

JUNE 2016

CLIFTON PARK

AN EXCLUSIVE MONTHLY PUBLICATION

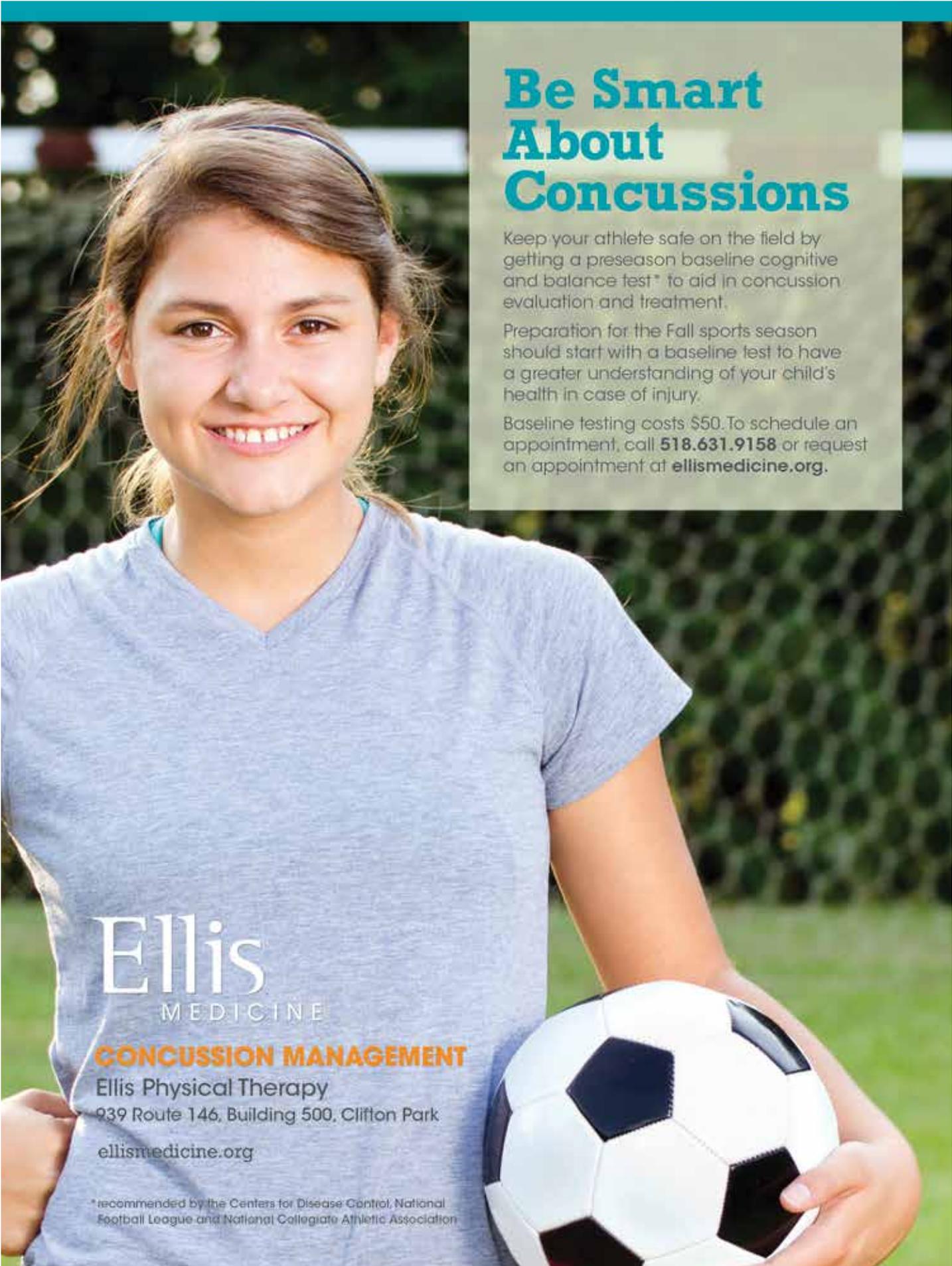
Neighbors

Kathleen Sanvidge
Servicing Her
Community with Heart



Best Version Media

Cover photo by Louis Torres Photography



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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

Kathleen Sanvidge

Hello CLIFTON PARK RESIDENTS

I recently received a few fantastic emails from local community members and businesses. It is so great to hear how much the community has embraced this magazine and how much it seems to be helping people connect!

