

# Niskayuna NEIGHBORS

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## SUBMISSION DEADLINES

Please submit your content by the 1st of each month. Your ads no later than the 15th.

## ADVERTISING

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## FEEDBACK/IDEAS/SUBMISSIONS

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 1st of each month for the following month. Go to [www.bestversionmedia.com](http://www.bestversionmedia.com) and click "Submit Content." You may also email your thoughts, ideas and photos to: [JCaputo@bestversionmedia.com](mailto:JCaputo@bestversionmedia.com). Ad creative is due the 15th of the month prior to run date.



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## Dear Readers,

Happy February!

February may be our shortest month of the year, but it is bursting with fun national "days." (Ummmm... did someone say **Eat Ice Cream For Breakfast Day** on 2/1? Yes, please!) In addition to waiting anxiously for the Groundhog, we also get to celebrate tater tots (2/2)—because *who doesn't love a good tater tot?*—our golden retriever friends (2/3), mail carriers (2/4), pizza (2/9), random acts of kindness (2/17), and drink wine day (2/18), among so many more!! Not to mention our usual Presidents' Day and, of course, Valentine's Day. Want to check them all out? Visit [nationaltoday.com/february-holidays/](http://nationaltoday.com/february-holidays/) for more holiday fun!

February is also **National Black History Month** and **National Heart Month**. Even though many in-person events have obviously been cancelled, there are still a lot of fantastic digital experiences (both local and nationwide) to celebrate these two very important events. Be sure to check them out at a computer near you.

We continue to commemorate the "month of red" in this month's issue as we celebrate the people and organizations in our community that are spreading love, kindness and awareness like the American Heart Association (AHA) and our cover story, The Daddario Family. The Daddarios know firsthand how important heart health is, and how instrumental the AHA's Cardiac Kids is to families in our area. This month also features helpful tips from our experts on real estate, relieving migraines, estate planning and donating unwanted items, as well as tips for continuing your resolution of incorporating exercise as a consistent part of your schedule. And, in celebration of your heart health, check out the heart-friendly recipe from the American Heart Association!

Hope you all have a wonderful month practicing random acts of kindness and celebrating all the things *you* love!

*Jenna*

