

CLIFTON PARK

AN EXCLUSIVE MONTHLY PUBLICATION FOR RESIDENTS

Neighbors



Janine De Jilio
Cammarrata

Finding Strength and a Mission
to Help Others During Darkness





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ON THE COVER
Janine De Tillio
Cammarata



Dear CLIFTON PARK RESIDENTS

May always feels like a time of transformation. The blooms have burst forth and we are surrounded once again by color, new growth and new life. It is a time to celebrate mothers of any kind – those that gave us birth, and those that help guide us through life. It's a time to remember our veterans who have sacrificed so much to allow us to continue finding new avenues on our journey through life. May is that time when we are fully anticipating the summer fun, and it's often when we get the itch to try something new.

This month's issue has a few ideas for you, if that's where you're at right now, too. Thinking about a **Mommy Makeover**? Whether you want a small change or a big one, there are so many options! Dr. Lucie Capek has some ideas for anyone considering a bigger change (p. 6). Is it time to make some space in your house? Check out JDog's tips for your **spring cleaning** this year on pg. 5. Thinking about moving into a **new home**? See why spring is the best time to list your home on pg. 7. Then be sure to read about local author, **Janine Cammarata**, and how she is using her drive, talent and imagination to help bring comfort and assistance to families with young children battling cancer.

As for me this spring, I'm clearing my desk for some fun new projects coming up (stay tuned!), and am looking forward to hearing from YOU! Shoot me an email or **connect with us on Facebook at @CPNeighbors** to let us know what's going on in your community this spring and summer, and who are some of the amazing people you know that we should interview.

Here's to May flowers and sunshine! Have a wonderful month!

Jenna



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Jeff Haraden, on behalf of the Haraden family

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Spring Cleaning: Tips and Tricks

By RJ Gagnon, JDog Junk Removal and Hauling

Through the course of a year, it's easy to pile up possessions of all shapes and sizes. Before you know it, a closet is stuffed to overflowing, the drawers and cabinets can barely close and the garage and the basement are a maze of junk. The best place to begin is where the most clutter resides, so **start in the garage, attic or basement.**

This is where we hide those things we don't know what to do with... but aren't yet ready to give up. However, it's also where you have that needed storage place for the items we do want, but don't use every day.

First, take a look at the big picture. **What is the best use of this space?** Do I want it just to store family heirlooms, off-season clothes and holiday décor? Do I need to use it as a workspace? Could I really get my car in here? Or, could I expand my living space by making it into a mancave or playroom?

What items here don't fit into that plan? Look at each one and ask these questions... When is the last time I used this? Is it something I need? Does

it work/fit? Is it in good shape? Do I have all the pieces? Is it repairable?

Based on the answers – what should I do with it? There are a number of options that don't include the landfill but still help you get rid of the excess clutter – from selling it to donating it to repurposing it.

This is where it gets tough – The Decisions: Will I really complete that DIY project? Or is it time to get rid of it? Clear a space for different piles and bring in some boxes labeled KEEP, DONATE, JUNK. Now, as you put things in those boxes and piles, further label with stickies as to where they go: i.e., a stuffed toy - in your child's room; or a tool – the basement; or tape – the office. Each item has to have a place or it has to go!

Don't start another room until you've finished the first. That way, you'll not only feel accomplished, you'll also now have space to store those items you want to keep in the attic or basement that you cleaned out.

Be sure to clean from top to bottom. You need to work smart so you don't work too hard. When you're cleaning a room, declutter it first. Next, take some time to clean from top to bottom – dust floats down – then vacuum!

Spring is the time to do a clean sweep and catch up on all the household chores you've been putting off, but if tackling these jobs is more than you can handle right now, **hiring outside help is a good idea.** You'll still have to make the decisions, but you can save your back, your time and a lot of the hassle by calling in the pros to tackle these things! Besides – then they can take away those donations or that junk right away and it's done! ■



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The Modern Mommy Makeover

By Dr. Lucie Capek

Spring is here, Mother's Day is around the corner and this is the perfect time to consider a Modern Mommy Makeover (MMO). Motherhood is a glorious female role, but pregnancy and childbirth can change your body in ways that you can't reverse with diet and exercise alone. Hormone fluctuations can have a negative impact on your skin and hair, leading to loss of collagen and thinning.

Our modern approach to a Mommy Makeover is a highly personalized treatment plan that addresses all of these concerns. It is a customized combination of non-surgical and surgical procedures that can rejuvenate your skin and hair, and restore your pre-pregnancy body or even improve it!

WHAT CAN BE IMPROVED WITH A MOMMY MAKEOVER?

