

JANUARY 2020

# CLIFTON PARK *Neighbors*

AN EXCLUSIVE MONTHLY  
PUBLICATION FOR  
RESIDENTS

MEET THE  
*Shepard's*



Best Version Media

Cover photo by Tara Wiley Photography

# CLIFTON PARK *Neighbors*

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## **Dear Clifton Park Residents,**

Wow – Time flies by so quickly!! This month marks *Clifton Park Neighbors'* 5th Anniversary. It feels like we just started yesterday!

In these past five years, I have had the honor to meet so many of you, both in person and through technology. It has been incredible to, in some small way, be included into your lives. You have opened your hearts, homes, and best of all, stories to us and we are truly grateful!

As we now begin our sixth year, we are excited to grow the magazine and the CPN community even more. You may notice a new look as well. What do you think?

As we continue to expand, we will be offering new ways for you to share your stories, so please be sure to continue sending them to us! We want to hear it all – Celebrating? Tell us! Saw a neighbor do something great? Tell us! Super proud of the accomplishments of a local non-profit? Tell us! Know a kid that is making a difference? Got a super cute pet? Maybe a bit of creative talent? Send it all! We love seeing all of the everyday and amazing things happening in our community, and we want to share with others.

As always, you can email suggestions to me at jcaputo@bestversionmedia.com, or you can now also contact us through our Facebook page at @CPNeighbors. We're looking forward to connecting with more of you and are excited for the next five years of our journey in Clifton Park.

Thank you to our many sponsors over the years for making this important resource for the community happen. We are so grateful for your contributions not only to the magazine, but to the community as well.

And, a big thank you to *you*, our readers, for making this journey such a wonderful one! Happy 2020!

*Jenna*  
Content Coordinator



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# 5 New Year Habits You Can Actually Stick To!

By Jennafer Maselli

The New Year is always full of resolutions for better health, wellness and peace, but they are quickly forgotten as the cheer and excitement of the holidays fade back into the busy work week. However, the spirit of the resolution is an important one, and the notion of improving the self is never wrong. Whether it be an attempt to take on a more active lifestyle and better diet, or a desire for greater happiness, the change is worth pledging for. The key is choosing habits to start with that are actually realistic and attainable. Here are five resolutions that you can stick with and feel good about!

## Walking after dinner!

Many New Year's resolutions are about exercising and dieting. Jumping into an intensive workout and meal plan out of the blue on January 1st is unrealistic. Start with a walk every evening after dinner. Even in the chilly winter months, the walk is worth the dread of the cold. The crisp air can be invigorating and there's something so peaceful about the snow at night. This habit is easy to continue as the warmer months move in, and it can be done anywhere. There's no equipment, membership or plan to worry about. Whether on vacation or home with the kids, a walk after dinner adds daily exercise, helps your digestion and offers a great time to decompress and clear your head.

## Drink a glass of water with every meal!

If you're still feeling like you need to do more in the new year to change your diet and eating habits, a glass of water with every meal can make a huge difference. Water is one of the best things you can put into your body, and most people don't drink enough water each day. This habit will help you feel fuller, as well as help you get the water your body needs to keep you healthy. Take your time eating and sipping your water, or have a glass while you're cooking. This simple swap can cut out unnecessary calories and sugars without you even noticing or missing them.

## Read instead!

In today's technology crazed age, it's hard to get away from a screen whether it be your phone, television or computer. Take a few minutes when you get home from work, after dinner or before bed to swap out one episode of TV for a book. It's no secret that reading is one of the best ways to engage the mind, but it is also a great way to take some time for yourself and unwind after a long day. Once people start

reading, they often feel that it is just as entertaining as watching a show or movie. If you're at a loss at what book to pick up and start with, monthly book club subscriptions can be great. They send you a different book a month, and the burden of what to read is completely eliminated. And who knows, you might just find yourself so caught up in a good book that you'll want to keep reading instead of turning on the television.

## Talk to someone who makes you smile and laugh every day!

With all the responsibilities that life brings on, it's easy to get overwhelmed. Laughing is healthy. It's amazing how one joke can change your whole mood and perspective on the day. It's important to laugh everyday, and a great way to do that is to have a conversation with someone you know will put a smile on your face. Just remember - not via text or email. Pick up the phone, grab lunch together or even just in passing at work - make an effort to have a real conversation with someone you care about. This quick and simple interaction can go a long way towards happiness and self fulfillment.

## Let yourself enjoy the things you love!

One big reason people feel restless and unhappy is because they cannot let go of all of the things that burden them each day. Make a point to forget those things before doing something you love, so you can walk into it focused. Give yourself the opportunity to actually enjoy it. Whether it be your favorite hobby or lifelong passion, you do it because you enjoy it and feel dedicated to it. So let yourself feel that! It can be as simple as a deep breath when walking in the door. Or, maybe it requires a moment of still silence in the car when you get there. Whatever it may be, acknowledge in some way that you are about to do something you love and let yourself be excited about it.

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# Why Finishing Garage Floors is Important

By Jamie Seamans

Over the last decade there has been a huge shift in the way we see our garage floors from a storage place to part of our homes. Concrete floors should be finished just like the walls in your house. We don't leave just the drywall. We prime and paint to protect them and make them look good. **Your floor is no different.** Unlike your walls, a concrete floor is abused constantly by vehicles, tools, fluids, wear and tear, salt and more. You need to protect the concrete from erosion and long-term damage.

**Concrete cracks!** It is hard but not flexible at all. As the ground shifts, the concrete doesn't have much give, so cracks are bound to happen.

**Concrete can smell musty.** Water and dirt absorb into the concrete along with chemicals and everything else. The result? Unwanted odors in your garage.