This is one of our main goals and you can help us be sure we continue to reach it each month. Please be sure to keep in touch. We want to hear what YOU want out of your magazine. What is going on in your community? What are some fantastic businesses you want to give a shout out to? What do you want to see more of in your magazine?

We also want to know how the magazine has impacted you or your community. Have you discovered a wonderful new business? Did you find a new service in the area? Were you able to connect with one of our cover stories or non-profits? Have you yourself benefited in some way from the magazine?

Tell us – we want to know! Email me anytime at jcaputo@bestversionmedia.com with your thoughts, comments and anecdotes.



We also would love to interact with you online! Find the latest updates, article highlights and more at the Silverpen Productions Facebook page and interact with us there as well. You can also send any comments to us online at www.silverpenproductions.com/contact-us/.

We look forward to hearing from you soon!

Jenna Caputo

CONTENT COORDINATOR

CLIFTON PARK Neighbors wants to hear from you! Contribute to any of our features and be a part of the fastest growing community resource in Clifton Park!

Creative Corner

Did you snap a great picture? Create a new piece of art? Recently published? Let us know! The Creative Corner features local residents for photographs, poetry, original recipes, artwork, favorite quotes – you name it!

Spring Challenge

Let's catch each other doing something great! Did someone do something nice for you or others? Have you started a new project yourself? Know a business that has

been particularly helpful? Tell us! We want to celebrate the positive that can be found in Clifton Park every day!

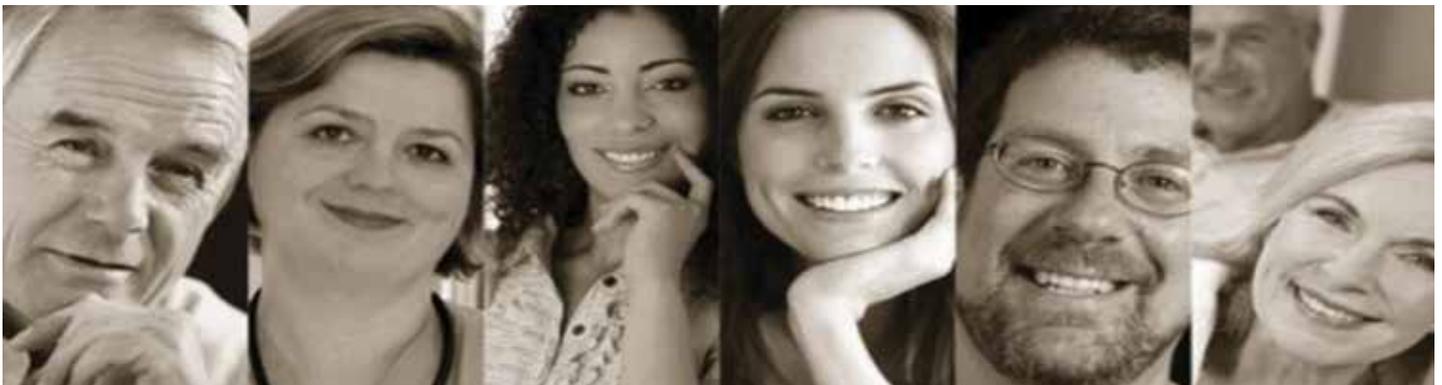
Non-Profit Spotlight

Know of a great local non-profit? Send us some info so we can feature them in an upcoming issue!

Features

Do you know of a neighbor or business that has a story to share? Let us know so we can feature them in an upcoming issue!

Submit ideas for these features or any other great stories to jcaputo@bestversionmedia.com.



