR

A Mother's Hands

They tenderly held you when you
were first born

They caressed silky skin as she
soothed you to sleep

They provided never-ending hugs
They fed you

They wiped away your tears

They washed your clothes,

prepared your food, kept you clean

They tucked you in at night

They wiped your brow when you
were sick

They snapped millions of pictures

They prayed for you

They clapped for you

They guided you

They protected you

They lovingly kept each drawing,
project, report card, and homemade
gifts you brought her

They held your hand whenever
you needed it – even if you thought
you didn't

A Mother's Hands will always be
there, even when the time comes that
she herself will not

They leave an imprint on your
heart, on your life, on your very being
A Mother's Hands never rest.

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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.

Clifton Park Before the Shopping Malls

By John L. Scherer, Clifton Park Historian

During the nineteenth century, each of the hamlets in town had their own store. These were general stores carrying a large variety of merchandise including food, yard goods, toys, candy, games, livestock feed and anything else that might be needed by the farmer, housewife or home owner. Several of these stores continued to serve residents well into the present century. The General Store at Vischer Ferry closed around 1969, and those at Jonesville and Grooms Corners closed even later. Competition from the modern specialty stores moving into our town during these years was too much.

One of the longest running family stores in our town finally closed its doors in 1994. Smith's Grain and Feed Store at the railroad crossing in Elnora sold farm equipment and a general assortment of hardware items. The store was established in 1892 by Dibble and Hurlburt and was purchased in 1895 by Sam Smith. The store, at that time, served the farm community by grinding customers' corn and custom blending molasses in it to make cattle feed. The molasses were transported to the store by the railroad.

Smith's store served as the railroad station and also had

a telegraph. Four generations of the Smith family continued to run the store for one hundred years. Adapting the nature of the goods sold to fit the needs of the community, the store could no longer compete with the likes of the new Builder's Square.

Prior to 1945 there were hardly any packaged goods in the local stores. Spices were all weighed out, beans came in hundred pound bags and were weighed out by the pound, macaroni came in twenty pound wooden boxes, tea came in chests and had to be measured out as did sugar which also came in bulk. Prices too were quite different in those days. Salt pork sold for twelve or fifteen cents a pound, coffee was twenty-five cents a pound, sugar was six cents a pound and spices were weighed out by the quarter pound and sold for ten cents. Other items sold included feed, fertilizer, dry goods, shoes, hardware and just about everything including the kitchen sink. It was one stop shopping.

Ordie Shippee and his father ran the general store in Vischer Ferry for 33 years from 1914 to 1947. In an interview with Ordie in 1978, when he was ninety years old, he indicated that a large part of the business was an "order route." Customers would place an order one day and the goods would be delivered the following day. The territory for deliveries ranged from Crescent to Rexford, and during Ordie's first five years at the store, deliveries were made by horse and wagon. Later a truck was used.

Ordie was not always paid in cash. Since most of his customers were farmers who had chickens, pigs and a cow or two, they would trade perhaps two dozen eggs for their groceries. Ordie would sometimes come home with four or five crates of eggs. Goats, pigs and cows were also given in trade as were five-pound crocks of butter.

Like the shopping malls of today, general stores were also meeting places. You would often encounter your neighbor and catch up on the news or gossip of the day. The pot-bellied stove provided a warm spot to have a game of checkers or perhaps a card game. These town residents of a bygone era could never have anticipated the amazing shopping temples of today. ■



The Vischer Ferry Store, 1955. The store was damaged by fire last year, but is currently being restored for an opening in late spring.

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Getting to Know the **NEW** NY State Policy to End Bullying

By Rebecca Carman, Shenendehowa Central School District

The Dignity For All Students Act, which went into effect in July of 2012, makes it the official policy of New York State that all students in public schools have the right to an education free of harassment, bullying and discrimination. Shenendehowa Middle Schools have utilized the Olweus Bullying Prevention program to address harassment, bullying and discrimination in our schools. This is the third year that the tri-building middle schools have joined forces in instructing our students on bullying prevention. Led by faculty and staff members, Olweus class meetings were held throughout Acadia, Gowana and Koda Middle

Schools during the fall of 2014.

The following four anti-bullying rules are enforced and promoted in our middle schools:

- We will not bully others
- We will try to help students who are bullied
- We will try to include students who are left out
- If we know that somebody is being bullied, we will tell an adult at school and an adult at home

Class meetings were recently held to discuss our rules and emphasize that each student should "Stand Up, Speak Out." During the meetings, a variety of relevant YouTube clips and recent cases of bullying and positive actions of bystanders were reviewed and discussed. Having adults and students in the building speaking the same language and following the same rules in regards to bullying has resulted in fewer referrals and an overall more positive learning environment. ■



ARTIST SPOTLIGHT



Photo by Emilie Nadler

Emilie Nadler is a senior at Skidmore College in Saratoga Springs. As a double major in both Government and English, her interests include photography, politics, news and environmental issues. This photograph was taken in Santorini, Greece. While visiting Greece, Emilie was inspired by the beautiful blues and whites of the islands.

If you have a photo you'd like to share, please send to jcaputo@bestversionmedia.com.

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David Guy and Amy Armstrong with their children Mikayla and Maddox.



COVER STORY

By Jenna E. Caputo

David Guy Launches Rose & Heather Fine Furniture Collection in the U.S.

