

MAY 2016

CLIFTON PARK Neighbors

AN EXCLUSIVE MONTHLY PUBLICATION
FOR RESIDENTS



Wendy Corsetti
Launches "Amigas
Latinas" Group in
Capital District



Best Version Media

Cover photo by Niki Rossi Photography

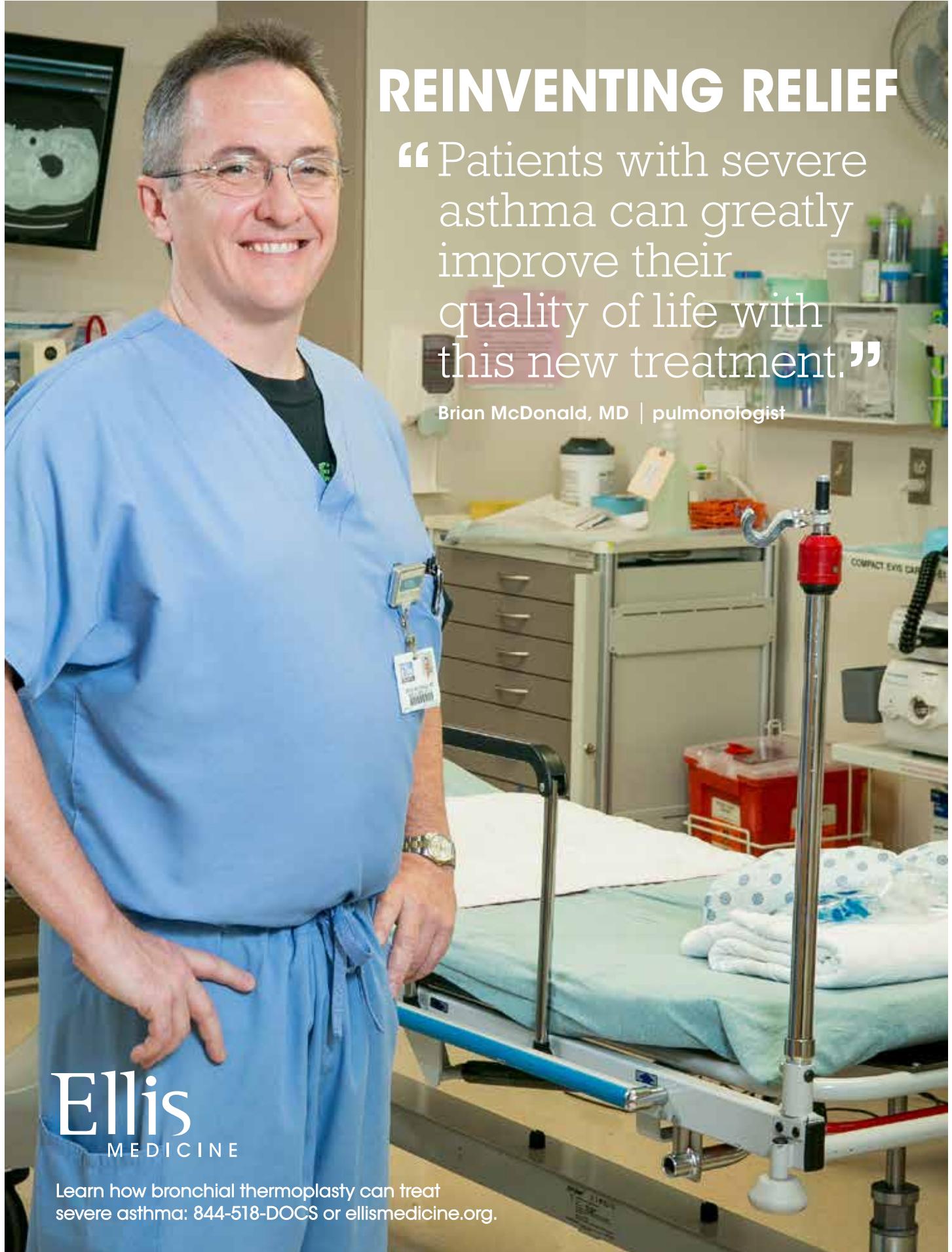
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“Patients with severe asthma can greatly improve their quality of life with this new treatment.”