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HISTORY

Home From Church

By John L. Scherer, Clifton Park Historian

On the back of this c. 1915 photograph is written "Home from Church." It was taken on Vischer Ferry Road near the hamlet of Clifton Park Center (near the present Clifton Park Town Hall). From left to right are: Mae and Lois Clark; their mother, Emeline Pattison Clark; and their brothers, Leicester, John, and George Clark. The family had just arrived home from Sunday service at the Clifton Park Center Baptist Church. The Clark farmhouse still stands on the west side of Vischer Ferry Road, set a distance from the road, now behind a large new residence that resembles a Spanish



Clark Family Home From Church

castle. The Clark home was built in about 1820 by Cyrus and Nancy Morehouse Clark, great grandparents of the children in the buggy. Clifton Park's first automobile made its appearance about this time. The Cyrus Clark House was recently added to Clifton Park Register of Historic Places. ■

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A Financial Lesson from Prince

By Ryan Lambert, Lambert & Spratt Financial Partners

As some of you may have heard, Prince passed away April 21, 2016 at the age of 57. What most of you may not know is he did not have a will in place. According to lawyers it's likely to be a mess that will take years to sort out. While this is unfortunate, it's not unusual since it's estimated that 64% of Americans do not have a will.

So What Happens If I Don't Have a Will?

In absence of a will (dying intestate) each state has a process they follow to determine both what happens to your possessions as well as guardianship for minor children. Because intestacy is settled in court, your heirs may need to endure a costly and long public process that can take up to a year or more in many cases.

How Can I Avoid Probate?

Even with a valid will, your estate will go through the probate process. To avoid this there are three key things you can do:

1. Joint Ownership

When you hold property this way it will pass to surviving co-owners automatically. Joint tenancy can involve any number of people, not only spouses. This may have tax implications so you may want to consult an accountant as well.

2. Trusts

A trust is a legal arrangement under which one person, the trustee, manages property given by another party, the grantor, for the benefit of a third person the beneficiary. Trust property will be distributed according

to the terms of the trust without the time, cost and publicity of probate.

3. Contracts

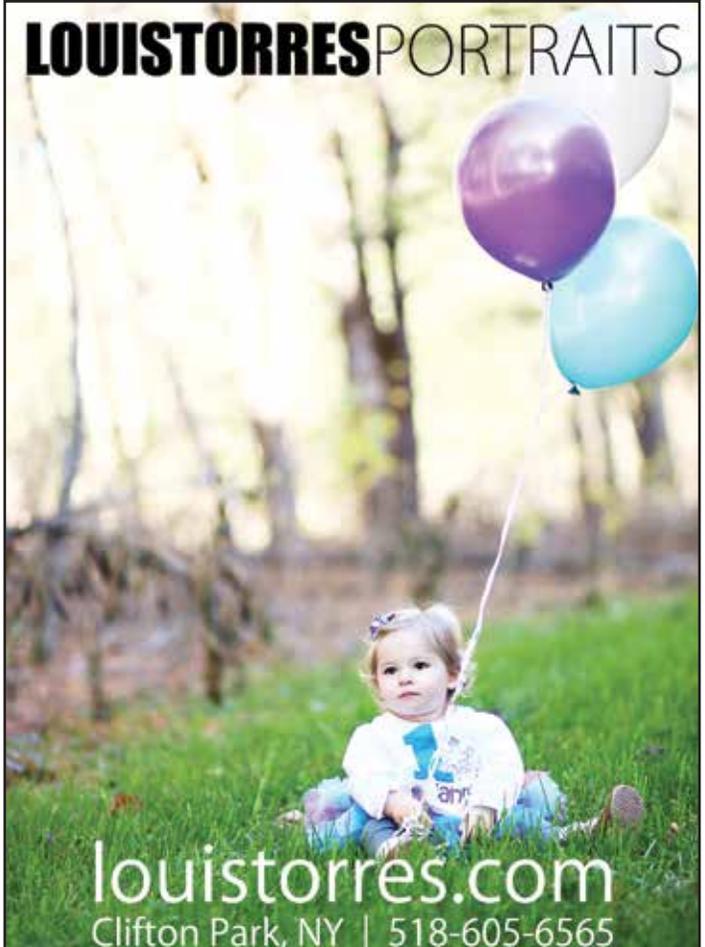
The third way is through beneficiary designation. If you have an employer sponsored retirement plan (i.e., 401k, 403b), an IRA, life insurance or an annuity contract you likely designated a beneficiary when it was opened. The proceeds will automatically pass to whom you selected without the need for probate. They will need to pay any tax due depending on the type of contract.

