

JANUARY 2018

# CLIFTON PARK

AN EXCLUSIVE MONTHLY PUBLICATION  
FOR RESIDENTS

## Neighbors



Lorraine Joth  
Chooses A Happy Day



Best Version Media  
Cover photo by Mark Bolles



A woman with long brown hair, wearing a pink shirt, is shown from the chest up. She has a surprised expression, with her hand covering her mouth. She is surrounded by a network of white lines on a dark blue background, connecting her to various social media categories listed in colored rounded rectangles.

**SOCIAL MEDIA CATEGORIES:**

- BUSINESS
- CAUSES
- ENTERTAINMENT
- FASHION
- HEALTH/FITNESS
- HUMOR
- PERSONAL
- POLITICS
- RELIGION
- SCIENCE/TECH
- JOB
- NEWS
- CLASSIFIEDS
- REAL ESTATE
- FOOD
- SPORTS

**JANE CONTROLLED BY TRADITIONAL SOCIAL MEDIA**



The same woman is shown from the chest up, now smiling broadly with her hands clasped in front of her. She is wearing a colorful patterned scarf. The background is green, and dotted lines connect her to a subset of the social media categories, which are now highlighted in their respective colors.

**SELECTED SOCIAL MEDIA CATEGORIES:**

- ENTERTAINMENT
- FASHION
- HUMOR
- SCIENCE/TECH
- CLASSIFIEDS
- FOOD

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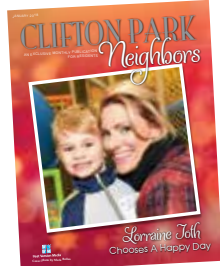
Have feedback? New ideas? We would be happy to hear from you! Please contact Jenna Caputo at jcaputo@bestversionmedia.com for information on how to submit ideas, articles, updates, reminders, events, high-resolution photos and more. We will do our best to include as much community information as we can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

### CONTENT SUBMISSION DEADLINES

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

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### ON THE COVER

Lorraine Toth  
and son, Johnny

## Dear CLIFTON PARK RESIDENTS

Happy New Year!

While many people view a new year as a fresh start, I look at it more as a turning point. The change in number on the calendar doesn't wipe away all the years before, just like a new chapter in a book doesn't wipe away the backstory that came before. Those years before, however hard or messed up they might have been, are our backstory. They are not only a part of our history but also a part of who we are.

While we can't change our history, we can always change the course of our story, and there is no better time than in the start of a new year. We must put aside whatever fears and reservations we have and just go for what we want out of life. No one can do that for us other than ourselves. It is up to US to create the life we really want.

Our cover story, Lorraine Toth, has learned that in a big way. She put aside her fears and history to stand up for herself, her health and her passion to create her authentic life. Each day is now filled with purpose as she incorporates all the things that make life fun for her, and in the process, is helping others in a big way. What an inspiration as we all consider what we want to do in 2018!

What are your goals for this year? What would you like to see for your community?

Here at *Clifton Park Neighbors*, our goal is to make your magazine a true community resource. We want it to grow, both in size and in ways to make your 2018 goals easier for you. In order to do that, we need to hear from you! What would you like to see in your community magazine this year? What are some of the wonderful things happening around you in the Clifton Park community? Who has a story to tell? Who has a talent to share?

We want to know! Send us your submissions and story ideas to jcaputo@bestversionmedia.com. Here's to making 2018 the best year in all of our stories yet!

Happy Turning Point!

Jenna



BARB SCHRADER,  
PUBLISHER



JENNA CAPUTO,  
CONTENT  
COORDINATOR



MARK BOLLES,  
CONTRIBUTING  
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# A Helping Hand

By Hannah Kotler

For 67 years, Clifton Park & Halfmoon Emergency Corps (CPHMEMS) has been providing emergency medical service to the towns of Clifton Park, Halfmoon, Hemstreet Park and the city of Mechanicville. Operating out of three stations, Clifton Park, Rexford and Mechanicville, this non-profit covers a 100-square-mile territory with paramedic-certified emergency medical transportation and educational outreach through child passenger car seat checks, babysitter certification, blood pressure clinics and more.