People don't generally think of rugby and furniture going together, but for David Guy, the combination of the two determined his destiny.

Originally from New Zealand, David grew up in a family of builders. Even as young as five years old, he would go on site with his uncle and grandfather to watch them build. He'd tell his grandfather that he was going to be a builder when he grew up, but his grandfather would say, "No, you're going to be a cabinetmaker." The seed was planted.

Attending a prestigious boarding school in Auckland at age 10 on a full rugby scholarship, David realized the full power of being in a team. That early realization carried with

him through the years and helped him to succeed quickly. He knew he wanted to be a professional rugby player, but his passion for cabinetry never left his bones. He was selected for an apprenticeship with one of New Zealand's most rigorous trade schools at Rose & Heather, a high-end furniture company that uses local and exotic timbers of fine grain and beauty to craft their custom pieces. To graduate, David put in 8000 hours as well as 3 years of college. During this time, David honed his craft and gained extensive experience in making high-end furniture, and even serviced such celebrities as Harrison Ford, Elle McPherson and Rachel Hunter.

After that, David wanted to expand his knowledge even more, so when his apprenticeship was over, he went to work on interiors of multimillion-dollar luxury yachts. But the urge to play rugby never left, and after two more years, David trained hard and landed a contract to play in France. He had six months before his contract was to start, so his agent urged him to keep playing and offered him an opportunity to go to either Aspen, Colorado or Albany, New York. He chose Albany, and in 2002, was sent out for eight games. "My agent said, 'Don't meet any girls, don't do anything, just train, and keep training for France.' But one of my first nights out, I went out with the fellas. I walked into a bar and I saw Amy, and I thought, I'm going to marry her."

They started dating and David began working on local construction projects. But none of those construction jobs seemed to fit. "I wondered where all the trade guys were. Where was the quality? There was no trade here like in New Zealand. In the back of my mind I was thinking to myself, wow, this place is perfect for starting my own business. It has all the perfect ingredients."

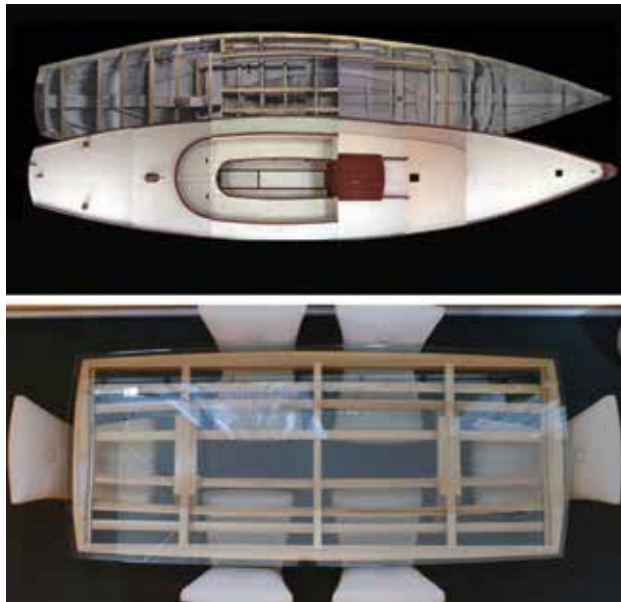
He kept the thought in the back of his mind while he traveled the world a bit more for rugby – London, Grand Cayman, Wales, Scotland, all around Europe – but his heart kept coming back to Clifton Park. When he returned in 2007, he married Amy. And at the start of the recession in 2008, he established his own company, Precision Construction, specializing in professional remodeling.

This spring, David's newest venture will incorporate all his past experience and return full circle to where he started. He, along with his business partner Keith Kreppein, will launch their very own Rose & Heather fine furniture collection in the U.S. Each item will be a unique piece that can easily stand alone or as a part of a collection. The company's

philosophy lies in the support of true craft and the use of structural detail to create a simple design that will stand as a classic. They will offer one off, custom pieces of furniture – all custom made on a per customer basis.

Rose & Heather owners Martin Bell and Maryjane Heather of New Zealand loved the idea of having one of their former students launch the U.S. Collection. “From the presentation of David’s examples of project work and experience we could see he had spent time honing the skills he had learnt under our tutelage, with his work history and knowledge of Eastern seaboard interiors we could see the idea had much to offer both companies. Ideally located in New York State with an ability to serve both Boston and New York City, his workshop very closely resembles our own here in New Zealand. Having ticked all the boxes, we have entered into an agreement with David to bring our designs to the U.S. market with an exclusive hand crafted product. Closely working with the NZ design office, David’s team will have the capability to create our full range of pieces, or if required, a Bespoke piece, designed to specification, from one of our range designs.”

David’s family’s work ethic has continued to stay with him as well, and he puts his heart and soul into every piece he builds, using true craftsmanship, high quality and attention to detail. “I learned a lot about business but I never ever heard the conversation about money. I just always heard the conversation about pride and quality and the experience.



From boat to table: The Bailey is a tribute to the skill and passion of New Zealand’s early shipwrights.

My grandfather used to tell me, ‘Don’t ever talk about your work, let your work speak for itself.’ People’s homes are really special – they raise their families there, they have their worldly possessions in there. You know it’s a real honor to work in someone’s house, and especially if you are going to take on a commitment of such a high degree, you better bring some real heat.”