In closing, if you do not address your estate by creating a will and using some of the techniques discussed, you are deciding to use New York State's process. Discuss this with your financial planner and attorney to create your personal plan. ■




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COVER STORY

Kathleen Sanvidge

Servicing Her Community with Heart

“The best way to find yourself is to lose yourself in the service of others.”

– GANDHI

Be generous, honest, compassionate. Do the right thing. Do good in the world. Follow through. Be accountable. Keep faith. These are all phrases that Kathleen Sanvidge lives by. Instilled in her from day one by her parents, Kathleen strives every day to live up to these words and to pass them on to her own children.

Raised in Clifton Park, Kathleen has been a part of this community all her life. Always a caring person, she knew she wanted to somehow give back to the world. She loved gardening, cooking and participating in 4H club, but it wasn't until she participated in Shen's Unique Placement Program before she realized her destiny. Assigned as an assistant to Ellis Hospital's Head Pathologist in the morgue, she assisted with autopsies, lab work and investigations. In the process, she met area funeral directors as they came in to pick up the bodies and wondered what happened after they left the hospital. After a 10-hour shadowing position at Emerick Funeral Home in Clifton Park, she realized her calling. Inspired to help people, Kathleen believed in her heart this was the right thing to do and it has been her passion ever since.

After her internship, she completed two years at Hudson Valley Community College, a residency in Clifton Park, then passed the State and National Board exams to become a licensed funeral director before eventually buying Townley & Wheeler Funeral Home in Ballston Lake three years ago. In addition to reinvigorating the Townley name, she has also established herself as



the person to go to for challenging cases. Specializing in reconstructive techniques, Kathleen is known for taking on difficult cases that others think are impossible. Families of accident victims and cancer patients are now given a chance to say goodbye to their loved one face to face because Kathleen takes the extra steps necessary to be sure each detail is right, even going so far as to make

eyelashes if needed. She uses her own cosmetic technique to ensure that every body looks natural for the family's final goodbye. "Preparation of the body is so important," she says. "I promised myself I am going to always do my best and give back to this community."

She is an advocate for her families, and despite her kind and gentle demeanor, pulls off seemingly impossible tasks behind the scenes. "I take my job very seriously. It is a huge responsibility. You don't meet me, walk out the door, and then I forget you. I'm with your family 24/7. I'm constantly thinking about you round the clock, when you don't even realize, taking care of all the details behind the scenes."

The "behind the scenes" is quite complicated. There are a lot of tasks that need to be completed in a very short amount of time and Kathleen acts like an orchestra conductor – bringing together many separate parts, doing what she needs to in order to make it all meld together into the resulting symphony without interrupting the family's grieving time. She is their advocate at one of the hardest times in their lives and strives to make the process as easy as possible.

She also provides her families as many options as she can, always figuring out a way to fulfill the family's wishes. Whether it is having a violinist from the Albany Symphony Orchestra, a live web-stream of the services for family members that could not be there, a keepsake DVD or a green burial – she'll make it happen.

Stepping into the funeral parlor feels like stepping into her home, which is exactly what she wants since it is her home. She wants it to have that old-fashioned family feeling and families know that their loved one is receiving the best care as they are shepherded from one life to the

next. At the same time, Kathleen presents the latest modern conveniences. Each family receives their own page on the website as a memorial. She has video services, options for all types and denominations of burials and services, educational seminars and info for support programs are available, as well as stone choices directly through Kathleen. Through Valient Monument Design, Kathleen's other business, she is able to offer her families a low-cost monument option as an extension of her services. Each family can sit down with her to create an original stone as a perfect memorial for their loved one.

She also offers free pre-arrangement services to plan as many of your arrangements as you would like. If you choose to also pre-fund your arrangements, the prices are guaranteed. Even if fees go up through the years, your family will never have to make up the difference.