In 2016, CPHMEMS responded to 6,733 calls. Each call is answered with the highest level of patient care, as CPHMEMS treats every patient and family member like one of their own, and they always stick to their organizational values of integrity, respect, safety, compassion and innovation. The Paramedics and Emergency Medical Technicians are some of the most clinically skilled workers, as each receives extensive clinical training, professional development and is committed to premier patient care.

Extending their organizational values to community partnerships, CPHMEMS gives away three \$2,500 scholarships to graduating students from Shenendehowa and Mechanicville High Schools who are looking to advance their education in healthcare, presents safety presentations at local schools about how and when to call 911 and attends events like Clifton Park's Night Out Against Crime in addition to their educational outreach efforts listed above!

Not one to stop there, the organization is on a mission to ensure everyone in the community is heart safe. As an American Heart Association Training Center, CPHMEMS offers a ton of CPR certification courses, with nearly 1,000 students entering their training center last year. In addition, CPHMEMS was instrumental in bringing the life-saving



*Photo contributed by Leah Ferrone, Deputy Director of Community Development at CPHMEMS*

app, PulsePoint, to Saratoga County. The app, akin to an Amber Alert system for Sudden Cardiac Arrest, alerts bystanders who can help victims before professional help can arrive and helps CPHMEMS create a database that shows the location of all the public access Automated External Defibrillators.

Hoping to fully integrate PulsePoint into the community past its already 1,628 accumulated Saratoga County users, and continue certification courses and quick Hands-Only-CPR education and demonstrations shown at public events, CPHMEMS wants to combat Sudden Cardiac Arrest as a leading cause of death in the United States. In order to accomplish this goal, the organization needs your help. CPHMEMS welcomes volunteers of both clinical interest as well as administrative for community programs, and would love it if everyone took advantage of their educational programs to learn CPR.

For more information, visit [cphmems.org](http://cphmems.org). ■

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

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# How to Be More Productive

By Hannah Kotler

Whether it's work, school or just tasks around the house, it's always rewarding to find ways to accomplish more. Here are some tips to use next time you want to be more productive:

1) **Make a schedule.** Dedicating slots on your calendar for tasks will help gauge what you can do in a given time frame. You'll be able to get more done because you can see when you actually have time to do things and by allowing time for them, you force yourself to get moving. This works for both work and home tasks, and is especially great to keep track of both!

2) **Do one task at a time.** Our brain cannot fully dedicate itself to two things at once – texting and driving should come to mind. Only do one thing at a time and you'll be more productive in the end because you'll give your best effort to each instead of giving minimal effort to multiple responsibilities and having to redo things. If you have both paperwork and tasks around the house to get done, don't mix them. Your schedule (above) should help you allot specific times to do both. Breaks from one can be used as time for the other, but don't try two things at once!

3) **Don't lose sleep over it.** Use your schedule to dedicate reasonable hours of the day to do your tasks, and set a consistent time for sleep. Lack of sleep leads to slower reaction time, impacts memory, increases a person's susceptibility to sickness and influences other factors that can negatively impact our ability to do work. Take house tasks or projects like cleaning the garage one day at a time. Don't feel the need to overcompensate on your other tasks and projects at home if you don't go to work until the evenings.

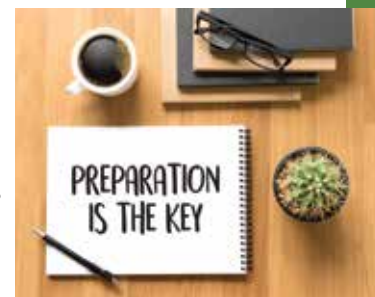
4) **Learn how to prioritize your tasks.** Before you set out to complete the things on your calendar, take the time to really gauge the importance of each task. What do you

absolutely need to get done first?