Brian McDonald, MD | pulmonologist

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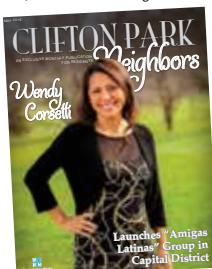
COMMUNITY SUBMISSIONS

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
Wendy Corsetti

Hello CLIFTON PARK RESIDENTS

Happy May! As the sunshine begins to flood into our area again and I watch our community waking up with new life, I am filled with thoughts about new starts. Beginning something new, although it is often exciting, is usually very scary for many of us. That fear of the unknown and trying something you've never done before is a feeling that many people hate. I suppose that is why I have such admiration for people who take big leaps in their lives. It takes courage and strength – two traits that I am always working on for myself.

Wendy Corsetti (page 6) moved here from Peru with her family and had to learn a whole new way of living. But she trusted herself, and with each life decision found a new path that has led to fulfillment and the flexibility to live her life the way she wants – the way that works out best for her family. Her courage paid off.

Dr. Rick Steiner (page 5) writes about how retirement is a chance at a "do-over," but many are left struggling with what to do once they find themselves with this newfound freedom. Luckily, he has some answers to help!

Pushing yourself is scary, but it can lead to amazing results. How will you push yourself this month? What new start waits for you?

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!

Non-Profit Spotlight

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

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

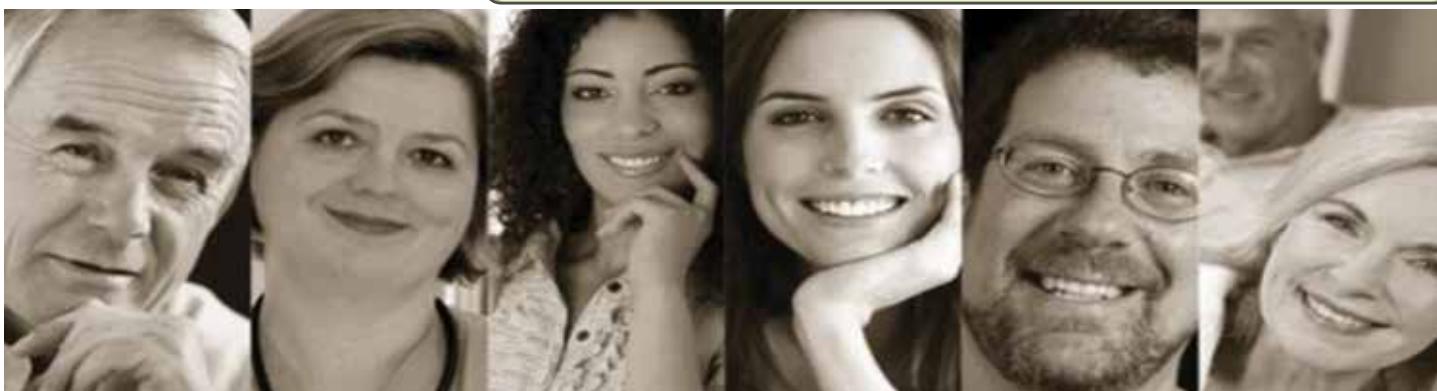
Creative Corner

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!

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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Clifton Park Town Seal Reflects the Heritage of the Town

By John L. Scherer, Clifton Park Historian

I have recently been asked on several occasions about the symbolism in the Clifton Park Town Seal and what it represents. The seal originated some 30 years ago as part of the town's celebration of the Bicentennial of the American Revolution.

The Town of Clifton Park was designated an official Bicentennial Community, one of many throughout New York State. One of the Bicentennial events sponsored by the town during the spring of 1981 was a public contest to create an official seal for the Town of Clifton Park. Evelyn Dash and I served as co-chairs of the contest. A fifty-dollar United States Savings Bond would be awarded to the winning entry. By the beginning of April, the Town of Clifton Park Bicentennial Committee announced that 50 entries for the Town Seal Contest would be displayed at the Clifton Country Mall on April 11.

Town residents were encouraged to visit the mall and cast their ballot for their favorite entry during the first level of judging. One hundred and fifty-one votes were cast and the top ten choices were submitted later that week to a panel of judges for a second level judging. The judges were Sandra Bowden, Audrey Kuhn, Jim Hanley, Willard Van Vranken Sr. and I as Town Historian. The judges selected three designs, which then went to the Town Board to determine the winner. The winner was announced at the Town Board meeting on April 27, 1981.