Kathleen is clearly passionate about what she does. It's not just a job to her; it's a lifestyle, one that her family is very understanding of. She has three daughters – Madeline (14), Natalie (11) and Aisling (8). They know that they can be out at the movies, or about to pull out of the driveway and if mom gets a call, it's back in the car to take care of it. It can be hard, but they realize they're able to help people because of it. It's demanding, but rewarding. "It affects my whole family but my kids are learning compassion and humanity and works of mercy. They have lived this business with me," Kathleen says. "I love I can be a mom and still do this." She also has help in all aspects of her life from her partner, Zoltan. "He is a patient, hardworking and loving man. He's a very important role model and caregiver in this house and is adored by all."

Kathleen loves her community and gives back whenever she can. She's proud of what she has built for the business and her standing in the community. Everyone knows that she is real, approachable and always available. She's gratified with her reputation as always providing the same Kathleen, regardless of cost, and that nothing is limited. Every family receives the same attention, options, care and open heart. She has a wonderful staff to help her achieve these goals. "I have to applaud my staff. They are top notch, sharp people of all ages that are dedicated and caring. I'm really proud of the people I choose to work with. I'm grateful to them."

She's also grateful to not only be able to serve her community as the protector of their loved ones, but to have also been taken into their hearts. "I have been able to develop close friendships with families and I become a part of their family as they become a part of mine. I recognize that and am grateful for that." ■

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.



Health Tips for Aging Women

By Colleen Dibble, MD

As women age, it is important they take an active role in their healthcare maintenance. I'd like to share a few tips I often share with my patients to help keep them healthy throughout their later years in life. As always, it is important to develop an individualized plan with your primary care physician.

CANCER SCREENING – there are various cancer screenings women should have based upon age and risk factors. The American Cancer Society recommends initiating breast cancer screening for women at average risk with mammography at age 45, yearly until age 55, and then every two years thereafter. Other groups endorse routine screening every two years starting

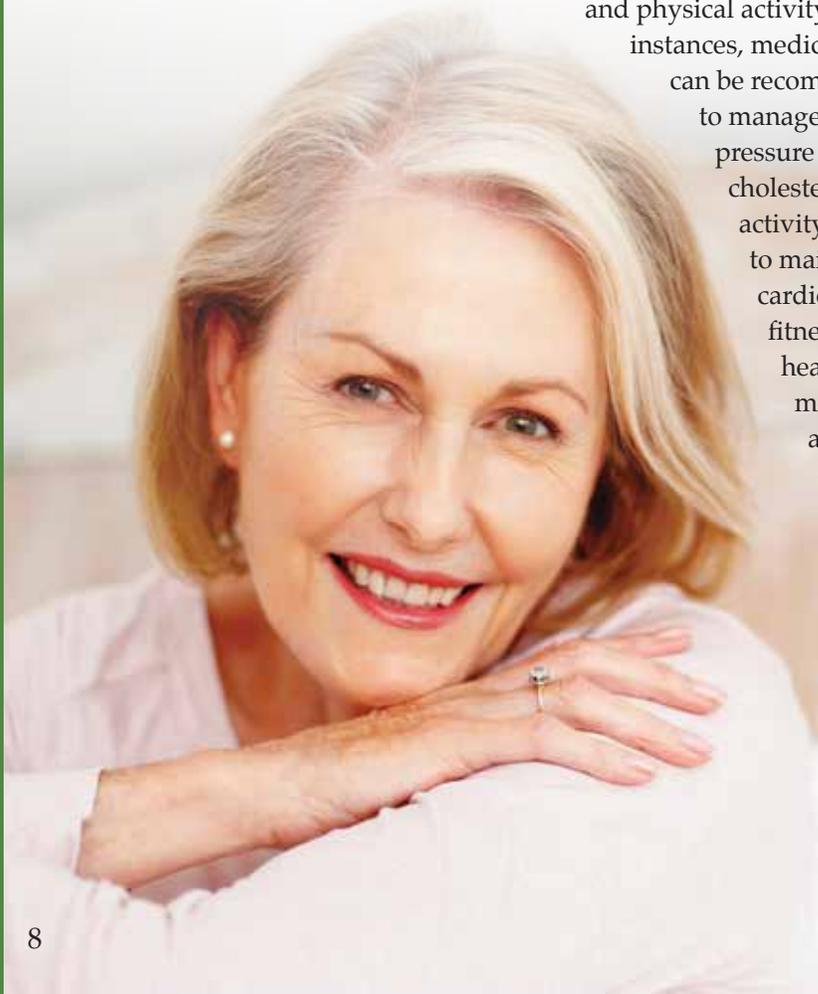
at age 50. Decisions to start screening earlier as well as determining the age to discontinue screening should be individualized. In general, cervical cancer screening continues until age 65 if women have had adequate negative prior screening. Lastly, average risk women should begin colon cancer screening at age 50.