**Concrete stains easily.** Due to its open pores, anything that touches concrete, such as oil and other liquids found in your garage, will likely stain it forever. Once those liquids sink in, it's impossible to get it out.

**There's dust everywhere.** Concrete dust is a big problem, and it continues forever as our concrete matures over time. If you like to keep things clean, you can't do it with a raw concrete floor. You've probably seen the dust build up on your car, the fridge and other stuff you keep in there for storage.

**Here Are The Most Common Solutions People Turn To In Order To Cover Their Raw Concrete Floors:**

- **Tile over the concrete:** Tile is great for inside your home,

but your garage is exposed to outside elements like wind, direct sunlight, snow, rain and temperatures that vary drastically from season to season. The tile grout will allow anything to penetrate the concrete slab, and over time, this will ruin it. Also, this option can be very expensive.

- **Overlay diamond mats:** Large diamond mats seem like a great choice to stop car fluids from touching the concrete floor and they are cost effective. However, water and moisture gets trapped underneath with no way to escape. The smell and the buildup underneath makes it one of the worst choices because this will erode the concrete faster than if you left it unprotected.

- **Polish the concrete:** With this solution, a diamond polishing machine is used to polish the concrete many times to close the pores and bring up the shine. Done right, it looks great – for a while. However, if you live in a climate that has snow and ice, polishing is not a good idea. Why? Salt or anything acidic will ruin the polish quickly. Plus, you'll still see all the cracks, stains and other imperfections in the concrete, just with a shine.

- **Paint or use epoxy:** Did you know that Epoxy breaks down with sunlight and can change color rapidly? Yes, it's less expensive than the 100% UV Stable products, but epoxy turns yellow. Epoxy can be great inside, but not in a garage. On top of all that, it is hard and brittle so if your concrete cracks, your epoxy floor will probably crack as well.

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# Dan & Lisa Shepard

## Personalities Set to Help

By Jenna Caputo/ Photography by Tara Wiley Photography & Contributions from the Shepard Family

**D**an and Lisa Shepard have lived in the Capital Region all their lives. Starting in Cohoes, Dan kept busy with all types of sports, but you could especially find him playing baseball, football and hockey. He hung out with the neighborhood kids in his spare time.

Hailing from Colonie, Lisa would often ride her bike or take the city bus to go off exploring her town. When at home, she liked to spend time with her mom and older sister.

Dan joined the Marines and worked as a military police officer from 1986-1991. Stationed in Hawaii most of that time, Dan received valuable training and became a multiple, expert rifle and pistol shooter, as well as a first class Physical Fitness Tester. He loved every minute of his experience there before being honorably discharged as an E-4-Corporal.

“For Christmas a few years ago, Lisa had my dress blue uniform put in a shadow box to hang up and purchased me a non-commissioned officer’s sword to go with it. Being a young, poor Marine back then, I couldn’t afford to buy it when I was in. The Marines was the best decision I ever made in my life!” says Dan.

After the Marines, Dan worked as an Albany County Sheriff as both a Correction Officer in the jail and a Deputy Sheriff, as well as a

school officer at Burnt Hills High School.

He then started Silver Platter Catering. Owning a New York City style hot dog cart, they provided a lot of outdoor catering for graduation parties, corporate picnics, rehearsal dinners and brokers’ opens and open houses, serving everything from hot dogs and hamburgers to chicken, steak and sausages. They had a lot of fun and met a lot of great people.

In fact, catering one party in particular changed the whole course of Dan’s career. This particular party was for a real estate broker who ended up liking Dan’s personality and told him he should get into real estate. Since it was something he was interested in anyway, he took the course and got his license, then went back and asked her for a job. After working for her for six months, he then switched to Miranda Real Estate and studied under Willie Miranda, learning all the ins and outs of how to be a great realtor.

In the meantime, Lisa was working in corporate America, starting with Sears Roebuck routing technicians, before switching to a local HVAC company after Sears closed the local office. After being downsized, she worked for the State and helped Dan with his real estate on the side. Eventually, she took the online course and took on clients of her own, beginning to enjoy it more and more.

They created their own brokerage firm right here in Clifton Park and moved to the area to be close to everything in their community. All in 1 Realty Services, LLC is a small, independent brokerage to help clients with all types of realty services, whether they are first time buyers or renters, those upgrading or seasoned investors looking to buy or sell multiple properties or commercial deals.

They have really enjoyed the opportunity to meet many great people in the area and to help their clients achieve their goals in owning a home. It is a career that never gets boring and provides a different challenge every day. This year marks their seven-year anniversary, and they will be hosting their 2nd Annual All in 1 Realty Charity Golf Outing to benefit the Albany Stratton VA Cancer Center and Stratton Inn.

Dan was diagnosed with Non-Hodgkin's Lymphoma in May of 2018, and the VA Center saved his life. They wanted to find a way to give back and to help other veterans and their families along the way. "The staff there are top notch and the most caring people you could ever meet," says Dan. "They really don't get the recognition they deserve."

Along with their medical services, the Stratton Inn lets veterans' families stay for free right at the hospital in rooms set up like a hotel. This allows them to bring their children, have meals provided, a room for the kids to play and a community room with computers and TVs as well as snacks and games. Last year's golf outing provided \$13,380 in donations. The money was split with the initial \$3000 going to the center to purchase new equipment. Since the center is also federally funded, the rest of the donation went to the inn to help redo their rooms to make them feel more comfortable and homier. They are hoping to increase that donation amount with this year's outing.