The winner of the contest was Cory C. Kirchert of 25 Lyndon Court, Calico Colony. His design, like most of the entries, emphasized the heritage and history of Clifton Park. The seal contains several significant motifs.

The semi-circular garland of corn sheaves on the



dexter (right) side of the seal represents the agricultural accomplishments of the first known residents, the Indians. They raised corn along the Mohawk River and referred to that area as "Canastigione," meaning corn flats.

The semi-circular garland of wheat on the sinister (left) side of the seal is symbolic of the general importance of agriculture in the town's economy, especially the production of grain, during the 19th and 20th centuries.

In the middle of the seal is a shield, which is divided into three distinct sections.

At the top of the shield are two flags representing the two European nations that influenced the early growth of the town of Clifton Park. On the dexter (right) side is the red-white-blue tricolor of the Netherlands, indicating the importance of the early Dutch farmers, the first white settlers to our town. On the sinister (left) side is the Union Jack of the British as it looked prior to the American Revolution. This of course indicates the town's English roots.

In the middle of the shield is a constellation of five fire-pointed stars arranged in a semi-circular pattern above a stylized half moon. These stars represent the five primary villages or hamlets that have been important community centers: Vischer Ferry, Jonesville and Elnora, Clifton Park, Grooms Corners and Rexford. The halfmoon represents the recognition of our town's inclusion from 1791 to 1828 in the Town of Halfmoon, and Clifton Park's emergence from that same town.

The bottom section of the shield includes the rolling land of Clifton Park along the Mohawk River. The stylized portrayal of the Mohawk River represents the importance of the river and Erie Canal to the growth and development of Clifton Park.

The ribbon with the date 1828 is wrapped about both external garlands and winds upward. Its placement within the seal not only reveals the date of Clifton Park's official status as a town, but also ties together the entire seal indicating unity and coherence, while its movement ending above the shield represents upward movement or continued growth and prosperity.

Thus our town seal contains many symbols of Clifton Park's heritage, and like many other history and historic preservation-related accomplishments is a product of our American Revolution Bicentennial celebrations. Hopefully the seal will now be more meaningful to those who see it. ■

Unsure whether you can retire? Let's talk.



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Making Retirement the Best Years of the Rest of Our Lives

By Dr. Rick Steiner

Retirement is truly life's one and only do-over, a mulligan, our second bite of the apple. I, like many, expected retirement to appear fully formed, just turn the "work switch off" and the "retirement switch on." Retirement can be both exciting and frightening. You see, work was who we were and what we did – it's how we defined ourselves and how we structured our lives. But retirement changes everything. So what's hard about "doing nothing?" My friends, that's when it all can go wrong.

Retirement is more than the absence of work – it's a new way of life requiring new vision, new purpose and new life perspectives. Retirement disconnects us from our familiar daily routines, our social networks, our paychecks and our reason for getting up every morning. Bottom line, our primal obsession with gathering financial assets to the exclusion of building our intellectual, social, emotional health and physical assets can derail our retirements – and we don't want that to happen, now do we?

7 Keys to Creating Sustainable and Fulfilling Retirements

It's Not about the Money: Retirement isn't about how much money we have in the bank, but how much richness we have in our lives.

Retirements Don't Just Happen: We have to make them happen our way!

Retire from Work Not from Life: When you retire from something you have to retire to something, making sure those "somethings" keep you occupied the rest of your lives!

Letting Go, Moving Forward: Retirement isn't about who you were, it's about who you become!

Accepting Our Aging Selves: Getting older is inevitable and the preferred option, thinking old optional!

Remaining Optimistic: There will be times of joy and celebration as well as disappointment and sorrow, embrace the joy and overcome the disappointment and sorrow.

Stop Dreaming, Start Doing: Retirement is about challenging life and tempting fate; it's about recapturing lost dreams and missed opportunities; and, enjoying every sunrise and sunset every day!

Dr. Rick's book *Retirement: Different by Design* is available at bookstores everywhere, Hatherleigh Press, Amazon, and Dr. Rick's website at <https://retirementdifferentbydesign.com>. Dr. Rick



also offers Retirement Coaching to those contemplating retirement and to the already retired who want to take retirement from dull to daring. Always happy to answer questions, you can contact Dr. Rick directly by calling 518-368-6010 or by email at retirementdoctor@aol.com. Looking forward to hearing from you! ■

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COVER STORY

By Jenna Caputo
Photos by Niki Rossi Photography

Wendy Corsetti Launches "Amigas Latinas" Group in Capital District

Wendy Corsetti learned from an early age to trust her own instincts. Born and raised in Lima, Peru, Wendy has many fond memories of spending the day at the beach with her family. "We would arrive in the morning, bring lunch, and stay until sunset," she reminisces. "Watching the sun set on the Pacific Ocean, the beauty of its colors, is a memory I will cherish in my heart forever."