BREAST CHANGES

- Excessively large breasts interfering with your active lifestyle
- Sagging or 'deflated' breasts with loss of volume and size
- Enlarged areolae or prominent nipples after breast feeding

BODY CHANGES

- Loose skin, stretch marks and excess fat on your belly
- Indented C-section scar with loose skin hanging over it
- Stubborn fat in the love handles, hips and thighs
- External genital changes

FACIAL AGING

- Dull skin, loss of fullness
- Fine lines, especially around the eyes
- Hair loss
- Thinning, dull hair

What are the procedures and treatments?

The traditional MMO is a surgical procedure consisting of breast surgery, such as augmentation, lift or reduction, in combination with a tummy tuck and liposuction. Genital surgery, such as a labiaplasty, can be performed at the same time.

We can further customize your treatment plan with state-of-the art techniques, such as breast augmentation with fat transfer instead of implants, a mini tummy tuck or a Brazilian buttock lift for a curvier figure.

Non-surgical options for body contouring are also available, such as CoolSculpting for permanent, non-surgical fat reduction, and TempSure Radiofrequency treatments for skin tightening on the body and face.

For getting back glowing skin on your face, neck and décolleté, we offer a full range of Medical Aesthetic treatments in our Latham MedSpa. A medical grade skincare program can do wonders with little to no downtime. Our aestheticians may recommend Hydrafacials or collagen stimulating micro-needling treatments, along with the regenerative benefits of PRP (platelet rich plasma). Our new GoldenGlow micro-infusion is a great way to get glowing skin fast! It combines the benefits of micro-needling with the delivery of biologics directly into your skin for an airbrushed look that lasts for months. Injectable treatments, such as Botox and fillers can also improve fine lines and volume loss in your skin.

PRP treatments are also helpful in reversing hair loss. These no-downtime injections using your own plasma have been shown to improve recovery of weak or dormant hair follicles. In combinations with nutraceuticals that we can recommend, your hair has a better chance of recovering to its pre-pregnancy glory.

Today's modern MMO can be anything that helps you feel confident in your skin! ■



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5 REASONS to List Your Home in the Spring

By Willie Miranda

With the snow melting and the weather starting to warm up, we can't help but feel excited for what is to come – Spring! This time of year is always busy when it comes to real estate. In fact, according to Zillow and other real estate sources, it's considered the best time to list your home. Why?

- 1. Buyers Ready to Purchase** – We all know that winters in the Northeast are cold and most buyers are not out house hunting in this weather. Therefore, the majority of buyers have been looking online for potential homes all winter and are ready to get out there and start actually “seeing” these properties. With our days getting longer, there is more sunlight and more time for buyers to be out and about. Plus, everyone is in a better mood celebrating the fact that it's finally warm out!
Keep in mind: If you're selling your home, you want to get it on the market as quickly as possible, so you can get ahead of your competition.
- 2. Better Curb Appeal** – You have to admit that homes look so much nicer in the spring. With green grass and flowers in bloom, it's much easier for buyers to picture themselves in a specific home. If you're looking to list, make sure you highlight your home's best features; it should feel inviting to buyers.
- 3. More Buyers = More Bidding Wars** – More buyers means more competition for other buyers, which means more chances for bidding wars and ultimately a higher sales price for you. If your home is priced right, marketed correctly and in good condition, you will have no problem selling your home in the spring market.



Happy clients - Chris & Betsy Alesio from Rotterdam, NY - who sold their home last spring!

- 4. Settled in Before Summer's End** – Homebuyers are anxious to get through the homebuying process in spring, making them more inclined to buy before the season is over. This is because relocating and settling into a new home takes time, especially if they have a family. Buyers want to get into their new home as soon as possible, so they can unpack and get ready for the new school year.
- 5. Timing** – The springtime seems to be a great transition time for buyers. The fall and winter holidays are long gone along with the hustle and bustle of commitments that often deter families from moving, school is coming to an end and it's almost summer vacation; meaning plenty of time to unpack and for families to get into a new routine.