In fact, David has been known to turn down work if the personalities don’t seem to match up. “The experience is just as important as the work. The construction is the easy part, but the experience is just as important as delivering a good product or doing a good job. I need to be able to build trust and repose so that my designers can do their work. If I don’t think the experience is going to go well, I won’t take the job.”

When he’s not working, David loves to spend time with his wife and kids, Mikayla (5) and Maddox (6). “I love being around my kids. I like to take play dates with my daughter and play sports with my son. My daughter and I are really close and have a special relationship. My son is really good at golf. I spend a lot



Like diving through a waterline of clear glass into the organically seductive structural elements of a yacht, Rose & Heather’s Bailey Table has nothing to hide. A focus on the underbelly structure of glossy ribs and ribbands rimmed by the curvaceous arcs of Tumblehome is the major appeal of the new table, which is based on the pre-construction design of a classic yacht. It is a graceful, elegant piece standing on proud, curved legs evocative of the tiller.

of time with him playing sports. My burning desire is to open as many doors or opportunities as I can for my kids, which is one of the reasons why I picked Clifton Park to live.”

David Guy and his work are an example of fine tradition and quality craftsmanship that has been passed down through the generations. View more about his incredible work at www.precision-construction.net. You can order and find the Rose & Heather fine furniture collection at www.roseandheather.net. ■

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.

Treating Back Pain

By Frank Genovese, MD, Neurosurgeon, Ellis Neuroscience Center

The back is an intricate structure of vertebrae, disks and muscles. The complexity of the back and its weight bearing responsibility are reasons why back pain is one of the most common medical problems in the United States.

Acute or short-term low back pain generally lasts from a few days to a few weeks. Most acute back pain is the result of trauma to the lower back or a disorder such as arthritis. Symptoms may range from muscle ache to shooting or stabbing pain, limited flexibility and range of motion or an inability to stand straight. Chronic back pain is pain that persists for more than 3 months. It is often progressive and the cause can be difficult to determine.

Back pain can be caused by underlying physical problems. It may also result from lifestyle habits. Causes of back pain include:

- prolapsed or ruptured disk
- muscle strain
- aging
- poor posture
- weak muscles
- excess weight
- scoliosis
- osteoarthritis
- osteoporosis
- rheumatic diseases

Evaluation & Treatment

Many back problems will eventually go away after a period of rest and recovery. However, when back pain persists, it is imperative to refer a patient on for further evaluation. Neurosurgeons can see any and all lower

back pain cases to properly evaluate and treat. My colleagues and I at Ellis' Neuroscience Center take a conservative approach, with surgery being our last resort. We work closely with a pain management specialist, as well as

physical therapists to treat back pain. Many times a combination of physical therapy, epidural steroid injections and/or chiropractic and acupuncture treatment help considerably.

When Surgery is Needed

If back pain persists or is linked with an underlying physical problem, surgery may be needed. While only about 10% of back pain patients we see actually need surgery, surgery is often very effective for these patients with chronic or persistent pain.

If back pain is caused by a herniated disk, surgery to remove or replace the disk (discectomy) can provide relief. Spinal fusion may also be used to treat injuries, ruptured disks and scoliosis. Two or more vertebrae are fused together using bone and/or metal rods, which decreases the flexibility. Laminectomy is the removal of the bony area at the back of the vertebra, the lamina, to relieve pressure off the nerves. It is often done in conjunction with discectomy and fusion.

Spinal laminoplasty is a newer technique used to remove pressure from the spinal cord in the neck. This pressure may be caused by such things as arthritis, degenerative disc disease, bone spurs, tumors or fractures. The benefits to patients are first and foremost to remove the pressure off the nerves, which typically will relieve pain.

The bottom line is that there are many ways back pain can be alleviated. The sooner you get evaluated, the sooner a treatment plan can begin to help you live better. ■

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Frank Genovese, MD,
Neurosurgeon, Ellis
Neuroscience Center

10 Tips to Help Keep Stress at Bay Every Day

By Jenna E. Caputo

Stress is a huge factor in our everyday lives – it doesn't matter if you're naturally a chronic worrier or if you are a yoga meditation master – stress is still there. So what do we do? How do we avoid unavoidable stress from taking over our lives?

1. ACCEPT THAT THERE ARE MANY THINGS IN OUR LIVES THAT WE CAN'T CONTROL. Sometimes you have to just make yourself let go and let it be.

2. MAKE TIME TO EXERCISE. The more fit and strong your body is, the better it can fight stress.

3. ADD IN EXTRA TIME WHENEVER POSSIBLE. When you are able to give yourself a few extra minutes, it takes away the stress of the impending deadline, or that unexpected traffic jam.

4. AVOID THE "QUICK FIXES." Things like alcohol, caffeine, smoking and recreational drugs may seem like they help, but the effect is just a short-term mirage.

5. TAKE A BREAK. Hitting a freak out level? Stop yourself and walk away. Even just a 5-10 minute break will help.

6. WATCH YOUR BREATH. Many times our inhalation is longer than the exhalation. However, long exhalations give our heart time to relax, since the heart only rests in

between beats.


7. EAT HEALTHY. Regular wholesome foods allow your body to work smoothly, without the added stress of trying to process junk.