She also has many wonderful memories of the food. Heralded as some of the best cuisine in the world, the New York Times called Peruvian food, "the original fusion food, having absorbed influences from almost every continent over the last 500 years and melded them with ingredients and dishes that provide a direct link to the Incas." One of Wendy's favorite dishes is the Lorno Saltado – a traditional and very popular stir-fried steak. She also loves Parihuella – a hearty, spicy Peruvian soup that is loaded with seafood, and Ceviche – the internationally popular seafood dish that is typically made from raw fish cured in citrus juices.

Her mother was a nurse and her father was an undercover Sergeant Police Officer. Fearing their family was in danger from the "Shining Path," a violent Peruvian revolutionary terrorist group, Wendy, her mother, father and little sister left Peru in 1991 and joined her older sisters who were already living in Port Chester, NY.

Wendy quickly settled into life in Port Chester. She decided to follow in her mother's footsteps and entered the medical field. She became an MRI/CT Technologist and worked in the field for almost 17 years, starting as a Radiologic Technologist in Port Chester, then taking a job at St. Peters Hospital after moving to the Capital District.

She met her husband, Damien, on New Year's Eve while out with friends. They quickly realized they both loved dancing and it has been a recurring bond in their relationship

ever since. Originally from Newburgh, NY, Damien had just left his job as Al Pacino's personal driver in NYC to pursue a career in teaching when Wendy and Damien met.

The couple married in 2014 with a fun wedding that included a dance off between Damien and the lead singer of the band (there might have been a pair of pants that didn't quite make it...). They decided to move away from the expensive city and find something closer to Damien's family's lake house in the Adirondacks. "We knew we wanted a family-oriented community, low in crime with a good school district, shops, restaurants and close enough to cities. Our search led us to Clifton Park," says Wendy.

Damien is now a second grade teacher at Karigon School in the Shenendehowa School District. After eight years at St. Peter's, Wendy resigned to stay home with their children. "When I worked in a dark MRI suite for eight hours a day, I realized that the job that I once loved wasn't fulfilling me anymore. I wanted to be home with my kids. I knew I was missing precious time with them like their first milestones. Even when the kids started school, I knew I wanted to be home to get them off the bus, to participate in their classrooms." The couple has three children – Angelina (9), Anabelle (8), and Anthony (5). Once all the children were in school full day, Wendy realized she missed earning an income, so she decided to go back to work on her own terms.

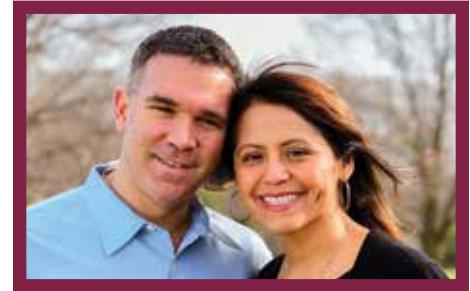
Her friend, Stacy Belyea, owner of Capital District Interpreters, thought she could help. She knew the struggle Wendy's family had while her mom was battling her own medical problems. It was a long, tough road, made much harder by the language barrier, leaving her mother unable to communicate with her doctors. Stacy offered Wendy a flexible job as a medical interpreter and Wendy jumped at the opportunity to help

others in need like her mother. "I love that I'm able to help people who are sick or in need of services who don't speak English. I make them feel comfortable talking to their doctors and health providers. Being sick is scary enough. I try my best to leave every single person I come in contact with feeling better than when I first saw them. I can't make them better physically, but I can leave them feeling happier and loved."

She also decided to join Rodan & Fields Dermatology, the new skincare brand from the women who developed Proactiv. With the flexibility of being 100% an online business, Wendy is able to work from anywhere and choose her hours around her family's schedule. "The income potential is unlimited. Because of this, I'm now able to donate a portion of my monthly income to a different charity every month. I'm learning self-development and I love it! I'm becoming a better person, more giving and confident. I love this better version of myself!" she exclaims.