So, if you're thinking of selling your home and would like a FREE copy of my book, *What Every Person Needs To Know About Selling A Home in The Capital District*, please call 518-376-1073 or visit www.518SellerBook.com. ■



Willie Miranda

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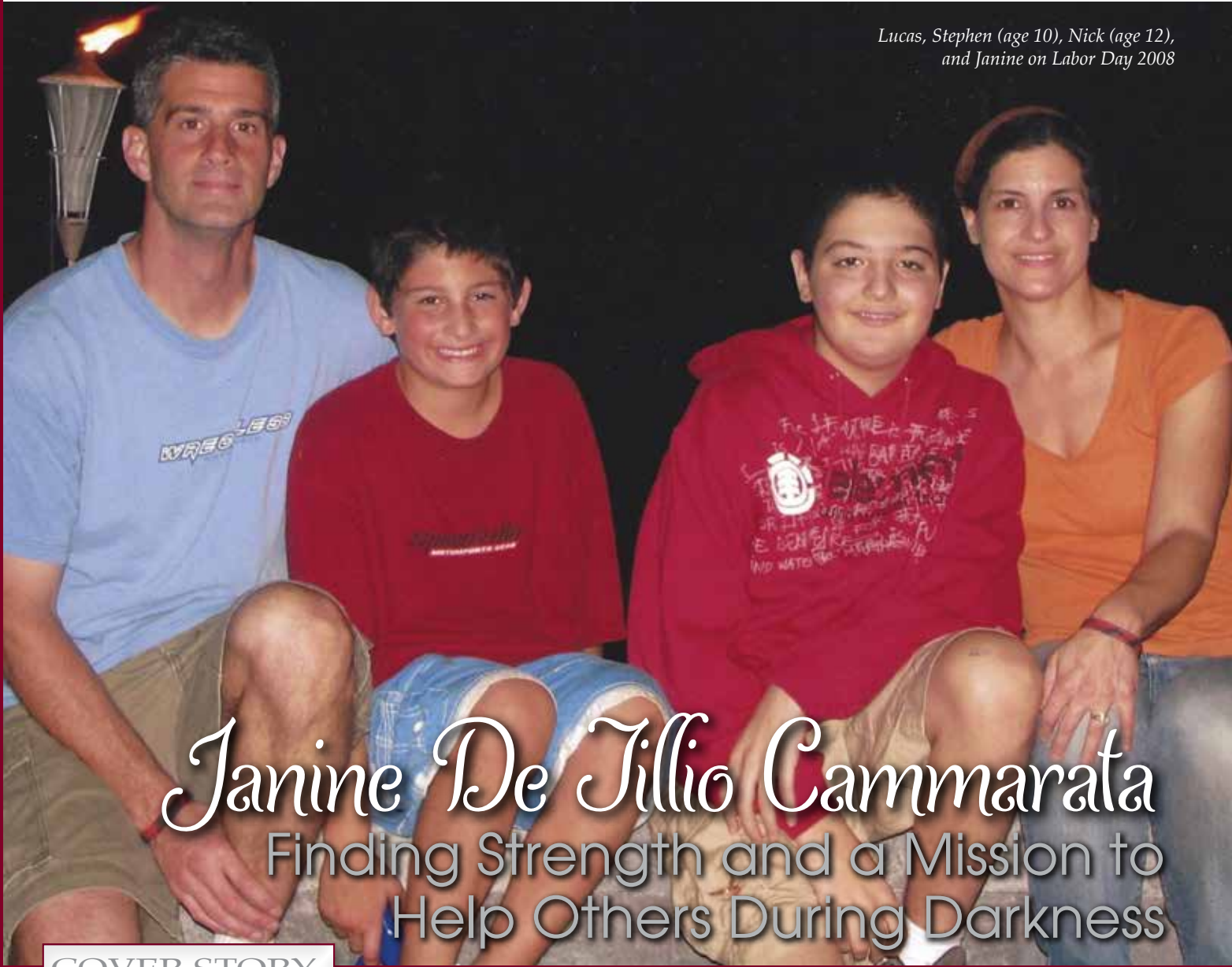
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Janine De Tillio Cammarata

Finding Strength and a Mission to Help Others During Darkness

COVER STORY

By Jenna Caputo | Photos by Super Source Media and the Cammarata Family

Janine De Tillio Cammarata has been a fighter since day one. Born as a premie at 3 lbs. 14 oz. in a time without all the technological advances of today, the doctors did not expect her to survive, but her dad believed otherwise. He refused to let the priest give her the last rites. "He said I would live and called me Adam Ant, because I was little, but strong," remembers Janine. "I think my birth set the stage for the rest of my life. So much has been thrown at me, but I keep plowing through."

Born in Smithtown, Long Island, Janine was the third out of four siblings. She was physically and emotionally bullied. "I wore glasses

since I was three, and back then that was a perfect reason for kids to tease me," she says. "Before my brother entered middle school, my parents decided we needed a safer place to live." So the family moved to Greenville, NY when Janine was seven years old. Growing up, Janine always enjoyed reading, exploring in the woods, riding her bicycle and dirt bike, listening to music and doing jigsaw puzzles. The puzzling began when she was nine years old and laid up with a broken leg. "My extended family and I are extremely klutzy," says Janine. "Luckily, my mom is a nurse and my sister continues the tradition!"