Sometimes we take on more than we can handle and pick the items we want to do based on

convenience or level of difficulty. If you've been meaning to clean or fix something around the house for a while, maybe that takes priority right now. If something urgent for work needs to get done, put household and passion project tasks to the side this time. If your current project has been sitting untouched for a while, give it your attention today. Without a schedule and prioritizing tasks each day we tend to do the "easy" tasks first, so we end up being counterproductive by not leaving enough time for the important tasks.


5) **Just start doing it.** That first step is almost always the hardest, and once you're over the hurdle it can be much easier to push through and get things done. We'll never be productive if we keep doing little things like checking our phone, watching an episode of television or getting coffee before starting our actual work. We are tricking our brains into thinking we've accomplished something by putting little tasks in front of or in place of the big ones. ■




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# Lorraine Toth

## Chooses A Happy Day

### COVER STORY

By Jenna Caputo

Photos by MarkBolles.com

Makeup by Genn Shaughnessy

Hair by Kat Dewey

And so begins Lorraine Toth's first book, *Run*. As with most people, Lorraine learned that life has its ups and downs but it's the choices you make for yourself that determine your total mind/body health and the path of your personal life journey.

A life-long resident of the Capital Region, Lorraine grew up in the Rotterdam/Guiderland area before moving to Clifton Park once she was married. Growing up, art was always her escape. She would lock herself in her room for hours to draw cartoons and work on her paintings. She joined the workforce right out of high school and became a Renaissance woman. In addition to her art, she was a licensed real estate broker, received her certification in Reiki and Reflexology, worked as a fitness consultant in Gold's Gym and a leasing consultant for Tri-City Rentals before settling into her roll that she is most famous for here in the Capital District – "Bettie" of Bettie's Cakes.

Opened in 2009, Bettie's Cakes quickly became a Capital Region favorite. Based in the heart of downtown Saratoga Springs, Lorraine knew that the 1950's-themed cupcake shop would thrive in this tourist destination. At the time, there were no other themed, dine-in cupcake shops in the area and there certainly were no bakeshops that had a pinup Bettie in their store! Lorraine quickly became a famous figure in the area and Bettie's traveling pink double decker bus was a staple as well. Even though they

*"In life you will make wrong decisions and wrong turns. The important thing is that you get back on the path that feels good to you."*

CLIFTON PARK *Neighbors*



have now been closed for a while, Lorraine still has people coming up to her asking if she is Bettie. "It was my baby for five years and I still miss it to this day," Lorraine says.

Lorraine's journey has been bumpy along the way. Struggling with health, relationship and self-esteem issues, Lorraine had to find a way to pull herself out of a dark period in her life and into the life she had always wanted. She realized that the typical Western medicine treatment of symptoms with prescription drugs was not helping her. They were only masking the problem and not fixing the source of the problem itself. She started doing a little research on her own and found that many things can be cured through diet and natural remedies. She relieved her body of an excruciating bout of shingles with only two visits to an acupuncturist. She cured her life-long asthma by sticking to a gluten-free diet. She began regularly practicing meditation and has now subscribed to a completely holistic lifestyle – swearing by apple cider vinegar and probiotics along with a high daily water intake.

Once Lorraine began to get her health together, she removed herself from her toxic marriage, concentrated on her habit of running and focused on completing her first marathon. It was the fresh start she needed on her journey back to

her authentic self and a recurring theme in her book.

Ever the pioneer, Lorraine began to focus her entrepreneur energy on a new business she had created for herself a few years back, this time focusing on her photography skills instead of cupcakes. It had all started



*Lorraine at a book signing.*

with an idea for a present for her then husband. She wanted to do a pinup shoot but realized there were no pinup photographers in this area. They all seemed to be on the West Coast. She first hired professional photographer Dan Doyle for a couple of lessons on how to take photos. Then she practiced and taught herself the rest of her craft. Using her artistic eye, she has since created some truly stunning photographs both for her pinup/ boudoir clients as well as her recently added-on wedding clients. The pinup shoots have become a huge hit in our area, making fantastic gifts especially for Christmas and Valentine's Day. The best part? Pinup modeling experience is not required. Lorraine has been coaching first-time models for over 11 years, so the only requirement is to show up with a fresh face – no makeup. A professional makeup artist will apply your makeup when you get there. You change into your outfit, then Lorraine will walk you through your session and you can leave with a flash drive of photos that same day.