8. USE IMAGERY. There are many forms of imagery, but if you use even a basic method, imagery can help calm and focus the system and make your stressors more manageable.

9. SLEEP. Our bodies heal themselves when we sleep, as do our minds. Go to bed at a decent hour every night to allow the body to recharge so you can approach the day from a calm, "clean" slate and be stronger and ready to fight off the rest of the stressors of the day as they come.

10. ATTITUDE ADJUSTMENT. "Fake it till you make it." That phrase can be so annoying sometimes, but is so true. Try to keep a positive attitude. Instead of saying things like, "Nothing ever works right for me," say, "I'm doing my best." "This will work right." Instead of, "I feel so tired and crappy all the time," tell yourself, "I feel great. I am strong. I am capable. I can do this." ■

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Preparing for Your First Dance

By Jenna E. Caputo

Consider these few logistics before working on your dance:

1. **When** As you walk in? After dinner? Knowing when and where you'll start will help to choreograph your beginning appropriately.
 2. **Logistics** Know the size and shape of the dance floor and the map of the room for the day.
 3. **Reminders** Remind the staff not to cross the dance floor during the dance and your photographer/videographer to shoot whole body shots too.
 4. **Live music/recording?** Have a DJ? Make sure they have the exact version you want and know when to start the music. Live band? Ask for a recorded copy of exactly how they will play the song so there will be no surprises!
 5. **Ask your instructor:** To include "picture poses," freezes and back-up steps (just in case) to help you easily get back into the dance without your guests knowing that something happened.
 6. **Wardrobe** Dress style? Bustle? Veil? Jacket? Shoes? The style of the dress makes a difference in what moves you can do. And just the fact that you're wearing a dress at all may throw your partner off. Practice ahead of time with a long skirt. Wearing a crinoline? Practice with that.
- If the groom is wearing a jacket, be sure to practice with at least a suit jacket, as well as the slickest pair of dress shoes

possible. Be sure to try a couple moves in the actual tux shoes beforehand.

Brides need to practice in their shoes as much as possible. Also, try some steps at the fitting to ensure you'll avoid tripping.

7. **Practice!** You don't need to set aside a whole hour. Aim for at least 3-5 minutes a day to practice. Even just running through it that once will help immensely!

8. **Smile!** Your guests won't remember every step, but they will remember if it looked like you were enjoying the moment. No matter what, keep smiling. All anyone will notice is how cute you looked and what a sweet dance you had!

9. **Relax and enjoy** Remember, this is your special time! Your two lives become one out on that dance floor, and no matter what happens with anything else, that's all that counts. You will dance together for the rest of your lives but you only get your first dance once, so enjoy every second! ■

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Photo by Peter Finger Photography



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10 Easy Steps to Start Your Own Garden

By Karen Kulak, Owner of Kulak's Nursery & Landscaping on Route 146 in Rexford



Spring is here and it's a great time to begin growing and digging in your garden! You might want to get started but are not sure where

to begin. Here are 10 easy steps to follow for success.

1. Have an idea. Is this going to be a flower, herb or vegetable garden? If you choose to grow flowers, do you want annuals, which you must replant each year but which give color most of the summer? Or do you prefer perennials, which have a shorter bloom time but come back year after year? You can mix any of the above – after all, it's your garden. Start small. Better to do only as much as you can handle if it's your first time planting.

2. Select a space. Most vegetables and flowers need about six hours of full sun each day. Observe your chosen spot and watch how the sun moves across the space. It might receive more sun than you think. If you do have mostly shade, there are plants that will do well in shade too. Check plant tags and seed packs or ask the staff at your local garden center to find out how much sun a plant requires.

3. Clear the ground. Cut out the sod covering the area you plan to plant. Leave as much soil as possible.

4. Improve the soil. Most soils need amendments to improve its quality and nutritional value. The solution is

simple: organic matter. Add a 2- to 3-inch layer of compost and till the organic matter into the soil.

5. Select your plants. Visit your local garden center and select plants that interest you. Read the plant tags for size and light requirements. Generally, we recommend tall plants for the back and shorter for the front.

6. Plant your new plants. Place all your plants in the space you think you may want them. Rearrange before planting if needed, then plant. Use Espoma Bio-tone Plus in the hole as you plant. Dig a hole no deeper than the pot it comes out of.

7. Water. Slowly water and soak your newly planted plants right away.

8. Mulch. To help keep weeds out and water in, cover the soil with a couple of inches of mulch.

9. Maintain. Your garden is on its way. Keep watering when needed and pull weeds before they get big. Fertilize half way through the season at cooler parts of the day. Save all your plant tags for easy reference and instructions for maintaining each plant.

10. Enjoy your new creation! ■

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The Evolution of the Man Cave

By Alan Boulant, Owner of Paul Perry Kitchens

The new trend today is transforming a new or existing space into the "Zone." Man Caves and Girl Grottos are places where we can retreat to escape reality. It can be as simple as an area for a projection screen for family nights to a full-blown "rock-in" living space.

Man Caves and Girl Grottos come in many levels. How about a laundry area with a T.V., built-in ironing board, wine room with working wet bar and an exercise area? These rooms can begin in a 2' x 4' closet area to a whole unfinished basement. The uses for these spaces are limitless – a billiards room, home theater, game room, wet bar, Pilates room, wine cellar, sauna, sewing & crafts room and of course the basement bar or kitchen, just to name a few.