She was a shy and introspective child, so she often kept to herself

and could spend hours working on puzzles, the more challenging the better. She would wait for her father to come home from traveling for work to put the last piece in together. Her father was her biggest hero, and sadly she lost him to lung cancer when he was only 57 years old.

Janine attended The College of Saint Rose for both her undergraduate and graduate degrees, majoring in English Literature with a specialty in medieval literature, and a minor in Political Science. She always had a creative flair, but wasn't originally intent on pursuing writing. Her medieval literature professor suggested she write fiction, and although she dabbled in it here and there, she didn't



Janine teaching a journaling workshop

seriously pursue the profession until later in life.

The day after fracturing her shin and breaking her toe, Janine met her husband, Lucas, on a blind date. "I was on crutches, so he knew what he was getting into right from the beginning!" she jokes. "It was love at first sight. I knew I would marry him as soon as I set eyes on him." Three years later, they married and happened to be riding their motorcycles around Clifton Park when they saw a house for sale. They fell in love with it and have been in the area ever since.

They had two sons – Nick and Stephen. Unfortunately, tragedy struck just as Nick was turning 13 years old. He was diagnosed with Acute Lymphoblastic Leukemia on July 4, 2008. He passed away on October 26, 2008. Their family was left reeling from this tragic loss and struggled to make sense of the situation and what they should do next. "Nick was a vivacious, enthusiastic and caring boy. It was a terrible, devastating illness for him, but he always smiled and kept others positive," says Janine. "We were lost as a family and I couldn't function. There were a lack of services and support for someone at Nick's age while in the hospital. Nick would have been the first person to help someone else, so we decided to start a foundation that would financially and emotionally support all children battling cancer at The Bernard and Millie Duker Children's Hospital Melodies Center in Albany Med."

Many of these children and their families have to travel an hour or more



Janine helping out during the Family Connections program

every day to get their treatment. The process is draining both emotionally and financially. Nick's Fight to be Healed Foundation helps to reduce their stress, assisting with the bills and also with emotional support through their Family Connections program. Through the use of yoga/ meditation and journaling, Family Connections provides a safe space for families to come together, share their stories, receive support and find help with the resulting PTSD, survivor's guilt and challenges with transitioning away from the hospital that many of these children go through.

In addition to the support they provide these families, the foundation has been able to donate almost \$1 million over the last 10 years to local families and The Melodies Center. There are always opportunities for

volunteers to help as well, through blood drives, fundraising events or collecting supplies.

In constant pursuit of healing and helping others, Janine has focused her energies back to her writing. After Nick's death, she had a hard time connecting with the world with a grief much too big for her to handle. The world of literature came to her rescue when she read the book, *The Art of Racing in the Rain*, by Garth Stein. The words of the dog, Enzo, resonated deeply with her – "What you manifest is before you." She realized that she could either let her grief slowly destroy her or she could bring good and healing into the world. She wanted to use her writing to not only open the door to her grief, but to share it so others could connect and know that hope is always an option.

She explains: "I write middle grade and young adult fantasy that softens the harshness of reality and takes our youth on a journey toward deep friendships, strong values and hope in their future. I come to my writing from a place of healing and the belief that words can transform a person's life. A book may be pure entertainment that makes us laugh, cringe in fear, smile and escape. If the time is right, books

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can also transform, heal and soothe. The need to heal as well as empower another to make a difference in their own life and the world is what drives my writing. It's cathartic and is a connection to my son, no matter what I write."

Her current series, *The Puzzle Quests*, begins with *Shimmer's Eggs* – the story of 11-year-old Luke, who longs for an adventure to escape being sick in the hospital. As a medieval princess and her dragon come to life from his jigsaw puzzle, he doesn't know what to believe. When she grants him and his little brother, Peter, a wish in exchange for their help, they can't afford to say no, and they are thrown into an adventure in another world on their great quest. The second book, *Saving Atlantis*, was released in 2018. Book three in the series, *Sketchy Dinosaurs*, is due out this year.

Janine also has a young adult series, *The Fianna Cycle*; and a non-fiction book, *What Makes Them Amazing: Inspiring Stories of Young Adults Battling Cancer*. Partial proceeds from all her books are donated to the foundation and given to newly diagnosed families.