Since she has expanded into wedding photography, Lorraine has offered the Capital District unique, artistic wedding photos at extremely affordable prices. Her main advice for the bride and groom is to, "Make sure you ask your guests to not use cell



*Lorraine as a pinup model.  
Pinup photo by Dino Petrocelli*

phones during the ceremony! Also, please ask family that thinks they are photographers to let us do the work. I have gotten so many shots where family is hanging out in the aisle with a cell phone or a family member is in back of the wedding cake as the couple cuts their cake. So my biggest advice is to let your guests know to just relax and be in the moment and leave photo taking to your photographer. Also, you can't airbrush emotion. Allow your emotions to flow that day – tears, smiles, all of that can't be retouched and it is genuine."



Lorraine's work has been on display at the Saratoga Automobile Museum as well as local coffee shops. While her photography has been her main thing these days, forever an entrepreneur, Lorraine hasn't stopped there. Always dreaming of writing and publishing a book, she finally accomplished her goal. *Run* is an empowering story of how she turned her life pain into power. Coming from a stifling background to finding her place of personal strength, Lorraine uses a combination of narrative and poetry to reach out to other women that may feel stuck in life – whether through relationships, careers or health – and inspires them to find their own inner power to reach their true potential in life.

Lorraine is passionate about helping to empower women. She feels her life experiences have led her to a place where she can reach out and help others. "I once was told by a former boss, 'Lorraine, we have too many chiefs and not enough Indians,' when I tried to suggest business ideas I had to him. I later in life realized that I am a bit too much for some people and some are just intimidated by my eagerness. Any roadblocks you encounter in life are just re-directing you onto the right path," she explains. "There are so many women who have potential to truly be happy but they are led by fear. Also, so many women who fail to realize how beautiful they are and that they are their own worst critics. I know I can help with both. I have been in their shoes. It is now my purpose, I believe, to help others."

Lorraine's book is currently available at The Book House of Stuyvesant Plaza and at Fifi's Frocks and Frills on Western Ave in Albany, as well as online. A short film based on the book has also been produced and is currently entered into film festivals and short film contests. In the meantime, Lorraine is working on her second book titled *Psychic Serendipity* – a romantic novel that ponders the



*Lorraine in action photographing a wedding.*

question of fate and if we are truly servants to it or do we create our own.

Her motto, "Choose A Happy Day," has led her to a new and empowered place in her life. Her daughter, Shawnee (21), graduated from Clarkson University this past May and is now working her first full-time job for an international company in Utica. Still living in Clifton Park with her younger son, Johnny (5), Lorraine is enjoying reliving the moments of childhood and hopes to pass on her learned experiences and life revelations to both her children as well as her readers. She has learned that if you want to make a change in your life – whether in starting a business or getting out of a current situation – to just do it! "Isn't it better to look back and think, 'Wow, I learned something from that,' even if you fail than to just sit stagnant in life? It is always better to think *I did that* rather than *I wish I did that* as you are on your deathbed. We only regret the chances we didn't take, as they say. I have had business failures but the thing is, I learn from each one and redirect the next time. I grow as an individual. I always get back up after I fall – that is the important piece – to get back up and try again!"

*For more information about Lorraine and her book, **Run**, visit [www.chooseahappyday.com](http://www.chooseahappyday.com). ■*

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](mailto:jcaputo@bestversionmedia.com).