Dan and Lisa also sponsor the Pack the All in 1 Moving Truck for the Marine Corps Toys for Tots. Always looking for ways to help out, in the past, they have also served on the Board of Directors for the Missing and Exploited Children, volunteered to prepare Thanksgiving dinners at the Empire State Plaza and adopted a vet for the holidays.

In addition to selling real estate, they also invest in it by buying and flipping properties around the area. They have flipped eight houses in the last two years. "You learn a lot about houses when you completely gut them and rebuild them back to their full potential and beauty," says Dan. "What we love best about flipping is seeing the finished product and the reaction you get from the neighbors

and/or previous owners after they see the house brought back to life." They say that flipping isn't as easy as it looks on TV, and it's important to always first do your due diligence if considering taking on a flipping investment. It takes a lot of work to not only find the property and research the area, but also to figure out the repair costs and coordinate with the contractors to work in a timely fashion and stay within your budget.

Lisa is now a certified stager as well, and in addition to offering staging services along with their realty services, they are also expanding and obtaining their broker's license in the state of Florida so they can split their time between both locations and spend more time with Dan's mom, who lives in Venice, FL.

Dan and Lisa first met each other at the Saratoga Racetrack on opening day 2008. "I tell the story that I didn't win any money that day, but I hit the jackpot with her!" says Dan. Their family also includes Lisa's son, Steve McOmber, his wife, Sarah McOmber, and their children - Jake (21), Lucas (11) and Jack (4). Dan and Lisa also have a 9-year-old, pure-bred German Shepherd named Neiko.

When staying around the Capital District, they enjoy spending time in Saratoga going to the track or to Saratoga National in the summer or the Victorian Stroll at the holidays. They also love taking their grandsons to Lake George in the summer and playing golf at all the different courses in the area as well as supporting the many small local businesses our community has to offer. In Clifton Park, they like to relax around their pool, take Neiko to the Kinns Road dog park and enjoy family outings with the grandkids to Spare Time Bowling. A nice dinner out, then some games at the Racino



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They also love to travel, especially to warm places with beaches. Their favorite spot is Hawaii, where Dan had proposed to Lisa on the beach in Maui. “We think it’s one of the most beautiful places you can visit, and the beaches are second to none. Our second choice is Aruba. It’s as close to Hawaii as you can get without the 15-hour flight,” says Dan.

When not at the beach, they enjoy family fun trips with their kids and grandkids as well, like when they all went to Disney World to meet Mickey and to make a stop at Universal to check out the Harry Potter world.

In the past, they also worked with Right Direction, an intervention organization that transports children struggling with emotional or self-esteem issues, or come from drug

or alcohol abuse situations, to programs that can help them. As “Intervention Transporters,” Dan & Lisa would transport these troubled children of 11-17 years old, all over the U.S. to get them the help they needed. Over their seven years working with the program, they did over 100 transports and met a lot of great kids and parents along the way, along with a few difficult ones. It’s a challenging job that requires specialized training, but a rewarding one, knowing that you’re really making a difference for these people.

Dan’s Marine background has carried over into everything he does, and his motto of “Improvise, Adapt and Overcome!” has helped them achieve their goals. “Stay hungry and stay humble,” says Dan. “Never forget where you came from, and the harder you work, the luckier you get.” These mantras have helped them grow their business into a true success. Real estate is their passion and not just a career. For the Shepards, it’s a lifestyle. “Basically, everything we do in our life is revolved around real estate and helping our clients make a better life for themselves,” they say.

Along the way, it has provided many interesting situations, like finding a deceased tenant, or helping a client last minute move all the way to Myrtle Beach when her moving friend broke his arm the night before, but they absolutely love helping their clients and being a part of the Clifton Park community. “It is such a great place to work and raise a family,” they exclaim. “We feel we are fortunate to LOVE what we do and get to meet wonderful and interesting people on a daily basis. Our motto with our business is ‘Not Your Ordinary Realtors,’ and we live up to that name every day. We treat all our clients like family and believe in building long term relationships. There is a saying – ‘If you love what you do, you will never work a day in your life!’ We believe that because what we do really doesn’t feel like work to us. We are blessed to be able to do what we do and be successful!”

*For more information about All in 1 Realty, visit [www.allin1realty.com/](http://www.allin1realty.com/).  
For more information about Right Direction, visit [www.rdas.net](http://www.rdas.net).*



# Shen Students Train in Hands-Only CPR

Contributed by the American Heart Association

Although more research is needed to determine the cause, there is a 4.2 percent increase in heart-related deaths occurring away from a hospital between Dec. 25 and Jan. 7, according to a 2016 American Heart Association study.

Should sudden cardiac arrest happen, students at Shenendehowa will be prepared, thanks to Albany Med and the American Heart Association.

Last month, Albany Med presented an American Heart Association CPR in Schools Kit to the Shenendehowa Central School District. Under the guidance of Dr. Michael Dailey, from Albany Med's emergency department, students in Dan Marek's health class performed Hands-Only CPR.

"Heart-related deaths spike during the holiday season," said Dr. Michael Dailey, Albany Med's Chief of Prehospital and Operational Medicine and expert spokesman for the American Heart Association. "Most happen at home, and CPR doubles or triples the chances of survival. Knowing how to perform Hands-Only CPR could mean the difference between life and death. With the Heart Association, Albany Med is donating these CPR in Schools kits to support Shen's ongoing instruction and to continue to fight heart disease in our community."

Shenendehowa has a long history of teaching Hands-Only CPR. They were a CPR Smart School when the American Heart Association first launched its efforts to pass the CPR in Schools law. That law went into effect in 2016, and now, everyone who graduates from a New York high school learns Hands-Only CPR.