Janine teaches creative writing to elementary and middle school students through the BOCES program and at the Clifton Park-Halfmoon Public Library, as well as a journaling workshop for healing and self-awareness, also at the library. In



Stephen, Janine & Lucas during the 2018 Nick's Ride to be Healed

addition to her writing and other work, Janine is a Baptiste Inspired yoga instructor, a third degree black belt martial arts instructor, and is a sucker for karaoke.

Her advice for anyone thinking of pursuing writing is simply to write what you love. Write what rings true to you. "Know what's important and stick to it," she says. "Write because you have something to say and can't imagine doing anything else. Also, sit in a chair and get it done. I write daily in a journal, in addition to my creative writing. Self-inquiry allows you to get

"Every day we are faced with adversity, tragedy, loss and sadness, but there's also joy, love, compassion and acts of kindness. We have the power to choose how we will show up every day. You never know how your positive attitude can affect another person. I choose to share hope and give to others through my writing and foundation. I know Nick would have done the same."

to the heart of your writing and you never know what will show up."

Family is the most important aspect of Janine's life. Lucas is a Cyber Security Technical Solutions Architect for Cisco Systems and enjoys playing soccer. Stephen, now 21, is a senior at Johnson and Wales University in Providence, studying Business Administration. He participated in travel soccer for years. Their family also includes two rescue dogs: Zoey Shadow (10), a white Akita and black lab mix, and Dakota Kenny (8), a black lab, shepherd and mix. Janine loves walking the dogs, attending farmers' markets, and visiting independent bookstores. She and her family enjoy riding their motorcycles looking for "gem spots."

Janine says her two biggest passions in life are *family* and *hope*.

They are an open arms type of family that is fiercely loyal not only to their family by blood, but family by choice as well. They have large, boisterous family gatherings that include lots of food and laughter. Humor has helped them through their darkest times.

As for hope, Janine is passionate about using her experience to help others. "Losing my oldest son almost killed me. Even with another child, I couldn't imagine living the rest of my life without part of my soul. Some days I still can't. Losing a child is a lifelong journey through grief. It doesn't go away. You don't get over it. Having compassion for myself has been the toughest part of living with loss. I'm not the same person I was before I lost Nick and that's ok. Through journaling, yoga and family/community support, I have found ways to walk with my grief. My passion is to share hope with others through my words. I want people to know that no matter where you are there is hope. Showing love, compassion and empathy to others are ways to kindle hope. My writing is my passion. Nick's Fight to be Healed is my mission."

For more information on how you can help Nick's Fight to be Healed, visit www.fighttobehealed.org. For more information on Janine and her books, visit www.janinedetilliocammarata.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.



Albany Symphony 2019 American Music Festival, Sing Out! New York

By Rachael Eiseman

When Music Director David Alan Miller planned this year's American Music Festival, he chose to highlight New York's leading role in championing equal rights. This summer marks 100 years since the **passage of the 19th amendment** and 50 years since the **Stonewall uprising**. For two weekends in June, these two iconic moments in history shape the **Albany Symphony's 2019 American Music Festival: Sing Out! New York**.

Sing Out! New York transforms Downtown Troy into a bustling hot spot of innovative concerts, interactive workshops, free performances, film screenings and much more! "These immersive events," Miller explains, "celebrate the things that bring us together as New Yorkers and human beings."

Since 1999, the American Music Festival has served as **an international hub for NEW American music**, featuring today's



most adventurous artists and bold composers. Executive Director Anna Kuwabara said, "The American Music Festival is the annual blossoming of the Albany Symphony's commitment to the music of our time, giving voice to the stories, aesthetics, thoughts and emotions of our society right here and now. The Festival...is our opportunity to celebrate and unite our community, to transform lives and be transformed through the power of music."

The program in each community includes **Beethoven's Fifth Symphony**, sing-alongs and summertime favorites. The centerpiece of each is one of the newly commissioned works from the Festival. Outdoor street fair includes opening acts by local school and community groups, NY craft food and beverage, community art making and **fireworks!**

For more information, visit: AlbanySymphony.com. ■

4 MUST-SEE EVENTS & FREE OUTDOOR CONCERTS

FIRST DRAUGHTS

THURSDAY, MAY 30 | 7:00PM | FREE

Get an insider's look as 12 emerging composers have their new works performed for the first time! Enjoy a private happy hour and sample beers from local craft breweries, including new brews inspired by the Festival.

DOGS OF DESIRE CONCERT

FRIDAY, MAY 31 | 7:30PM

The Albany Symphony's 18-member resident new music ensemble, Dogs of Desire, will present *five world premieres*.

