



# Best Version Media®



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### COMMUNITY SUBMISSIONS

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

### MAGAZINE DEADLINES

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

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**ON THE COVER**  
Karen Totino

## Hello CLIFTON PARK RESIDENTS

It's National Heart Month and no, I'm not going to offer you some old tired phrase about love and Valentine's Day. I'm going to offer you a challenge – a challenge that is good both for your heart and soul – Dance. Just once, go out and really dance.

Have you ever watched a child?

Every move they make is instinctual and pure. Most of the time, they're not even conscious of what they're doing. They just move when it seems right. Sometimes it may get them into trouble, but usually, it's just what the body is meant to do.

Stand back and watch a child when a song comes on. If it has a good beat, no matter what s/he is doing, the child will likely start bouncing, swaying, or bopping his/her head. He may not be graceful. She may not win the mirror ball trophy on *Dancing With the Stars*, but they are dancing. Children dance for the pleasure of dancing. They're dancing because it feels good. It feels right. It expresses a joy. It's a visual representation of the music that's invading their bodies. They don't care if anyone is watching them – judging them. They just dance. And usually, they laugh.

I always get such delight out of watching my daughter dance. It's so cute and innocent – two things we do not usually get to see in the "Real World." It's a nice break from the usual guarded behavior we consistently live with.

Most adults are the complete opposite of my daughter, which is sad because there's no reason for it. How unfortunate that we now live in such a cynical world that we are so caught up in the requirements of life, we can no longer just *experience* life itself. How sad that we have lost the ability to tap into that child inside of us and once again experience life through fresh eyes. Even if for just one song, we should step in the middle of the floor – leave our cares, our worries, our stress, our age on the edge – and *dance*. Feel nothing but the music, the joy, the movement, the freedom... and just dance.

Dance like a child. No cares. No weight on your shoulders. Doesn't matter what you're wearing. Just close your eyes, feel the music, and *laugh*.

I've always said we can learn a lot from children. They are much wiser than we often give them credit for. There's a lot to be said for instinct, we just have been conditioned to shut that off. Perhaps we should pay attention to our smaller peers. Tap back into that instinct, and, even if for only the 3 minutes of one song, just dance. How our life may change.

Dance like a child and see how the world, and your heart, will brighten!



*Jenna Caputo*  
CONTENT COORDINATOR

### IMPORTANT TOWN PHONE NUMBERS

Town Supervisor <i>Phil Barrett</i> .....371-6651	Town Court, 5 Municipal Plaza .....371-6668	Parks and Recreation Director
Town Board Members.....371-6651	Community Development Director	<i>Myla Kramer</i> .....371-6667
Animal Control Officer .....371-6756	<i>Barb McHugh</i> .....371-6651	Planning Director <i>John Scavo</i> .....371-6054
Town Attorney <i>Tom McCarthy</i> .....371-6651	Town Comptroller <i>Mark Heggen</i> .....371-6651	Receiver of Taxes <i>Lorraine Varley</i> .....371-5720
Assessor <i>Walter Smead</i> .....371-6460	Storm Water Management Technician	Director of Safety and Security
Building & Development Director	<i>Scott Reese</i> .....371-6054	<i>Lou Pasquarel</i> .....348-7311
<i>Steve Myers</i> .....371-6702	Director of Communications & Tech	Town Security Officers .....369-6651
Building & Grounds Director	<i>Dahn Bull</i> .....371-6651	Sewer Director <i>Mike O'Brien</i> .....348-7313
<i>Mike Handerhan</i> .....371-6651	Highway Superintendent	Transfer Station Supervisor
Town Clerk <i>Pat O'Donnell</i> .....371-6681	<i>Rick Kukuk</i> .....371-7310	<i>Jeff Vedder</i> .....371-6669

If the person you wish to reach is not on the list above, please call 371-6651 to speak to a receptionist who will direct your call to the appropriate individual or department. The Town's office buildings are open from Monday through Friday, 9am to 5pm, excluding holidays. The Town Clerk's Office is open until 7pm every Thursday. The Building and Parks and Recreation Departments are open at 8am Monday through Friday.