The key to a successful home improvement project is the planning and listening to the "gut" feeling about your partner (and I don't mean your spouse). Choosing your project partner is the key to success. If you're not both on the same page and the contractor is working for the job not the referral, it will be a disaster. Synergy is a key point. Feeling that the contractor understands your vision is a huge plus to a fun project. As per my late father, "If you can't have fun doing the project then don't do it."



Find *your* happy place.

Kitchen cabinet people do cabinets, electronics people sell electronics, appliance people sell appliances – see where I'm going? A successful project needs all parties on the same page.

OTHER KEYS TO SUCCESS:

- You should start by picking the most important aspect of your project (e.g., cabinets, electronics, flooring, countertops, ceramic tile, etc.). Once you have a starting point, everything else will fall into place.
- A common mistake is not understanding what needs to go on before the closes are put on. Closes are sheetrock, ceiling materials, wall paneling, flooring and any cabinetry. A well thought out electrical and plumbing plan ahead of time is the biggest key to success and will save many unforeseen expenses. Your only limitation is your own imagination, but without a well thought out plan, it will be difficult to achieve *your dreams*.
- Remember, the lowest price may not be the best value.
- Good luck and *Have Fun!* ■

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Roasted Asparagus Salad

By Emilie Nadler

What's in season right now? Asparagus! Take advantage of what's in season with this super easy salad! I love asparagus and this is one of my favorite salads that is simple, quick, and delicious. Any salad is easily taken to the next level with an egg and this recipe also has a delicious mustard onion vinaigrette. Serves 2

DRESSING

1 tbl of olive oil
1 1/2 tbl of white balsamic
1 tbl of mustard
2 tsp of soy sauce
2 tsp of honey
Sriracha or hot sauce to taste (optional)
1 medium garlic clove, minced
1 medium scallion or spring onion, finely chopped

SALAD

2 eggs
A small bundle of asparagus
Lettuce (I used a baby spinach blend)
1 tsp of olive oil
1/4 tsp of salt
Pepper

Preheat the oven to 425 degrees. Trim the asparagus and then toss in the 1 teaspoon of olive oil and 1/4 teaspoon of salt. Roast the asparagus until it starts to become tender, about 10 to 15 minutes. Let cool.

To make the dressing, whisk together olive oil, white balsamic, mustard, soy sauce, honey and hot sauce. Then add in garlic and scallions.

Cook both eggs in a non-stick pan on medium heat. To get them over easy it should take about 3 minutes.

To assemble the salad, chop the roasted asparagus into bite-sized pieces and combine with the lettuce. Toss with the vinaigrette and separate into two portions. Top each with the over easy egg, some fresh pepper, and enjoy!

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Photos
by Emilie
Nadler

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CALENDAR OF EVENTS

Sunday, May 3

21ST ANNUAL ANYONE CAN TRI OUTDOOR TRIATHLON

@Clifton Park YMCA

Time: 8:00/11:30 Kids Triathlon

Cost: \$40 members/ \$50 non-members

Register at zippyreg.com

Wednesday, May 6

ARCHAEOLOGY AND THE NATIVE AMERICAN PAST

@Empire State College, Room 137

Matthew Kroot, Visiting Assistant Professor, Anthropology at Skidmore College will offer a presentation entitled Archaeology and the Native American Past.

Time: 9am-11am

Wednesday, May 6 until Sunday, May 10 and May 13 through May 17

SARATOGA SPRINGS HORSE SHOW

@Yaddo Show Grounds, Saratoga Springs

The 56th annual Saratoga Spring Horse Show is the first outdoor USEF AA Rating and USEF Jumper 4 Rating Show in the Northeast! The show features hunters, jumpers, and equitation classes held in 3 different rings. During a week of competition, over \$100,000 in prizes and awards are won by the competitors. This includes a \$30,000 Grand Prix on the first two Saturdays and a \$15,000 Open Jumper Classic event on the third competition Saturday. Breakfast, lunch and snacks are available daily starting at 6:00 am. Exhibitors can also enjoy coffee and doughnuts each morning at 6:30 am!

Cost: \$4/FREE for children under 12

Friday, May 8

HAMLET

@Capital Repertory Theatre

Join us for an elegant and stirring rendition of

the mad Prince's tale of revenge for a father's murder, a mother's betrayal and an uncle's treachery. This fast-paced production with ghosts, political intrigue, romance and sword fighting swagger, directed by the REP's Special Guest Artist, Kevin McGuire, is sure to leave you breathless!

Time: 8pm | Cost: \$20-\$65

Friday, May 8 and Saturday, May 9

FLOWER AND PLANT SALE

@Bethany Reformed Church

Flower and Plant Sale on Friday, May 8th from 8 AM to 6 PM and Saturday, May 9th from 8 AM to 3 PM. Bethany Reformed Church, 760 New Scotland Ave, Albany. Gorgeous hanging baskets and patio pots make wonderful gifts for Mother's Day or yourself. Featured will be colorful annuals for the garden and planters, perennials for lasting beauty as well as vegetables and herbs to feed the family. High quality plants at reasonable prices. Open rain or shine.