AMERICAN MUSIC FESTIVAL CONCERT

SATURDAY, JUNE 1 | 7:30PM

Hear composer/performer **Tanner Porter's** new work inspired by the women's suffrage movement, experience **Philip Fisher** playing **John Corigliano's** Piano Concerto and witness **Hila Plittman's** Grammy-winning voice in **David Del Tredici's** *Pop-pourri*.

MUSIC IN THE SQUARE

SUNDAY, JUNE 2 | 11:00AM | FREE

This family-friendly event includes art making activities, including a "make-your-own sash" station, button and pin making, and a community chalk mural, re-enactors, including legendary figures like Frederick Douglass, Susan B. Anthony and Elizabeth Cady Stanton, mingling with the crowd, and an outdoor concert with performances by Molly Joyce, IAMIAMIAM, local musicians and community performers.

FREE OUTDOOR CONCERTS

JUNE 6 – JUNE 9 | 7:30PM

Thursday, June 6 | Schuylerville
at Hudson Crossing Park

Friday, June 7 | Albany at Jennings Landing

Saturday, June 8 | Schenectady
at Mohawk Harbor

Sunday, June 9 | Hudson at Basilica Hudson

Wednesday, May 1

GARDENING TALK ON INVASIVE SPECIES

@Clifton Park-Halfmoon Public
Library, Program Rooms A&B

What is an invasive species and why should you care? Kris William, Capital/Mohawk PRISM Coordinator, will speak about why some of the plants and animals introduced into our environment become so invasive and destructive, and how we as gardeners, hikers, fisherman and vacationers are often unknowingly complicit in their spread.

Time: 1-3pm

Cost: FREE

Friday, May 3

1ST FRIDAY STEWARDSHIP HIKE

@Erie Canal Community Connector
Trail, Clamsteam & Towpath Rd,
Halfmoon

Join the Town of Clifton Park Open Space, Trails & Riverfront Committee on a "working, Stewardship Hike" at the Erie Canal Community Connector Trail. Meet up at the far eastern end of the new trail at the trailhead parking lot at the end of Clamsteam Rd and Towpath Rd. Walk from Halfmoon west on the towpath into Clifton Park and then back. Please RSVP 518-371-6054.

Time: 1-3pm

Cost: Free

Saturday, May 4

THE BROWN SCHOOL 5K COLOR RUN

@Central Park 500 Iroquois Path

Run for fun in the 3rd Annual 5K Color Run for the Brown School and bring the kids for a 1 mile.

Time: 11:00 am, 10:45 am for kids

Cost: \$25 for adults, \$8 kids

Saturday, May 4

RISING FROM THE ASHES - A BENEFIT FESTIVAL

@Singlecut North, 6 Fairchild
Square, Clifton Park

Please join us and an incredible line-up of brewers from across NYS for "RISING FROM THE ASHES" - a benefit festival raising funds for the staff of COMMON ROOTS BREWING COMPANY. PLEASE NOTE: This event is for those 21 years of age or older. Proper ID is required for admission. No pets or kids are permitted.

Time: 5-8pm | Cost: Free Admission

Saturday, May 4

LEARN TO FISH DAY IN CLIFTON PARK

@Barney Road Pond, Eastern
Shoreline, Clifton Park

This is the 4th annual family fishing clinic, open to all ages. NYS Department of Environmental Conservation (NYS DEC) staff will be presenting fishing and habitat education. This is a public, free, sport-fishing event with no freshwater fishing license required if participating in the event. Bring your own equipment or borrow from the NYS DEC during the event.

Time: 9am-1pm | Cost: FREE

Saturday-Sunday, May 4-5

PASS IT ON SPRING/SUMMER CHILDREN'S CONSIGNMENT SALE

@Sportsplex of Halfmoon,
Clifton Park

There will be spring/summer clothing, infant through teens; sports equipment; toys; baby equipment; shoes; books; outside toys and so much more!

Time: Sat: 8am-8pm; Sun: 8am-2pm

Cost: FREE

Sunday, May 5

ELECTRIC CITY MINI MAKER FAIRE

@Union College, Frank L. Messa Rink,
Schenectady

We are inviting guests to exhibit their work and will have a broad range of participants from Union College and the Capital District. We are inviting local makers, small businesses, high school and middle school STEAM programs, local libraries, First Robotics, local Maker Spaces and many others to make it a well-rounded event that really promotes Making, STEAM and the local community.

Time: 11am-4pm | Cost: FREE

Monday, May 6

NICK'S FIGHT TO BE HEALED 10TH ANNIVERSARY CELEBRATION

@Clifton Park-Halfmoon Public
Library, Room A-B

Join us for our annual celebration as we celebrate the accomplishments of 2018, learn about the foundation, enjoy refreshments, awards ceremony and more!