"Health Education classes at Shenendehowa High school continue to focus on teaching all students the skills necessary to be able to provide CPR in a cardiac emergency," said Rebecca Carman, Director of Policy and Community Development at Shenendehowa Central Schools.

"Having the skills and confidence to respond can save a life! In order to be able to effectively provide these skills, it is critical that we have CPR kits. We are extremely thankful for the donation of American Heart Association CPR kits that have been



*Dr. Michael Dailey of Albany Med, center, assists Shenendehowa High School East students, Sumayyat Abdul, left, and Greg Sweet, as they learn Hands-Only CPR on Wednesday, Dec. 4. Albany Med donated a CPR in Schools kit to the school district. The kit contains 10 mannikins, an AED simulator and instruction materials. Heart-related deaths spike during the holiday season, and a person who suffers a sudden cardiac arrest has two or three times the chances of survival if CPR is performed.*

provided by Albany Med."

Nearly 300,000 people suffer sudden cardiac arrest each year, and only 11 percent survive. Having CPR performed doubles or triples the chances of survival.

Albany Med and the American Heart Association continue to collaborate to improve heart health in the Capital Region.

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# The Giving Circle, Inc.

By Jennafer Maselli

In the wake of Hurricanes Katrina and Rita in 2005, Mark Bertrand and his wife Kelly were sparked by the devastations to reach out and help the impacted communities. They set forth on a project to help make Christmas special for the families involved in the hurricane tragedies and found themselves faced with the challenge of transporting the donations collected in Upstate New York to those in need. Bertrand then partnered with Ron Deutsch, who already had connections in the affected areas and trucks lined up to head South. After this one project, both Bertrand and Deutsch recognized the importance for more volunteer outreach to individuals in need, and several months later, The Giving



Circle, Inc. was created.

From their first mission of helping hurricane victims in 2005, the organization has expanded both locally and internationally. “It has always been about enabling individuals to engage and be involved in helping others,” comments current president, Leo Geoffrion. “It’s important to us to work with real people and organizations that are on the ground helping those people.” He explains that The

Giving Circle team’s dedication to this cause has led to an increase from 30% to 100% passing rates on the mandatory elementary exams to continue on to high school, as well as the creation of a teacher’s university program through the Greater Capital Region Teacher Center in Albany. This program has led to countless opportunities for the teaching staff and students in Uganda alike. “The trips [to Uganda.] are always an incredibly eye-opening experience,” says now Vice President of Communications, Deutsch. “It really shows you the power of education and gives you faith in humanity.” Recently, The Giving Circle has begun to focus similar efforts to the Uganda project in Afghanistan and hopes to be able to make a difference there as well.

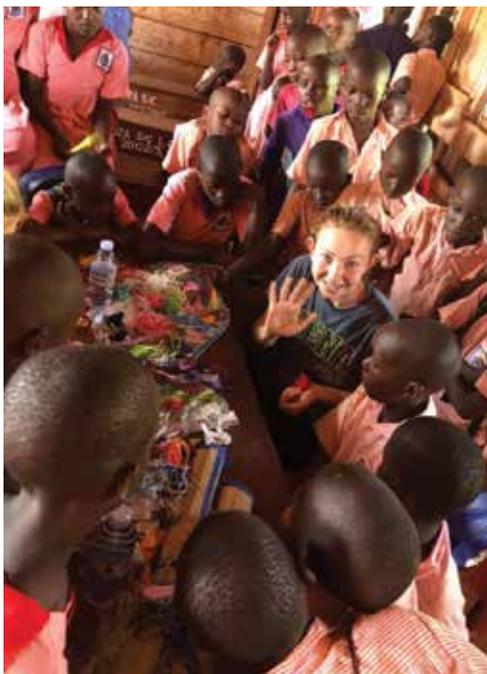
The organization takes pride in being entirely volunteer based and having no paid staff so that as much money as possible can go to funding projects for those in need, both home and abroad. The Giving Circle looks forward to the Compassion Awards on January 16, where they honor individuals that reflect the values that their organization represents such as dependability, tenderheartedness and dedication to spreading kindness and support throughout the community. This is the organization’s largest fundraiser and offers a great opportunity to appreciate the impact that even just one person can have. “It’s like when you drop a stone in a pond,” Geoffrion explains. “There will be ripples in all directions –dramatic at first– and eventually they will spread out beyond just that stone.”

Interested in helping out or learning more? Visit their website at [www.thegivingcircle.org](http://www.thegivingcircle.org).



Giving Circle has no one mission, but aims to offer assistance however they can, whether that be connecting people with attaining the resources they need after a tragedy, offering volunteer time and donations for other events or facilitating outreach projects. Their local work can be seen throughout the Capital Region with their assistance in founding and running the homeless shelter Code Blue Saratoga, the annual Adopt-A-Family Christmas drive, Spring Clean Up Days for seniors that cannot manage yard work anymore and numerous rebuilding projects.

The Giving Circle’s hard work doesn’t stop there, though. In addition to all of the meaningful projects done locally, the organization also continuously runs a project in Uganda where they help to improve infrastructure and education. The



# The Ferlazzo Agency – Allstate Insurance

By Don Ferlazzo



Hello Clifton Park! My name is Don Ferlazzo and I'm extremely excited to become the Expert Contributor in the Insurance category for *Clifton Park Neighbors* magazine.

For those who don't already know me, my wife Jamie and I are both Capital Region natives living right here in Clifton Park. In 2009, we rescued our dog Butters from a local animal shelter, and in 2017, we welcomed our son Emmett to our family. I have a life-long passion for ice hockey, having played in youth, high school and recreational leagues. I'm also an amateur singer/songwriter performing locally (when I find the time).