Time: Friday, 8am-6pm; Saturday, 8am-3pm
(518) 482-7998

Saturday, May 9

HEALING SPRINGS SYMPOSIUM

@Roosevelt Baths & Spa

Keynote Speaker Susun Weed, an extraordinary teacher with a joyous spirit, a powerful presence and an encyclopedic knowledge of herbs and health. She is the voice of the Wise Woman Way, where common weeds, simple ceremony and compassionate listening support nourish Health and Wholeness. She has opened hearts to the magic and medicine of the green nations for four decades. Her topic, Spirit and Practice of the Wise Woman Tradition is the oldest form of health care on the planet, which offers us a different approach to our health and healing. Healing Panel introduces local Healers who will share different paths of health, healing and wholeness. Choose from two break-out sessions. For more information contact Kim Rossi, (518) 226-4790

Time: 10am-6pm

Cost: \$59 in advance, \$74 at the door

Saturday, May 9

MOTHER'S DAY EXTRAVAGANZA

@The Genius Plaza, Clifton Park

Hosting a mother's day party in the preschool classroom takes quite a bit of advanced preparation. Everything will be set up and ready for the event. Children will select a gift to make and they will learn a few songs to sing, making this a special day for their moms. The gift is going to be handmade by the children and it will be something that the moms can have as a keepsake. Kids will paint handprint butterflies on canvas, creating wall decorations, making sure all details will be ready for the party.

The children in the classroom will greet each mom and invite them to actively participate in the party. The entire family will have a blast, particularly children and their beloved moms.

Age Group: 4 - 12 years old

Time: 3pm-5pm | Cost: FREE

Saturday, May 9 until Sunday, May 10

ALBANY TULIP FESTIVAL

@Washington Park, Albany

The 67th Annual Albany Tulip Festival returns to Washington Park Mother's Day weekend, May 9 & 10, 2015. This highly anticipated event brings 100,000 tulips in bloom, art exhibits, live music and much more!

Cost: FREE

Saturday, May 9

E-WASTE RECYCLING EVENT

@Clifton Park Library

The Library along with Liberty Mutual and Tech Valley Recycling will have an E-waste recycling event in the Library parking lot. Free data destruction will be provided. Some of the items accepted are: computers, printers, radios, cell phones, curling irons, toasters, rechargeable and car batteries. Items NOT accepted: Televisions of any kind or any CRT Tube item. For more information, contact Tech Valley Recycling at 877-9800.

Time: 9am-12pm

Sunday, May 10

ARTS AND CRAFT SHOW

@Congress Park, Saratoga Springs

Arts, Crafts & Gifts Show at Congress Park.

Time: 10am-4pm

Monday, May 11

WOMEN'S HEALTH

@Ferguson Family Chiropractic, Clifton Park

Dr. John Ferguson presents how to balance your hormones naturally to prevent and treat a host of women's health concerns including thyroid disease, heart disease, headaches, fatigue, anxiety and depression, so you can get back to being SUPER WOMAN! Cost: FREE (518) 383-5595

Tuesday, May 12

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WOMEN'S PRIMARY CARE COMMUNITY OPEN HOUSE

@2911 Route 9, Bldg 1, Ballston Spa
Time: 4:30-6:30pm | Cost: FREE

Saturday, May 16

AARP SAFE DRIVING COURSE

@Christ Community Reformed Church, Clifton Park

All ages are welcome with instructor Janice Simpson! Your auto insurance may be reduced, please contact your insurance company to see if such applies. You must have your valid driver's license with you. Checks (payable to AARP) will be collected at the time of the course. Please bring a bag lunch. Beverages and desserts provided. Call or email Janice for reservations or questions: janicesimpson518@gmail.com or 421-6795.

Time: 9am-3:30pm

Cost: \$20 AARP members, \$25 non-members

Saturday, May 16

NATIVE MEDICINAL PLANTS OF SPRING

@Huyck Preserve & Biological Field Station
Meet at the Research station for a FREE guided hike of Lincoln Pond trail with ethnobotanist Justin Wexler. On this walk, we will be exploring the forests above Lake Myosotis to discover what plant-based medicines local native peoples used in the springtime. This walk will also be full of native folklore related to the land at this season, particularly the spring bird migration.

Time: 9am-11am

Cost: FREE/suggested donation of \$5
(518) 797-3440

Saturday, May 16

JAWS PRESENTED BY BALLSTON SPA FILM FESTIVAL

@Ballston Spa High School Auditorium

"You'll never go in the water again!" This 1975 summer block-buster really did keep people afraid to go in the water. Old salt Quint (Robert Shaw), Sheriff Martin Brody (Roy Scheider) and oceanographer Matt Hooper (Richard Dreyfus) go on a hunt for the great white shark that has been terrorizing the summer resort of Amity. "You're gonna need a bigger boat!"

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

Saturday, May 16

WATERFORD RIVERSPARK CANAL FESTIVAL

@Waterford, NY

29th Annual Village of Waterford Canal Fest! This year celebrating the 100th Anniversary of the Barge Canal and the historic Waterford Flight of Locks! Great music, lots of fun, free activities, fabulous Vendors! Something for everyone, Bring The Family!

Cost: FREE admission

(518) 235-9898

Saturday, May 16

BOTTLE DRIVE FOR MOHAWK HUDSON HUMANE SOCIETY

@Community Research FCU, Latham, NY

Donate your soda, beer & water cans and bottles to support Mohawk Hudson Humane Society.