Although she was active with the Clifton Park Moms Club, Wendy also started her own group – Amigas Latinas, a group of women from Spanish speaking countries that live in the Capital District. A social group that meets once a month, the women share their cultural traditions and support each other through their daily lives, providing a way to keep in touch with their roots. They are looking to expand the group to include more of the Capital District and have been in talks with other Latina leaders in the area to provide more activities and events to increase awareness of their different cultures. The group has mainly been growing through word of mouth and new friends are always welcome at the meetings. They also have a Facebook page and can add members from there.

Wendy has always loved traveling and has been able to watch the sunsets on many different beaches in the world, but is looking forward



to travelling with her children and taking them to Italy and Macchupicchu so they can learn about their parents' roots. Wendy has been happy to keep her family traditions alive in multiple ways. "My mother is my inspiration in everything I do. She was a great person who always put her family first. I'm happy to be able to pass on many of her traditions to my children. She is alive in my children's memories because we talk about her almost every day. She was shy and at times lonely because she did not have many friends. I'm on a mission to be surrounded by friends and love meeting new people every day. I find it fascinating learning about different people and their stories. So many of them inspire me to be a better person."

Wendy has also learned through her experiences that it is important to follow your heart and believe in yourself. It is what has brought her success so far and allowed her to live her life on her own terms. "I learned that if you believe in something you should follow your instinct and forget about the negative opinion of people. That's why I never say no to any opportunities. I'm open-minded and learn the facts in order to make a smart decision."

If you're interested in joining Amigas Latinas, or want to hear more about Wendy's business ventures, feel free to email her at wcorsetti@gmail.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.

New Treatment for Asthma Patients

By Ellis Medicine

What is Asthma?

Asthma is characterized by episodes or attacks in which the airways from the mouth and nose to the lungs temporarily become narrow due to a tightening of muscles that surround the bronchial wall and the production of excess mucus. There are many things that trigger asthma attacks, including allergens such as pollen or mold, irritants such as cigarette smoke, exercise and the weather.

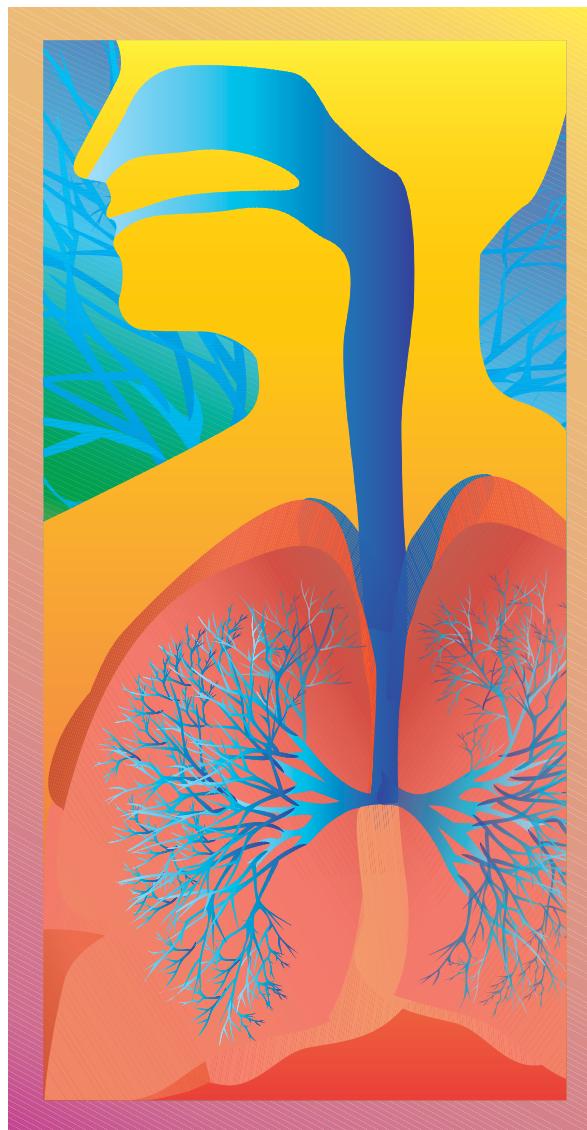
Asthma is a chronic respiratory disease that affects about one in 15 Americans (or about 20 million people in the U.S.), according to the Centers for Disease Control. The number of asthma cases has been on the rise since the early 1980s. Not only can asthma impact your daily life, it can be deadly if not controlled properly.