This April will mark the 2-year anniversary of The Ferlazzo Agency's opening, and what a great two years it's been! We've gone from a scratch agency (starting with zero clients) to becoming one of the Capital Region's top-performing Allstate agencies in Auto & Homeowners insurance, and we're doing it without cutting corners.

Here at The Ferlazzo Agency, we take the time to get to know you one-on-one, either over the phone or at our office at 1673 Route 9 in Clifton Park/Halfmoon. By learning about your family and what matters most to you, we're able to offer customized insurance solutions that protect your family, your belongings and your assets.

We're also extremely knowledgeable when it comes to products and discounts offered by Allstate, ensuring you'll never pay more than you have to for insurance when you work with The Ferlazzo Agency.

But we aren't just about insurance. The Ferlazzo Agency is active in supporting the community as well! We are proud to sponsor Clifton Park Youth Hockey and the Clifton Park Baseball League (maybe you've seen my face on the banners at Clifton Common), and each year we sponsor the town's 4th of July parade and celebration, too.

I also personally organized an Allstate agent volunteer day at the Mohawk Hudson Humane Society in 2019, which saw agents from across the Capital Region volunteer a combined 48 hours at this amazing animal shelter, as well as a \$5,000 donation from Allstate.

The Ferlazzo Agency team is here to assist with your Auto, Homeowners, Commercial and Life insurance needs. From our two in-house insurance advisors, Robert Robak and Harnet Tesfai, to

our personal financial representative, Nikole Iannotti, we have the experience and know-how to cover your family properly. We can also help with boats, motorcycles, RVs, ATVs, pet insurance and more, so give us a call at 518-278-3543 and you'll be "In Good Hands" with Allstate and The Ferlazzo Agency.

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Good Hands



Living in Clifton Park can be expensive, but I'm here to help you find ways to save. I'll help you find the right amount of coverage specific to your needs to keep more of your hard-earned money in your wallet. Give me a call today.

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1673 Route 9

donferlazzo@allstate.com

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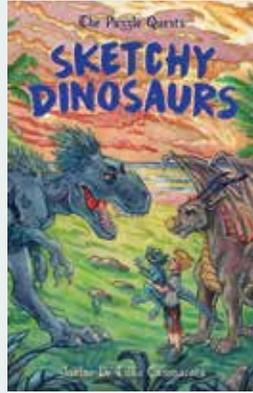
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# SKETCHY DINOSAURS

Contributed By Janine De Tillio Cammarata

Local award-winning author, Janine De Tillio Cammarata, released another book in her popular Puzzle Quests' series. Written for ages 8-12, *The Puzzle Quests: Sketchy Dinosaurs* is the third book in these adventures that span across time and generations. Cammarata's book release event was held on December 8th at the Clifton Park-Halfmoon Public Library, where she shared her inspiration for this story, tips for writing a series and signed books.



In *Sketchy Dinosaurs*, something lurks in 12-year-old Mark's bedroom. A rock that Mark took from Dino Island in the world of Dragonia has hatched. He must get this extinct creature back to Dino Island before the dragons and dinosaurs go to war. Will Mark have enough confidence in himself to lead his team in this quest?

Cammarata writes children's books that encourage deep friendships, strong values and hope for children struggling through life's hardships, as well as adventurous young adult fantasy that softens the harshness of reality and empowers others to make a difference.

A graduate of The College of Saint Rose, Cammarata teaches journaling and creative writing workshops for children and teens in schools through the BOCES program and to adults at various locations in the Capital District. She is co-founder and president of Nick's Fight to be Healed Foundation, a 501 (c) 3 organization that has emotionally and financially supported thousands of local children battling cancer. It was started in 2009 in memory of her oldest son, Nick, who passed away from leukemia in 2008.

For more information on her books, visit [www.janinedetilliocammarata.com](http://www.janinedetilliocammarata.com). A portion of her book sales are donated to Nick's Fight to be Healed Foundation. For more information go to [www.fighttobehealed.org](http://www.fighttobehealed.org).



# Welcome to the Neighborhood

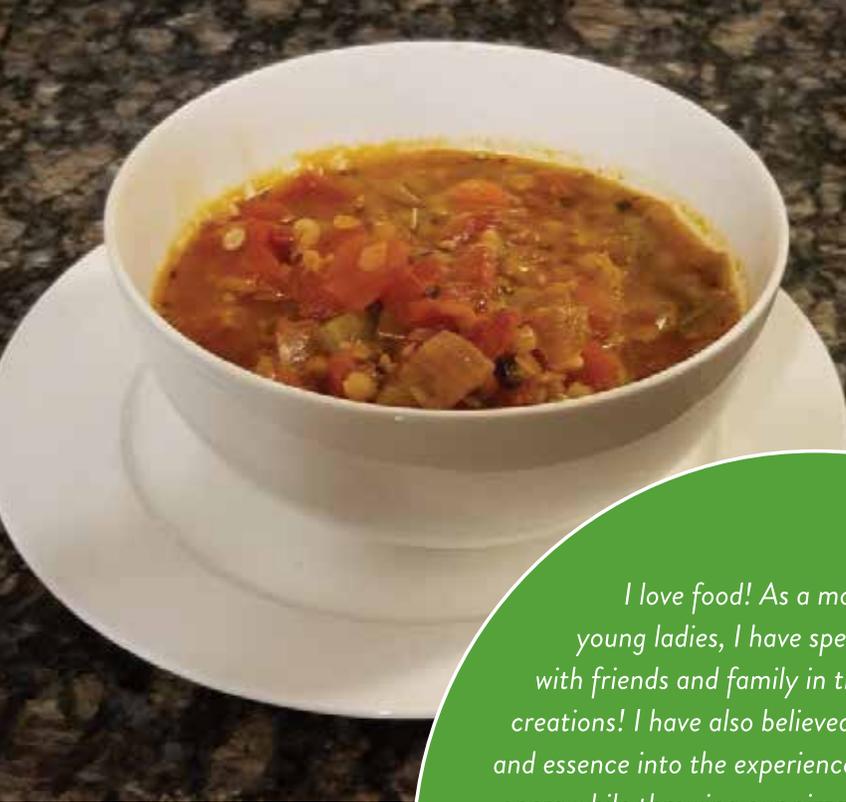
By Pete Bardunias, Senior Vice President, Community Advancement, the Capital Region Chamber