Sunday, May 17

2ND ANNUAL SPRING HAS SPRUNG RUN

@Clifton Park

10 Mile Run / 5K Run / 3K Walk and 1 Mile Kids Run

Time: Kids Run at 8:30 am

Cost: \$30/10 mile, \$20/5K, \$10/3K

Register at finishright.com

Sunday, May 17

ALOHA! SILENT AUCTION & HAWAIIAN LUAU

@YFC Adventure Center, 1544 Rte. 9, Halfmoon
Auction items to bid on, pig roast, entertainment & more

\$20 per person/now accepting item donations

Time: 4pm-7pm

www.cdyfc.org/info@cdyfc.org/533.3617

Sunday, May 17

MEMORIAL DAY STARS & STRIPES CRAFT FAIR EVENT

@American Legion, Rensselaer, NY

Don't miss our #memorialdaystarsstripesevent on Sunday, May 17th from 12-4pm at #americanlegionmelvinroads! Indoor & outdoor vendors! One of the biggest Silent Auctions in the Capital District! Lots of great gifts from our #localvendors! Food! Free gift bags for the first 25 customers! Bouncy bounce, games, fun!

Time: 12pm-4pm | Cost: FREE

(518) 368-9727

Friday, May 22

ANNUAL MEMORIAL DAY PARADE COOKOUT

@Moreau Community Center, South Glens Falls, NY

Bring the family, set up a chair and enjoy some delicious food while you watch the parade. Join your friends & neighbors for our kickoff to BBQ SEASON.

Time: 4:30pm | Cost: Food for sale

Thursday, May 28

MUSIC AND MINGLING

@Saratoga Polo Field

Music & Mingling 2015 will feature: Open Bar, Gourmet Foods by Old Daley Inn, Live Music by Grand Central Station, Photo Booth, Cigar Tastings and MORE!

Time: 7pm-10pm | (518) 584-1621

Saturday, May 30

SWING & SWAY ALL THE WAY HOME

@East Greenbush Fire Hall, Rensselaer, NY

A dance-a-thon fundraiser for St Paul's Center, an emergency shelter for mothers and their children. Great for families, students, clubs and organizations. Great DJ, costume and team t-shirt contests, fundraising contests. Food available for sale.

Time: 4pm-7pm

Cost: \$10 | (518) 434-2910

Friday, May 29

FRIENDS OF THE LIBRARY BOOK SALE

@Clifton Park Library

The Sale takes place: 1 pm - 5 pm, Preview for Friends Members 11:30 AM -12:50 PM.

Saturday, May 30, 2015 10 am - 4 pm. Sunday, May 31, 2015 12 pm - 3 pm.

Sunday, May 31

CANTINA KIDS FUN RUN

@Congress Park, Saratoga Springs

Don't miss out on the Eighth Annual Cantina Kids Fun Run, supporting Children's Healthcare at Saratoga Hospital on May 31st!

Cost: \$15 if you register before May 19, after \$20

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Clean Living and a Green Conscience

By Emilie Nadler

What we put into the environment affects us and our earth. Not only is it important to think about what we are eating and what products we are using but also about the things we surround ourselves with. Now more than ever, it is important to make an effort to make our lifestyles and our homes more environmentally friendly. Green Conscience in Saratoga Springs is a home improvement store dedicated to providing home goods and building materials that are sustainable, non-toxic and environmentally friendly.

Owner, Karen Totino has a degree in Occupational Therapy and worked as an occupational therapist for 10 years before becoming a business owner. As a passionate organic gardener, Karen always had environmental concerns in the back of her mind. One day when she was walking around her neighborhood with her children, she saw that lawn chemicals were leaking into the Kayderosseras Creek near her home. Karen says of the experience, "It was a light bulb moment for me." She soon opened Green Conscience Organic Lawn Care and then expanded to her current retail store, Green Conscience. Karen saw that though people were slowly changing their lifestyles to become less toxic, they were disregarding what they put in their home. "We ingest toxins either from eating them, breathing them or through our skin. So many people have switched to

organic foods and less toxic beauty products, but if we fill our homes or buildings with products that give out gas Volatile Organic Compounds (VOCs) then we are ingesting toxins through the air we breathe."

Karen's passion for her business and the environment is clear as well as her dedication to her community. With two pre-teen daughters of her own, Karen sees her business as a teaching platform for the younger generation. "I am able to use my showroom as a classroom to educate the trades and greater community about the importance of creating spaces that are efficient and healthy to live in." And though changing your lifestyle to be more environmentally friendly can seem daunting and expensive, every small change counts.

Learn more about Green Conscience by stopping in at their retail location in Saratoga Springs or on their website at www.green-conscience.com. ■



Karen Totino, Owner of Green Conscience in Saratoga Springs.