Time: 6-8pm | Cost: FREE

Mondays, May 6, 13

DROP-IN PJ STORYTIME

@Clifton Park-Halfmoon
Public Library

This lively, drop-in story time is a nice opportunity for children whose parents work outside the home. Pajamas encouraged! For families with children ages 2-6; no registration required.

Time: 6:15pm | Cost: FREE

Friday-Sunday, May 10-12

2019 CLIFTON PARK SOCCER CLUB SPRING SOCCER CLASSIC TOURNAMENT

@Clifton Common Soccer Complex,
Clifton Park

The tournament invites boys and girls teams U14 - U18/19.

Saturday, May 11

THE 71ST ANNUAL ALBANY TULIP FEST 2019

@Washington Park, Albany
Mother's Day weekend, the Tulip
Festival is Albany's signature spring

event featuring annual traditions rooted in the city's rich Dutch heritage. The event includes nearly one hundred artisans selling their handmade crafts, a fine arts show, delicious food, the KidZone family fun destination, two stages of world-class live entertainment and more than 140,000 tulips in 150 different varieties.

Saturday, May 11

JDRF ONE WALK

@The Great Escape and Hurricane Harbor, Queensbury
Join The Great Escape for JDRF One Walk drawing people together in a healthy activity for a worthy goal – raising money to improve the lives of every person affected by Type 1 Diabetes.

Time: 10:30am-6pm

Sunday, May 12

KELLY'S ANGELS MOTHER-LOVIN' 5K 2019

@Orenda Pavilion, Saratoga Spa State Park, Saratoga Springs
Kelly's Angels, Inc., is seeking runners and walkers for its 7th annual Mother-Lovin' Day 5K. The signature fundraising event raises funds to help local children who have lost a parent to cancer. FREE Kids Fun Run, Teams Welcome! Awards, T-Shirts for first 500 registered. No Pets.

Time: 8:45am Kids Run;

Adults Run 9:15am

Cost: Online Registration \$30/Day of \$35

Sunday, May 12

MORNING ON THE FARM

@Into The Woods Farm, 7222 Kilmer Road, Middle Grove
Come and join us for a late morning of farm experiences from hanging with the herd of Nigerian Dwarf Goats to collecting eggs from our various chickens. Take a look around, meet our animals, ask questions and learn more about our programs and who we are.

Time: 10am-12pm

Cost: \$10 per person donation

Saturday-Sunday, May 18-19

9TH ANNUAL WINTER RAPTOR FEST

@Washington County Fairgrounds, 392 Old Schuylerville Road, Greenwich
Experience the wonder of flight with exciting Live Bird of Prey programs to introduce you to many of our native owls, hawks and falcons, including some of our most endangered species! Check winterraptorfest.com for schedule.

Cost: \$12 for ages 13 and older;

\$6 for ages 7-12; age 6 and under are free

Saturday, May 18

HEALTHY LIVING EXPO

@Hilton Inn Garden Clifton Park
The Expo shows how to live an active and healthy lifestyle by becoming more engaged on health and well-being. It features 40 plus vendors offering a vast array of products and services including educational sessions and workshops that include "Ask the Doctor" on Health, Nutrition, Fitness, Anti-Aging and so much more. Plus, healthy cooking demos, free samples, drawings / giveaways and more. healthylivingnyexpo.com/

Time: 9am | Cost: FREE

Saturday, May 18

100TH ANNIVERSARY PARADE AND FAMILY DAY

@Clifton Common, Clifton Park
Help us celebrate our 100th Anniversary as the Jonesville Volunteer Fire Department! The day will kick-off with a parade along Clifton Park Center Road, up Vischer Ferry Road and ending at the Clifton Common. Great food, exciting rides, fun games, captive demonstrations, intense firefighting competitions and fantastic music will all be featured.

Time: 1-8pm | COST: FREE

Saturday-Sunday, May 18-19

VILLAGE OF WATERFORD CANAL FESTIVAL

@Waterford Harbor Visitor Center, 1 Tugboat Alley, Waterford
Join us for this annual event as

we welcome new and returning vendors to line the banks of the Erie Canal. The event features boat rides, vendors, dance reviews, free fun for kids (bounce house, pony rides, face painting), kayak rentals, a fishing contest and more!