In late September, **Bittersweet Blackbird, LLC** (1758 Route 9, Halfmoon, 518-901-0328, [www.bittersweetblackbird.com](http://www.bittersweetblackbird.com)) celebrated the Grand Opening of its woman owned/woman operated tattoo studio, which strives to create a comfortable and non-intimidating environment that welcomes people from all walks of life. They design tattoos uniquely for each client, custom tailored to meet each person's individual needs. In the photo, owner Bridget Punsalang, who brings over 15 years of experience to the industry, cuts the ceremonial ribbon while artists Erin Clayton (far right) and Cassie Sanik (far left) lend a helping hand. Also present was Chris Rhodes, representing Senator Jim Tedisco and a whole host of spectators and well-wishers from among their many area clients.



**Satwinder Dhanjal-Garcha, RTR, RDMS, D.C., CBCP**, known as "Dr. Terry" to her friends and clients, is a well-liked and respected member of the area business community. With over two decades in chiropractic and radiology, Dr. Terry incorporates many healing tools in her work, such as B.E.S.T. technique, adjustor, precursor, emotional and body code, electric stem, cold laser therapy, color glass therapy, tuning forks and nutrition. On October 26, she and her husband, Gurinder Garcha, a volunteer Ambassador for the Capital Region Chamber, celebrated the opening of their larger, expanded space at Family Chiropractic & Wellness (56 Clifton Country Rd, Ste 205, Clifton Park, 518-357-3262, [www.drgarchachiropractic.com](http://www.drgarchachiropractic.com)). Senator Jim Tedisco presented the couple with a citation commemorating the event.



*I love food! As a mom of 3 awesome young ladies, I have spent countless hours with friends and family in the kitchen concocting creations! I have also believed heartily in imbuing fun and essence into the experience, even sometimes singing opera while throwing our pizza dough in the air! Over a decade ago, one of our daughters declared she wanted to be vegetarian and so more adventures began. Today we focus on vegetarian, vegan and gluten free recipes. My approach is enjoying good clean food, never feeling that you are doing without and having ease and shortcuts for everyday living. Please enjoy and for now, Be Well, Eat Well, and Savor.*  
~ Meg Wert

## Lentil Soup (V, V+, GF)

### Ingredients:

1 1/4 cups lentils  
64 ounces of vegetable broth  
4 tablespoons of olive oil  
2 teaspoons of chopped garlic  
2 stalks of celery chopped  
3 carrots chopped  
2 medium onions chopped  
Salt and pepper to taste  
28-29 ounces of petite diced tomatoes  
1 teaspoon diced or dried oregano  
1 teaspoon diced or dried basil  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
5 ounces baby spinach (optional)

### Directions:

Dice the onions, celery and carrots.  
Drizzle oil into a large pan and add the garlic to sauté.  
Then add the diced vegetables, salt and pepper.  
Continue to sauté, stirring frequently for 7 to 10 minutes.  
Remove from heat briefly to add the lentils, diced tomatoes and half the broth.  
Return to medium heat and stir ingredients.  
Allow this to cook down for 20 minutes (checking and stirring occasionally).  
Next, add the rest of the broth and seasonings. Stir and heat through.

## Spinach and Polenta Salad (V, V+ option, GF)

### Ingredients:

2 slices of tube polenta  
2 1/2 ounces baby spinach  
1 small onion (red or yellow)  
2 tablespoons of olive oil  
2 tablespoons of vegan butter  
Salt and pepper to taste  
Feta Cheese (vegan if desired)

### Directions:

Drizzle 1 tablespoon olive oil in a pan on medium heat.  
Chop the onion and add to the pan with 1tb of butter and sauté.  
Add salt and pepper.  
Once slightly caramelized, remove the onions from the pan.  
Drizzle a bit more oil and place a tb of butter and let heat.  
Add the 2 slices of polenta and let brown for about 2 minutes per side  
Plate the spinach, then add the sautéed onions, the vegan feta cheese and the warm polenta.  
Enjoy plain or drizzle with a flavored vinaigrette.

# January 2020

**EVERY DAY ALL MONTH**

**Empire "Skate" Plaza - Part of Winter at the Plaza**

@Empire State Plaza Ice Rink, Albany

Now in its 9th year, the tremendously popular Empire State Plaza Ice Rink is open daily and skating is free. Hours are M-F from 12-8pm (closed for maintenance from 3:30-4:30) and Saturday & Sunday from 12-8pm (closed for maintenance from 2:00-3:00 & 5:00-6:00). Located in the shadow of Albany's majestic State Capitol, amenities include lockers, skate rentals and refreshments. Rentals are available whenever the rink is open and cost \$3 for children 12 and under and \$4 for adults. A photo ID is required to rent skates. Every Saturday is Free Skate Rental Saturday courtesy of Hannaford Supermarkets. The 2019-20 season will feature an assorted line-up of special events including instructional clinics!

**THIS MONTH**

**@Clifton Park-Halfmoon**

**Library**

(Site A) artwork by Saratoga Arts Member artist, Ya Li.  
(Site B) artwork This site is still open for January 2020. These shows are on the second floor mezzanine of the library and are not to be missed!