## Get to know Lorraine

### CLIFTON PARK RESIDENT

– 11 years

**FAVORITE SPOT(S) IN THE CAPITAL DISTRICT** – Skate Park in Clifton Park & attending live band shows

**WHEN SHE WAS YOUNG** – Had the nickname of "Hellen Keller" due to her lack of sports and eye/hand coordination abilities, but won multiple trophies for her sparring competitions for Okinawan Karate

**PASSIONS** – Art, Holistic Health, The 1950's Era, Empowering Women

**WHAT SHE DOESN'T DO** – Use emojis, chew gum, watch TV shows, watch Netflix, rely on traditional healthcare, read fiction

**LOVES TO** – Read and paint (most of her books are non-fiction entrepreneur or spiritual/inspirational books)

**HOBBY** – Running! Part of the local running club, "Got the Runs"

**ON THE SCREEN** – You can find Lorraine on her YouTube channel, @pinupmakeover. She has just added 2 new series – "The Glamorous Side of Baking," featuring Bettie giving baking and beauty tips and "Pinup Poetry," featuring Lorraine as a pinup reciting both original and classical poetry.

**"DRUG" OF CHOICE** – Meditation. "It has helped me to focus and become more mindful when making important life decisions."

**PHOTOGRAPHY PACKAGES** – There are still slots left for 2018 as well as discounted package options. Book her for weddings or pinup shoots at [dollfacestudiosny.com](http://dollfacestudiosny.com)



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- **Have a great original recipe?** Share it with us so other kitchens can enjoy it too!
- **Love photography?** Send us some of your best images to be featured in future issues!
- **Are you an artist?** Send us a picture of your latest work!
- **Do you have a book or album coming out?** Or, have you been featured in the media or won a prize? Tell us, so we can feature you and share the good news with our neighbors!

Looking forward to sharing all of the wonderful talent in our area!

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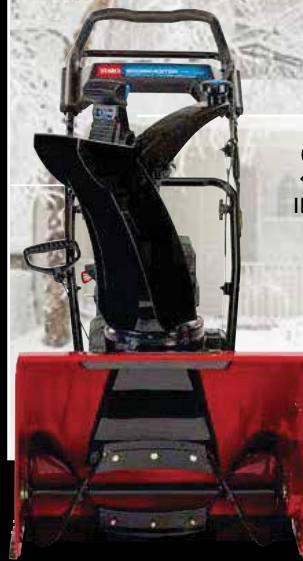
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# Welcome to the Neighborhood

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

It's gifts, gifts and more gifts as the **Southern Saratoga County Chamber Angels** keep Santa busy providing holiday cheer to those less fortunate in our community. Thanks to these busy "elves," which included volunteers from Site Solutions Worldwide, Teal Becker & Chiaramonte, and the Southern Saratoga YMCA, among many others, the Angels collected and distributed gifts to complete the Christmas lists of well over 400 children! Together with their partners (Southern Saratoga YMCA, CAPTAIN Youth & Family Services, the Mechanicville Area Community Center and the Southern Saratoga YMCA), the Chamber Angels helps some 2,000 area kids and a whole host of adult volunteers learn the true spirit of the holidays.



**Planet Fitness** opened this past fall in the Clifton Park Center to great fanfare, bringing energy to the mall and some great wellness options to area citizens. Here, company representatives joined Mall Manager Rob Ristau (far right), area dignitaries and volunteer Ambassadors of the Chamber of Southern Saratoga County in cutting the ribbon and officially opening its doors. Planet Fitness ([planetfitness.com](http://planetfitness.com), 203-795-6600) provides a non-intimidating, welcoming and supporting environment, with spacious, clean and roomy clubs. The mall location offers convenient access as well as ample parking and a connection to nearby stores for shopping before or afterwards. For more information visit their website or stop by the chamber's office at 58 Clifton Country Road, Ste 102 and pick up a brochure.

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@Albany Marriott Hotel, Albany

Getting married or know someone who is??

