



# Best Version Media®

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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**  
Connie Bramer

# Dear CLIFTON PARK RESIDENTS

I don't know about you, but I get sick of seeing a consistently negative newsfeed. These days, as I cautiously scroll through the news headlines or even my once-fun Facebook page, I am dismayed to see a long list of wearying headlines day in and day out.

Yes, there's a lot of uncertainty and fear in our world right now, but there is also a lot of good. You may not know it based on what the media is showing us; there are indeed many kind people out there doing wonderful things in the world, and making a difference one step at a time.

Each day, I try to find the good. One thing that makes me smile. One thing that proves that humanity still exists. One thing to give me hope. Luckily for me, there are many things happening in the Capital District on a daily basis that make me smile. We are so lucky to be living in a community full of people trying to make the world a better place!

Take our cover story, Connie Bramer (pg. 6). After her own victory over cancer, she has taken what she learned through her journey to make other patients smile – whether if it's through her humorous and realistic book, *How Connie Got Her Rack Back*, or through her non-profit that helps local families undergoing cancer treatment here in the Capital District. Her life motto of being kind to others, laughing and leaving people better for having known you is what "humanity" is really all about.

Also making me smile this month? Knowing that our magazine helped a local family adopt a very special pet (pg. 5) and seeing the kids at Brown School create a better environment by learning about mindfulness through Goldie Hawn's MindUP™ program (pg. 9).

Thank you to this wonderful community for being a shining example of the good in the world. Remember to make the effort to do one kind thing a day. It doesn't matter how small of an act it is, it does indeed make a difference. And please keep those stories coming. I look forward to hearing more about all the great things happening in the area!

## Jenna



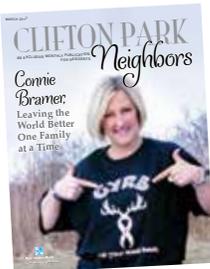
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