**WEDNESDAY, JAN 1**

**2020 First Day Hike at Peebles Island**

@Peebles Island State Park Visitor Center, 1 Delaware Ave, North Cohoes

Ring in the New Year with a history hike around the perimeter of picturesque Peebles Island. Meet at the Peebles Island Visitor Center. The Perimeter Trail is an easy two mile hike. Learn about the Native American presence on the Island, view existing earthwork fortifications from 1777 and discover the history of this strategic site. Dress for the weather and bring cameras and binoculars for a chance to see wildlife. Well-behaved dogs on leash are welcome.

**Time:** 10am-12pm

**Cost:** FREE

**FRIDAY, JAN 3**

**The Mopco Family Improv Show**

@The Mopco Improv Theatre, 10 North Jay Street, Schenectady  
An all-ages comedy show for kids, teens and adults. Doors open at 9:30am. Come out for this highly interactive, family-friendly improv show! They use audience suggestions and willing volunteers to create stories, characters and songs off the top of their heads in this one of a kind performance. Younger audience members will have plenty of opportunities to be

a part of the action and help actors create the show. With plenty of opportunities to fill-in-the-blank and make their voice heard, the fast-paced action will keep parents and kids at the edge of their seats. At intermission, the Dance Party Lifeguard opens up the stage for an amazing dance party while the disco ball spins. Feel free to bring along sippies and bags of cheerios. There will also be plenty of snacks at the concession stand.

**Time:** 10-11am

**Cost:** \$10 Adults | \$5 Kids

**FRIDAY, JAN 3**

**Final Walk Night for Charity at the Price Chopper/Market 32 Capital Holiday Lights in the Park**

@Washington Park, Albany  
Come out for the Final Walk Night for Charity around the beautiful carriage paths of the Washington Park Lake while supporting the local Charities of Choice for 2019.

**Time:** 5-7pm

**Cost:** Suggested donations \$5.00 per person or \$10.00 per family

**FRIDAY, JAN 3**

**From Farms to Suburbs: Clifton Park Develops**

@Historic Grooms Tavern, 290 Sugar Hill Road, Rexford  
Clifton Park Town Historian, John Scherer, will present a program on the emergence of Clifton Park from

a farming community to a major and vital suburb of the Capital District.

Longtime residents, please sharpen your memories and contribute to this PowerPoint presentation on Clifton Park's recent past. It will be a night of reminiscing and folklore from the '60s to the present.

**Time:** 7-8pm

**Cost:** FREE

**SATURDAYS & SUNDAYS,**

**JAN 4, 5, 11, 12**

**Maple-Beer Trail Open at Riverside Maple Farms and Wolf Hollow Brewing Company**

@Riverside Maple Farms, 7152 Amsterdam Road, Glenville  
The much-awaited Maple-Beer Trail is back! The trail is 1/4 miles long, linking Wolf Hollow Brewing Company to Riverside Maple Farms. Green maple leaf signs point the way to Riverside Maple Farms and wolf paw signs point to Wolf Hollow Brewing Company. Snowshoes, skis, micro-spikes and sleds welcomed but no motorized vehicles. Photography is encouraged. Dogs are allowed on the trail but not allowed in Wolf Hollow or Riverside Maple Farms buildings. No skating or ice fishing allowed on the pond. Conditions and cancellations subject to weather. The path will not be groomed.

**Time:** Noon-6pm

**Cost:** FREE

## FIRST NIGHT SARATOGA 2020

TUES, DECEMBER 31, 2019

First Night is New York's largest New Year's Eve event outside of New York City! As one of the oldest and largest First Night celebrations in the country, First Night is the most affordable, accessible, family-friendly, safe and exciting way to spend New Year's Eve in the region.

This year's theme is A New Dimension.

For the first time this year, First Night organizers are forgoing the traditional fireworks display for a Digital Midnight celebration at the Saratoga Springs City Center. In the 20 minutes leading up to midnight an exclusive video will run that incorporates user-submitted photos of previous First Night celebrations. The video will wrap up with the digital fireworks. Anyone who has the URL will be able to watch from anywhere!

- Live music from over 46 bands covering a full range of genres
- A host of new performers in addition to returning favorites
- More than 13 additional theater, dance, martial arts & other groups
  - Storycrafters and more for kids
  - Annual First Night 5K Run at 5:30pm
  - First Night events kick off at 6:00pm

**SUNDAY, JAN 5**

**Waterford Knights of Columbus - All You Can Eat Breakfast**

@Waterford Knights of Columbus Hall, 76 Grace St, Waterford  
Our buffet featuring our famous omelet station, eggs cooked to order, pancakes (plain and blueberry), French toast, sausage, bacon, home fries, toast, bagels, pastries, coffee, tea, orange and apple juices, hot chocolate. Take a chance to win the 50/50 drawing. Each paid breakfast ticket also enters you in a chance to win a free breakfast at a later date.

**Time:** 8-11am

**Cost:** \$8.00 Adults | \$4.00

Children 4-12 | FREE Under 4

**SUNDAY, JAN 5**

**36th Annual Wedding Expo at the Albany Marriott**

@Albany Marriott Hotel, 189 Wolf Road, Albany

Come speak with professionals and let them help you plan your special day! Ask questions, set appointments, get ideas, sample delicious food, cakes and pastries, preview stunning bridal attire and enter to win fabulous prizes! Brides and/or grooms plus guests free with online registration (total of four guests per ticket) or at the door.