CARDIOVASCULAR DISEASE – as the leading cause of death in women, it is important for women to understand their risks and control factors that may lead to heart disease. These risk factors include high blood pressure, high cholesterol, family history, obesity and smoking. While your family history can't be controlled, the other risk factors can be through lifestyle changes, including healthy eating and physical activity. In some instances, medications can be recommended to manage blood pressure and cholesterol. Physical activity is key to maintaining cardiovascular fitness, bone health, joint mobility, and muscle strength.

OSTEOPOROSIS SCREENING – starting at age 65, all women should have bone mineral density testing to assess for bone loss and risk for fractures. Screening should start earlier if a woman has one or more risk factors including family history, cigarette smoking, low body weight, excessive alcohol intake and use of glucocorticoids. The best prevention strategies include weight bearing exercise, adequate calcium and Vitamin D (600-800 IU/day) intake, avoidance of cigarette smoking and limiting alcohol intake.

MENOPAUSE - menopause is defined as a lack of a menstrual period for one year and occurs at a median age of 51. The time leading up to this, perimenopause, or menopausal transition, can last for years. Symptoms include changes in menstrual cycle, hot flashes, sleep and mood disturbances, and vaginal dryness. These symptoms often impact quality of life. I recommend women be open to talking with your gynecologists or primary care providers about treatment options that may be available to them.

Dr. Colleen Dibble is a board certified internist who sees patients at Ellis Internal Medicine, Schenectady, NY. ■



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By Allen Zieker, M.D.

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"We've recently expanded our Schenectady location and added Dr. Steven Lobel. Dr. Lobel is a local Schenectady optometrist that has merged his practice of 30+ years with our practice and is now seeing patients in our Schenectady and Albany locations," explained Dr. Allen Zieker, president of Ophthalmic Consultants of the Capital Region and director of cataract surgery. "Recently, both Dr. Judith Archibold, an optometrist, and

Dr. Rafael Medina, an ophthalmologist, joined our existing staff of 12 doctors in the practice. It's exciting how much Ophthalmic Consultants of the Capital Region continues to grow."

Ophthalmic Consultants of the Capital Region's impressive staff of doctors includes board-certified optometrists and ophthalmologists, fellowship-trained specialists, researchers and educators with more than 75,000 surgical procedures performed. This extensive experience directly translates into providing advanced treatment and patient care. With subspecialties in retina, glaucoma and neuro-ophthalmology, Ophthalmic Consultants of the Capital Region provides the latest in technology and treatment protocols for conditions such as cataracts, glaucoma, retinal diseases and dry eye.

"We are a comprehensive multispecialty practice for the eyes," Dr. Zieker explained. "This means we offer most specialties in one practice, without having to refer patients out for treatment, so going to the eye doctor is a convenient experience for our patients."

Advanced Eye Care. Hometown Convenience.™

For more information on Ophthalmic Consultants of the Capital Region, visit myoccr.com or call 518-274-3123. Be sure to schedule your annual eye exam!

About Allen Zieker, M.D.