Come speak with the area's leading professionals and let them help you plan your special day! Ask questions, set appointments, get ideas, sample food, cake & pastry, preview stunning bridal attire and enter to win fabulous prizes!

Time: 1-5pm | Cost: FREE

## Wednesdays, Starting Jan 10

### INTRO TO FLY TYING

@Saratoga Spa Park, Saratoga

Capital District Fly Fishers is holding its annual 8-session workshop. Learn the skills needed to attach a variety of materials to hooks. At the end of 8 sessions you will tie 48 flies and have the skills needed to start a lifelong satisfying hobby!

Time: 7-9pm | Cost: \$65 CDFE Members, \$75 Mon-Members

## Thursday-Saturday, Jan 11-13

### ALBANY CHEFS' FOOD & WINE FESTIVAL

@Hilton Albany, Albany

Benefit the arts community of Albany with a grand gala reception and dinner featuring the food, wine, arts & culture of Indonesia and enjoy events and competitions throughout the weekend.

Cost: Varies

## Friday, Jan 12

### BRING YOUR SWING

@Nostalgia Ale House & Wine Bar, Malta

Grab a drink and enjoy free swing dancing with Chris Wright Entertainment.

Time: 8-10pm | Cost: FREE

## Saturday, Jan 13

### MY VISION BOARD WORKSHOP

@ACCA Community Education

Building, Albany

Set your intentions for success and see how what you put out into the universe comes back in return! Open to all ages.

Time: 11am-2pm | Cost: \$15

## Saturday, Jan 13

### HATTIE'S 18TH ANNUAL MARDI GRAS BENEFIT

@Canfield Casino, Saratoga

Get ready to dance to music by Soul Sessions & Garland Nelson while enjoying treats from Chef Jasper Alexander and experience the "New Orleans of the North" with us while benefiting AIM Services, Inc.

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

## Sundays

### SUNDAY COMFORT DINNERS

@Nostalgia Ale House & Wine Bar, Malta

We bake our own meats so we have the traditional turkey or roast beef dinner, stuffing or homemade mashed potatoes & gravy, spaghetti & meatballs, shepherd's pie, or meatloaf.

Time: 11am-10pm | Cost: \$11

## Sunday, Jan 14

### NY BRIDAL & WEDDING EXPO

@Albany Capital Center, Albany

The largest bridal show in the region, our event features an amazing selection of wedding professionals ready to help you find the perfect gown, reception venue, invitations, photographer, music, menu,

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*Cost: FREE online, or \$10 at the door*

### Monday, Jan 15

#### DR. MARTIN LUTHER KING, JR MEMORIAL OBSERVANCE

@Empire State Plaza Convention Center, Albany  
 Enjoy a program in remembrance of Dr. Martin Luther King, Jr.  
*Time: 10am | Cost: FREE*

### Monday, Jan 15

#### WELLNESS WALK

@Camp Saratoga, Wilton  
 Enjoy nature with others looking to get outside! The walk is geared towards gentle exercise and is for participants at basic fitness levels. It is led by YMCA fitness instructor, Linda Hovious. Snowshoes will be available for rental 30 minutes before the program; free for members, \$3 for non-members. If there is no snow, the program will take place without snowshoes. Contact us at info@wiltonpreserve.org or 518-450-0321 for more information or to register. Reservations are strongly encouraged.  
*Time: 11am | Cost: FREE*

### Monday, Jan 15

#### WINTER EXPLORATION WALK

@Camp Saratoga, Wilton  
 Look for animal tracks and learn about different plant adaptations for winter survival. Meet at the kiosk in Parking Lot #1 at Camp Saratoga on Scout Road and dress for the weather. Snowshoes are available for rental 30 minutes before the program; free for members and \$3 for non-members. If there is no snow the program will take place without snowshoes. Call or email to register.  
*Time: 1-2pm | Cost: FREE; \$3 Snow Shoe Rentals for Non-Members*