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Welcome to the Neighborhood

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



Clifton Cleaners, serving the community from its Plaza 8 store for over 15 years, recently showed that small businesses can not only help the environment, but their pocketbooks

by installing modern, environmentally friendly technology. Their new Kreussler SYSTEMK4 dry cleaning machine is among the most advanced of its kind in the world. Sisters Alia Khan (red shirt) and Roxy Maqsood, holding scissors, were joined at a recent ribbon cutting by their employees, Clifton Park Town Councilwoman Amy Standaert (center), Chamber of Southern Saratoga County (CSSC), President/CEO Pete Bardunias (4th from right), Assemblyman Jim Tedisco (3rd from right) and CSSC ambassadors, Brian Lyda of the Lyda Law Firm (2nd from right) and Sandy McAlonie of NBT Bank (far right). Refreshments were provided by Sarwat Aziz of Kabab Masala Restaurant in Halfmoon, pictured (4th from left) with her husband Imran Siddiqui.

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.



Big happenings on the Mohawk: Hoss' River House (32 Clamsteam Rd, Halfmoon) opened in late February with great fanfare, as a totally renovated family restaurant (formerly the Klamsteam Tavern and Marina) with great food, dancing, entertainment and a transient dockage for boaters on the Mohawk River (Erie Canal). Even the bar is all new, with a rustic wood countertop to compliment the new hardwood floors and the giant sign adorning the wall. Owner Claude "Hoss" Gauthier posed alongside his family for the occasion – three generations coming together to celebrate the occasion. Hoss' offers freshly prepared meals and entertainment suitable for the whole family.

Meet other business neighbors at www.southernsaratoga.org.



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The Competitive Real Estate Tax Edge

By JP Komorny, M.E.

What would you say if someone offered you a dollar in exchange for a dime? Sounds too good to be true—we know. But what if your accountant said he had a service that would return \$1 in tax savings for every ten cents you spent on the service? Most people would say, "Sign me up!" An IRS approved strategy called "Cost Segregation," will do it. This great IRS-recognized tax savings strategy brings building owners additional cash flow and many other real dollar savings.

Established in 1986 with the Tax Reform Act, 1999 was a great year for people who own real estate, especially those who own Commercial buildings. Why? For one, in an IRS legal memorandum issued in April 1999, the IRS finally acquiesced on allowing taxpayers to segregate various building costs into shorter depreciable lives other than the 39 or 27.5 years (via a process called a Cost Segregation Study).

What Cost Segregation Studies Are All About

Commercial buildings normally consist not only of land, bricks and mortar, but such other items as land improvements (storm sewers, curbs and sidewalks, etc.) and personal property (VCT flooring, kitchen cabinets and dedicated electrical and mechanical systems supporting equipment, etc.). While the brick and mortar are subject to a 39/27.5 year recovery period, land improvements qualify for a 15-year recovery period and personal property qualifies for a 5-year recovery period. If land improvements and personal property can be identified and segregated from the bricks and mortar, their costs can be separately depreciated over their shorter recovery periods. A Cost Segregation Study is the process for accomplishing the above. Combining engineering and accounting techniques will accomplish this task. For instance, an office building will produce approximately 15%-20% of the total costs that can be segregated into land improvements and personal property, thus substantially increasing the depreciation expense to reduce the tax liability. This study can be performed on all types of commercial buildings, from Auto Dealerships, Medical Buildings, Restaurants, Apartment Complexes, to Retail Centers including residential rental properties.

With the personal maximum federal tax rate as high as 39.6% and some state tax rates at 7%, a Cost Segregation Study is an extremely effective tool to lower taxable income without expending cash (except for the study fee). The best thing is that your tax rates don't have to be at the highest rates to take advantage of the service. Think of it this way - you get to hold onto the government's money for 15 years interest free and repay it over years 16 to 40 without interest.

A complimentary review and analysis will determine the amount of estimated tax benefit you would be afforded on your building. It's your money, isn't it worth the look? Learn more by calling CETS - Core Engineering Tax Services in Saratoga Springs at 518- 886-9338. ■

Sell Your Home Faster, "Pre-Move"

By Michele Bell, Associate Real Estate Broker & Staging Expert

A good realtor won't just list your home, they will sell it. When your home sells, you will have 45-60 days to pack everything. If you begin the process now, it will not only make the move easier, it will actually help you sell your home faster. Why?

In order for a buyer to want to purchase your home, they have to be able to see themselves living there. This is best accomplished with a house that is a blank slate, free from family photos, religious articles and holiday decor. Rooms with too much furniture, closets crammed full of clothing and miscellaneous items will make the rooms appear smaller or give the appearance of not enough closet or storage space. Excessive knick knacks, area rugs, wall decor or items on kitchen and bathroom counters often distract potential buyers from looking at the positive features of a home such as appliances, fireplaces, views, flooring and woodwork.

An experienced realtor will tour your home with you room by room and advise you what items should stay in the home for a photo shoot and subsequent showings. Once your realtor has helped you identify the items that should remain, it's time to begin the "pre-move."

Out of season or infrequently used items of clothing can be boxed up, given away or sold at a garage sale or online. The same is true for excess furniture. If the furniture will be moving with you, those items can be moved into a storage facility. If the furniture will not be moved to your new home, the items can follow the same path as unwanted clothing.

Family photos, memorabilia, room and holiday decor should be carefully boxed or given to family members sooner rather than later. This is also a great time to order that dumpster to get rid of items that no longer have a useful purpose.

Once the "pre-move" is complete, it's time for the professional photo shoot. Your realtor should give you clear instructions for preparing your home for the shoot and for subsequent showings. Now you are ready to SELL!! ■



Michele Bell
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