Dr. Allen Zieker is a board-certified ophthalmologist with more than 34 years of experience. Working with cataract patients is his passion; in fact, last year alone he performed more than 1,500 cataract surgeries. ■



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Welcome to the Neighborhood

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

Shooting Stars Childcare (609 Route 146A Ste 104, Clifton Park) recently celebrated the expansion of its full day summer camp and 5-year anniversary. After school and nursery school programs serve area families, providing age-appropriate learning experiences for children, and the Wrap-K program features a 45-minute to one-hour enrichment time used to enhance what the children are learning in Kindergarten. Students and their parents were joined by Chamber of Southern Saratoga County Pete Bardunias, Assemblyman Jim Tedisco, and Mike Mansion representing Senator Hugh Farley, as owners Erica Marshall and Michelle Bamberger cut the ceremonial ribbon on a spring-like day in late March. For more information call (518) 371-2306 or visit shootingstarschildcareinc.com.



“Don’t Hesitate, Stop At Exit 8!” is the tagline the chamber uses to promote the many great businesses located at Saratoga County’s southernmost exit. Perhaps no other business fits that slogan more than Exit 8 Liquors & Wine, (518) 579-0447, located at 1543 Crescent Rd, Clifton Park near the intersection with Lapp Rd. The store officially opened in April, with the CSSC’s volunteer Ambassador crew and chamber President/CEO Pete Bardunias joining owners Bob and Irene Tufano in cutting the ribbon at a wine tasting event. Exit 8 Liquors & Wine has a full selection of popular brands and is conveniently accessed by a growing number of people who use Exit 8 as their access point to Clifton Park and Halfmoon.



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Saturday, June 4

BEAUTY & THE BEAST DANCE WORKSHOP

@Saratoga Senior Center, Saratoga
Join Niskayuna native Michael Whitney from NYC as he teaches a dance from *Beauty & the Beast!*
Time: Ages 7-12, 9-10:30am; Ages 13-18, 10:45am-12:15pm
Cost: \$25 – Pre-register online with Saratoga Children's Theatre

Saturday, June 4

38TH ANNUAL FREIHOFFER'S RUN FOR WOMEN

@Downtown Albany
Part of the 2016 Health & Fitness Expo, the Freihofer's Run is one of the world's largest all-women road races! Join thousands of women of all ages in this 5K event. Children can run in the Junior 3K Run or in one of the many Kids' Runs taking place throughout the day. Starting line is on Washington

Ave adjacent to the NYS Capitol, in front of City Hall.

Time: 9:30am

Cost: \$30; Kids' Run, FREE

Friday, June 10

CLIFTON PARK ELKS 44TH ANNUAL FLAG DAY CELEBRATION

@Clifton Park Elks Lodge, Ballston Lake

Join the celebration to honor our nation's colors and learn more about the history of Flag Day and help recognize our local students as they are honored by local public officials.

Time: 6:30-8:15pm

Cost: FREE

Saturday, June 11 (Rain Date June 12)

CLIFTON PARK NURSERY SCHOOL GARAGE SALE

@344 Moe Road, Clifton Park

Support a good cause and enjoy baked goods and refreshments for sale! Vendors or families interested in renting a space to sell products or personal garage sale items also welcome. Also accepting drop-off donations first week of June.

Contact Diana for more details or to set up a time at diana.glaser@gmail.com.

Time: 9am-2pm

Cost: FREE to attend, \$15 for personal space

Saturday, June 11

LIFESONG'S DAFFODIL DASH 5K

@Halfmoon Town Park

Family friendly activities including music, food & fun! Also participate in the silent auction to benefit the Expressions Studios at LifeSong.

Time: 10am-12pm

Cost: \$25 for registered runners, walkers & joggers

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Saturday, June 18

KRAZY KIDS INFLATABLE FUN RUN

@Ellms Family Farm, Ballston Spa
Join the fun at this first nationwide obstacle run created solely for children. Approx. 1.5 miles, enjoy 11 custom inflatables, 1 water stop, parent viewing lane for parents to run alongside. Must be 3-12 yrs. old and at least 36" tall.
Time: First wave starts at 8:30am - 13

waves at 15-min intervals until 11:30am
Cost: \$33 by 6/3; \$35 by 6/17; \$39 Event Day Only; \$50 All Access Pass; FREE Spectators