### Tuesdays, Jan 16-June 12

#### NOON ORGAN CONCERT SERIES

@Proctors, Schenectady  
 Come meet "Goldie," the Proctors mighty Wurlitzer Organ on the Mainstage at Proctors. Performed by members of the Hudson-Mohawk Theatre Organ Society.  
*Time: 12pm | Cost: FREE*

### Tuesdays, Starting Jan 16

#### SOCIAL MEDIA DRINKS-AND-ARTS SERIES

@The Arts Center of the Capital Region, Troy  
 Head to the Arts Center of the Capital Region every first and third Tuesday of the month for Social Media! You'll meet new people and make art in a new medium. Every event will feature a signature cocktail or seasonal beverage paired with the art form the group is experimenting with. Your first drink is included in the price.  
*Time: 5:30-7:30pm | Cost: \$50*

### Tuesday, Jan 16

#### WHISKEY VS. BEER DINNER

@Forno Bistro, Saratoga  
 Come get a taste of the action and enjoy 4 courses of whiskey, beer and accompanying pairings. Albany Distilling Company & Cooperstown Ommegang Brewery are putting up their best ringers at Forno Bistro to try and settle the debate of Whiskey vs. Beer.  
*Time: 6:30-9:30pm*  
*Cost: \$65 per person (+TT)*

### Friday, Jan 19

#### KIDS FUN NIGHT

@Maple Ave Middle School, Saratoga  
 Fun for the kids (grades K-5) while you shop, dine, or relax! Kids enjoy open gym, crafts, games, activities, snacks. Hosted by Saratoga HS Boys Cross-Country and Track & Field teams. Coaches, athletes and athletes'

parents supervise all activities. Snacks/drinks available for purchase. No advance registration needed. More information: racingcitytc@gmail.com.  
*Time: 7-9pm | Cost: \$10*

### Saturday, Jan 20


#### 2018 CABIN FEVER LUNCHEON

@Saratoga National Golf Club, Saratoga  
 Join us for our annual fundraising luncheon to raise money to fight against human trafficking.  
*Time: 11am | Cost: \$75*

### Saturday, Jan 20


#### ANNUAL MOONLIGHT SKI & SNOWSHOE

@Camp Saratoga, Wilton  
 Luminaries will glow along 2.5 miles of groomed trails. Along the way you will find fields, forests, warming bonfires, and plenty of hot chocolate! Suitable for all ages and levels and also includes a smaller 1-mile loop. Drop in anytime during the evening – No registration needed. Snowshoes available on a first-come, first-served basis. Weather permitting.  
*Time: 6-9pm*  
*Cost: FREE; Snowshoe rentals for \$5*



**Happy 2018!**

*Thank You To All My Past and Present Customers!*



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### Wednesday, Jan 24

8TH ANNUAL DOUBLE H RANCH  
TUSCAN DINNER

@Glens Sanders Mansion, Scotia  
Join us for an incredible "Taste  
of Italy," celebrating the winter  
volunteers, individuals & businesses  
who make possible the Double  
H Ranch Adaptive Winter Sports  
Program.

Time: 5:30-9:30pm

### Friday, Jan 26

NOT TOO FAR FROM HOME  
COMEDY TOUR

@Saratoga National Golf Club,  
Saratoga

Join us for a great time with a  
delicious dinner and a hilarious  
comedy show at Saratoga National!  
Enjoy dinner at 6:30pm and then laugh  
through the show at 8:00pm. Beer,  
wine and soda are complimentary!

Age 21+

Time: 6-10pm

Cost: \$75 per person, inclusive

### Friday, Jan 26

MOVIE & PIZZA NIGHT

@American Italian Heritage  
Museum, Albany

*The Secret of Santa Vittoria* is a 1969  
comedy / drama directed by Stanley  
Kramer, starring Anthony Quinn,  
Anna Magnini and Virna Lisi.  
Adapted from a best-selling novel,  
it tells the story of a wine-producing  
village in Italy during WWII  
that hides a million bottles from  
Germans. Reservations by  
1/24 please.