Sat: 10am-6pm; Sun: 10am-4pm

Wednesday, May 22

DRIVE WELL

@Clifton Park Senior Community Center
With presenter, Donna Stressel of the Driver Rehabilitation Program at Sunnyview Hospital. The ability to drive safely is important in order to remain independent and connected in social activities. Learn how to maximize your own driving fitness and safety as you age, as well as how to address concerns about the driver fitness of a loved one. Brought to you by Shenendehowa Neighbors Connecting in honor of Older Americans Month with this year's theme "Connect, Create, Contribute." Open to the public.

Time: 12:30-2pm | Cost: FREE

Friday-Sunday, May 24 -26

GOTTAGETGON FOLK FESTIVAL

@Saratoga County Fairgrounds, Ballston Spa
Come out for this traditional, family-friendly folk music festival in Ballston Spa. Swing bands to Irish and folk musicians to workshops and dancing.

Saturday, May 25

GERALD B. H. SOLOMON SARATOGA NATIONAL CEMETERY FLAG PLACEMENT & MEMORIAL DAY CEREMONY

@Gerald B.H. Solomon Saratoga National Cemetery, 200 Duell Road, Schuylerville

Memorial Day ceremony that pays tribute to our local veterans for their service and sacrifice to this great nation. Starting at 8am on May 25, 2019 join us as we place flags on every veteran's gravesite.

Time: 8am-12pm



Welcome to the Neighborhood

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



Not a new arrival, but one with staying power, **West End Bagels** (5 Southside Dr, 518-952-4762, www.westendbagels.com) celebrated its 5th Anniversary this February in downtown Clifton Park's Southside Plaza with a ribbon cutting and Wagel Bagel cake. Owners Donna Arini and Chris Naughton were delighted to celebrate along with staff, friends, Clifton Park Town Supervisor Phil Barrett, representatives of Assemblywoman Mary Beth Walsh and Senator Jim Tedisco, CSSC President/CEO Pete Bardunias and chamber staff. Chris is so used to warming the hearts of locals and homesick tourists with fresh, authentic NYC-style bagels, other baked goods, cold cuts and coffee that he even wore shorts for the occasion!

Lt. Governor Kathy Hochul (center, holding scissors) and many elected officials were on hand to cut the ceremonial ribbon as **Kitware** (1712 Route 9 Ste 300, 518-371-3971, www.kitware.com) opened its new corporate headquarters near the intersection of Routes 9 and 146. A software research and development company, Kitware is a leader in the areas of computer vision, data and analytics, high performance computing and visualization, medical computing and software process, with offices in NY, VA, NC, NM and Lyon, France. Their open source software helps to stop "fake news" and the propagation of false imagery, identifies fish species in underwater photography, makes 3D reconstructions of satellite images and creates trauma and surgical simulators for the medical profession. Internships and careers are available.



Meet other business neighbors at www.southernsaratoga.org.

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Saratoga Arts

Contributed by Rebecca Zeh, Saratoga Arts

At The Library...

On display at the Clifton Park-Halfmoon Public Library are photographs by Robert Coppola from Tuesday, April 30th - Tuesday May 28th. This exhibition is on the second floor of the library and should not be missed!!

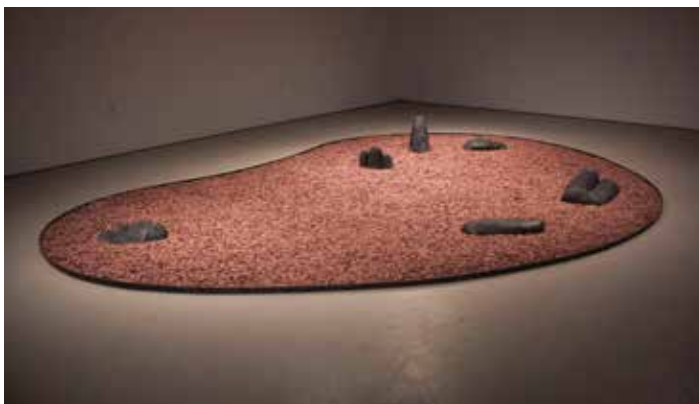
At The Gallery....

Visit the Arts Center Gallery at Saratoga Arts to view *Passing Time: Works by Paul Chapman, Rebecca Flis & Harry Wirtz*. The exhibit will be on display from May 11th - June 15th.



For The Kids...

Do you have kids at home that are looking to get creative this summer? Sign them up for summer camp at Saratoga Arts! Visit www.saratoga-arts.org/education/school-break-summer-camp/ for more information. ■



Art installation by Rebecca Flis.

All are invited to the opening reception of *Passing Time* on Saturday, May 11th, from 6-8pm. Meet the artists and view this thought-provoking show! Also enjoy refreshments and craft beer provided by Druthers Brewing Company.

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