Sunday, June 19

ALBANY'S DAD FEST

@Jennings Landing, Albany
Celebrate all the great dads with a day full of live music, food, beverages, retail vendors, friendly competitions & games (including moustache contest) & fun for all ages.
Time: 1-6pm
Cost: FREE

Monday-Friday, June 27-July 1

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This all girls filmmaking class explores the media's portrayal of girls as well as developing a narrative that best represents them, their voices & their unique perspectives. Each group will take the story through the process of scripting, production & post-production to produce a short film or video project. More info at saratogafilmmacademy.com/summer-camps/
Time: 9am-3:30pm



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Opera Saratoga Continues to Bring World Class Opera to the Region

Last summer, Opera Saratoga raised a lot of eyebrows. Lawrence Edelson's first season as the company's new artistic and general director set a new bar for opera in the region. Local and national reviews were consistently exceptional, and Opera Saratoga was prominently featured in the pages of *The New York Times* and *Opera News* magazine. Now many are wondering: What next?

The 2016 Summer Festival at Opera Saratoga promises something for everyone: from a beloved masterpiece by Mozart; to the company's first opera in Spanish; to an American Premiere of an opera-ballet by the country's most famous living composer, Philip Glass! Once again, the opera productions will feature guest artists from The Metropolitan Opera, San Francisco Opera, Finnish National Opera and The Sydney Opera House.

The Summer Festival opens on Friday, June 24th with a new production of Mozart's *The Marriage of Figaro* (*Le Nozze di Figaro*). Returning to the company for the first time in 20 years, Edelson explains that *The Marriage of Figaro* continues the plot of another beloved opera, *The Barber of Seville*, several years later.

The second production of the

season, opening July 2nd, will be the American premiere of Philip Glass' *The Witches of Venice* – an opera-ballet originally written for Teatro alla Scala in Milan that premiered in 1995. This whimsical opera that incorporates dance throughout was composed in collaboration with illustrator and stage designer Beni Montresor, who adapted the libretto from his children's book of the same name. Internationally renowned director and choreographer Karole Armitage, who made her debut with Opera Saratoga last summer leading *Dido and Aeneas*, returns to direct and choreograph this American premiere production. Viswa Subbaraman, Artistic Director of Skylight Music Theater will conduct.

The final production of the summer opens on July 7th. Based on the Academy Award-winning 1994 Italian film that became a surprise hit with audiences around the world, *Il Postino* tells the story of a shy young postman in a tiny Italian fishing village, who discovers the courage to pursue his dreams through his daily deliveries to his only customer, the esteemed Chilean poet Pablo Neruda.

For more information about these operas, plus many free events, visit operasaratoga.org. ■

FREE SUMMER CONCERTS

STARS OF TOMORROW

Saturday, May 28th at 7 PM
Filene Recital Hall at Skidmore College, Saratoga Springs

ONCE UPON A TIME

Saturday, June 4th at 2 PM
Capital Repertory Theater, Albany

A MOZART LIEDERABEND

Saturday, June at 7 PM
The Froehlich Auditorium at The Hyde Collection, Glens Falls

POSTCARDS FROM SPAIN & LATIN AMERICA

Saturday, June 18th at 2 PM
The Dee Sarno Theater at Saratoga Arts, Saratoga Springs

SUMMER OPERAS

All Performances at The Spa Little Theater, Saratoga Springs

LE NOZZE DI FIGARO

June 24 at 7:30pm; June 27 at 2:00pm;
July 9 at 2:00pm; July 15 at 7:30pm.

THE WITCHES OF VENICE

July 2 at 7:30pm; July 11 at 2:00pm;
July 17 at 2:00pm

IL POSTINO

July 7 at 7:30pm; July 10 at 2:00pm;
July 16 at 2:00pm

SPECIAL EVENT

AN EVENING ON BROADWAY

July 14 at 7:30pm



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Town Board Members.....371-6651	Community Development Director	<i>Myla Kramer</i>371-6667
Animal Control Officer371-6756	<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 Officers369-6651
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.



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