Time: 6:30-9pm

Cost: \$5 for pizza & refreshments

### Friday, Jan 26

NICK DIPAOLO

@The Comedy Works, Saratoga  
Join Emmy-nominated comedian/  
actor Nick DiPaolo for one of his  
brutally honest performances that  
reminds us of what great stand up

should be - funny, socially relevant  
and a little bit reckless.

Time: 7:30-11pm | Cost: \$25-\$30

### Saturday, Jan 27

33RD ANNUAL GRAFTON  
LAKES WINTER FEST

@Grafton Lakes State Park, Grafton  
Join us at Grafton Lakes' 33rd  
Annual Winter Fest! Bring your  
family out to this FREE festival  
to enjoy food, games, exhibitors,  
and fun in the snow. Remember  
that snow or no snow, it's a go.  
Activities will include kid games  
indoors and outdoors, crafts, live  
animal presenters, the Polar Plunge,  
snowshoeing and so much more!

Time 10am-4pm | Cost: FREE

### Saturday, Jan 27

CAPITAL ROOTS 21ST ANNUAL  
GARDEN BOWL

@Uncle Sam Lanes, Troy

Join us for this bowl-a-thon to help  
support Capital Root's Programming.

Time: 2-5pm | Cost: \$10

### Saturday, Jan 27

WILTON BICENTENNIAL KICK-  
OFF GALA

@McGregor-Links Country Club,  
Wilton

The Town of Wilton's Bicentennial  
Year kicks off with an elegant cocktail  
event with tastings and live music.

Time: 6-10pm | Cost: \$18.18

### Wednesday-Thursday, Jan 31-Feb 1

BELLINI'S 4TH ANNUAL ICE BAR

@Bellini's Italian Eatery, Latham  
Come and chill with friends over  
cocktails at the ice bar, featuring  
complimentary hors d'oeuvres, 2  
cocktails included with ticket, live  
music, s'mores, silent auction, hot  
chocolate bar & fire pit all while  
raising funds for the Cystic Fibrosis  
Foundation of Northeastern NY.

Time: 5-9pm | Cost: \$40 per person in  
advance, or \$50 at the door



# Saratoga Arts Events

Contributed by Emma Huneck, Saratoga Arts

## Saratoga Arts presents All Stars: Saratoga, Fulton & Montgomery County High School Artists

JANUARY 13 - FEBRUARY 10, 2018

**Opening Reception: Saturday, January 13, 3-5pm**

Art teachers throughout Saratoga, Fulton & Montgomery Counties, representing Amsterdam, Ballston Spa, Burnt Hills-Ballston Lake, Broadalbin-Perth, Johnstown, Mayfield, Northville, Saratoga Springs, Shenendehowa, South Glens Falls, Stillwater and Waterford-Halfmoon school districts, selected work in all media from their students to exhibit in The Arts Center Gallery. This exhibition provides a unique opportunity for art students to exhibit in a professional gallery setting and gain recognition for their artistic and creative accomplishments. This opportunity helps prepare and motivate young artists to pursue the arts throughout their lives and find value in creative communities.



## At the Clifton Park-Halfmoon Public Library...

On display at the Clifton Park-Halfmoon Public Library are works by Kathryn McGaughey and Marjorie Burns! Both exhibits are on display on the second floor of the library and promise to be impressive. On display from January 3 - January 29. Don't miss it!

## Winter Classes

Get creative this winter! Saratoga Arts offers a variety of classes and workshops to keep your winter blues away. Visit our website at [www.saratoga-arts.org](http://www.saratoga-arts.org) to view the entire winter class schedule online!

## Art & Theater Camps

Looking for a way to keep your kiddos entertained during February and April breaks? Sign them up for art or theater camp at Saratoga Arts! Camps are offered for kids ages 5-14 and run Monday-Friday from 9am-4pm. Visit [www.saratoga-arts.org](http://www.saratoga-arts.org) for more information and to sign up them up today!

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