**Time:** 1-5pm

**Cost:** Pre-Registration FREE | \$10 at the door

**SATURDAY, JAN 11**

**Annual Moonlight Ski and Snowshoe**

@Camp Saratoga, 80 Scout Rd, Gansevoort

Join us at the popular and highly anticipated Annual Moonlight Ski and Snowshoe at Camp Saratoga on Scout Road. Luminaries will glow along 2.5 miles of groomed trails. Along the way you will find fields and forests, warming bonfires and plenty of hot chocolate! Limited snowshoe rentals. First-come, first-served basis, \$5/pair. During the Moonlight Ski there will be a bake sale of homemade goodies in the Winter Lodge, so stop in for some

treats and to warm up. The terrain is suitable for all levels and ages and includes a smaller one-mile loop. Parking will be directed by volunteers who will collect people's registration ticket.

**Time:** 6-9pm

**Cost:** FREE

**WEDNESDAY, JAN 15**

**Open House at Clifton Park Nursery School**

Bring the kids and come play! Tour the amazing cooperative nursery school and find out how you can instill a love of learning in your child that will last a lifetime! Classes for toddlers, 3 year olds and 4 year olds. Visit [www.cliftonparknurseryschool.org](http://www.cliftonparknurseryschool.org) or find them on Facebook.

Tours by appointment. Contact [cliftonparknurseryschool@gmail.com](mailto:cliftonparknurseryschool@gmail.com).

**Time:** 5-7pm

**Cost:** FREE

**THURSDAY, JAN 16**

**2020 The Giving Circle Compassion Awards**

@Canfield Casino, Congress Park, Saratoga Springs

The Giving Circle Compassion Awards is an evening of recognizing that even the simplest act of kindness can have the greatest impact on the quality of life for the underserved and downtrodden. This award ceremony encourages selfless acts and promotes altruism and compassion in future generations.

**Time:** 6:30-9:30pm

**Cost:** Varies

**FRIDAY, JAN 17-26**

**2020 Wilton Mall Boat Show**

@Wilton Mall, 3065 Route 50 Saratoga Springs

Come join us for the first boat show of 2020 with incredible savings on new and used boats. Great deals on leftover models and get a look at the all-new 2020 models. You're going to find the best deals of the year at the boat show in the Wilton Mall! Check out the best brands! All extremely discounted with end of season

savings for you! Buy your boat, save some big-time cash and enjoy. Be all set for next year! Call to R.S.V.P. today at 518-494-7381.

**Time:** 10am-8pm

**Cost:** FREE admission

**SATURDAY, JAN 25**

**Winter Princess Ball**

@Gurtler Brothers VFW, 190 Excelsior Avenue, Saratoga Springs

Her Royal Treatment Parties, LLC is hosting a children's event with a live DJ who will get all the little ones moving and shaking, princess meet and greets, photo booth and souvenirs photo as well as face painting. There will be pizza, treats and beverages for purchase. There will be hair stylists available to do up dos for an additional cost. A few vendors will be available for those interested in shopping. Children are encouraged to dress in their favorite princess dress or Sunday best as there will be a lot of photo opportunities. There will also be a raffle basket with all things princess for those who bring in items to donate to veterans in need.

**Time:** 1-4pm

**Cost:** Child \$20 | \$10 Adult

**SUNDAY, JAN 26**

**Capital Region's Premier Wedding Show**

@Gideon Putnam and Hall of Springs, Avenue of the Pines, Saratoga Springs  
The Gideon Putnam welcomes you to

step into the most luxurious bridal event for the 2020 wedding season at the Capital Region's most elegant wedding show experience! Come celebrate our 20th Show and plan the wedding of your dreams. Attendees will sip champagne and taste

hors d'oeuvres and sumptuous wedding cakes and speak with over 130 exhibitors representing every service a wedding couple will need to create their perfect wedding day. Pre-register optional. Every registered bride/couple who attends our show will receive a free gift from Beekman 1812.

**Time:** 11am-3pm

**Cost:** \$5

**TUESDAY, JAN 28 & 30**

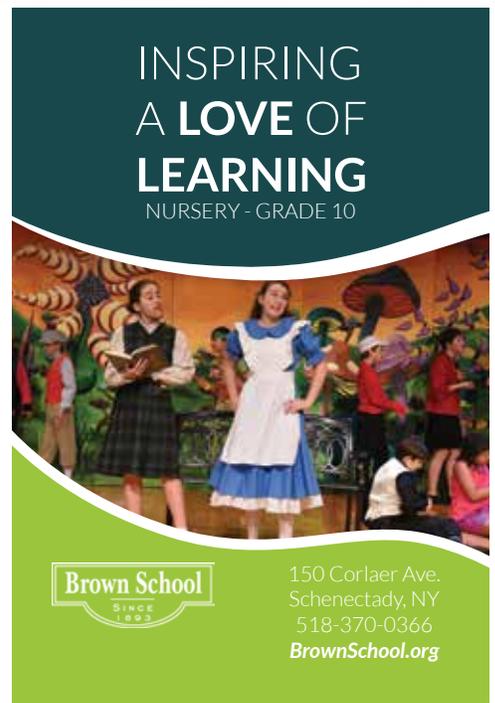
**Career and Technical Education Program Open House**

@ F. Donald Myers Education Center, 15 Henning Road, Saratoga Springs

Open house visitors will learn how CTE programs help students prepare for careers and college through hands-on learning, internships and partnerships with business and industry. Business and industry representatives will also be available to discuss the career opportunities that exist in their field. The open house is free and open to the public. To learn more about CTE visit [www.careerandtech.org](http://www.careerandtech.org).

**Time:** 6-8pm

**Cost:** FREE



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- Track Drive with easy to adjust Roper Height Control
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