Ellis Medicine was the first hospital in the Capital Region to offer the bronchial thermoplasty procedure for patients with severe asthma. Bronchial thermoplasty is an FDA-approved treatment for asthma patients over the age of 18 whose asthma is categorized as "severe persistent" and not well controlled. This clinically proven procedure has been shown to improve quality of life for patients.

In asthmatics, the smooth muscle in the airways is chronically swollen. The bronchial thermoplasty opens the airways by reducing the amount of smooth muscle.

Benefits of bronchial thermoplasty:

- Quick return to normal activities
- Improved asthma control
- Less likely to suffer future asthma attacks
- Reduced visits to the emergency room
- Reduced hospitalization for respiratory symptoms
- Fewer missed days from work or school



"This outpatient procedure is performed under moderate sedation, and often takes less than an hour to complete," explained Dr. Brian McDonald, a board certified pulmonologist who performed the first bronchial thermoplasty procedure at Ellis Medicine in 2013. "The procedure heats the lung's airway walls, reducing some of the extra muscle present, allowing the airways to stay open and help the patient breathe better."

David Giardono of Schenectady was the first patient to have the bronchial thermoplasty procedure at Ellis. "I'm looking forward to doing the activities I've had to avoid since being diagnosed with asthma a decade ago," said Giardono.

The procedure is performed with a long tube with a camera that navigates the airways. It sends radio waves to heat and remove smooth muscle. The procedure is typically completed in three sessions and lasts about 35 to 40 minutes under general anesthesia.

"The procedure will enable people to live more actively," said Dr. McDonald. "It offers hope for those who suffer from severe asthma."

If you or someone you love has asthma, talk with your doctor about a referral to Ellis Medicine's Asthma Education Program. For more information, call 518.347.LUNG (5864). ■

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Welcome to the Neighborhood

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



Mother Teresa Academy (13 Executive Park Dr, Clifton Park) recently celebrated 10 years in business, helping instill a love of learning along with a strong sense of faith and community in their students. Joyce Maddalone, the Founder and head of marketing of the Academy, cut the ceremonial ribbon along with daughter Debbie, the school's Executive Director, several students, parents, volunteer Ambassadors and staff of the Chamber of Southern Saratoga County, and elected officials. Assemblyman Jim Tedisco and Senator Hugh Farley's representative Mike Mansion presented Citations to the Maddalone family and the Academy. A member of the National Association of Private Catholic Independent Schools, Mother Teresa Academy serves all of southern Saratoga County and the surrounding area. More information is available at www.motherteresaacademy.net or by calling (518) 280-4227.

How many chamber volunteers can fit into a Big Yellow Bag (www.bifyellowbag.com)?

Pete and the CSSC Ambassador team plus Saratoga County Dairy Princess Janet Hanehan decided to find out. They fit quite well in there, and so will lots of nutrient-rich black garden soil, perfect for a

suburban garden or raised beds. On National Agriculture Day, the intrepid chamber crew was joined by Stillwater Town Supervisor Ed Kinowski, Village Trustee Eunice Marshall, Dan Casale representing State Senator Kathleen Marchione, Cornell Cooperative Extension Executive Director Bill Schwerd, and others to help the Griffen family cut the ribbon for the Saratoga Sod Farm's 30th Anniversary.



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CALENDAR OF EVENTS

Thursday & Friday, May 5 & 6

BOWL FOR KIDS SAKE 2016

@Spare Time, Clifton Park

Support the life-changing work of Big Brothers Big Sisters of the Capital Region! Register online to set up your fundraising page.

Time: 5-7pm or 7-9pm

Friday-Sunday, May 6-8

2016 CLIFTON PARK

SPRING SOCCER CLASSIC

TOURNAMENT

@Clifton Common Soccer Complex

A US Youth Soccer sanctioned event exclusively for U-14, U-16, U-18 teams.

Time: Throughout the day – see final schedule at cliftonparksoccerclub.com

Cost: FREE

Saturday & Sunday, May 7 & 8

ALBANY TULIP FEST 2016

@Washington Park, Albany

The 68th Annual Albany Tulip Festival returns with over 100,000 tulips, art exhibits, live music, kids activities & more! Schedule of events at <http://www.albany.com/news/tulip-festival.cfm>

Time: Throughout the day

Cost: FREE

Saturday, May 7

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TRIP

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Time: Bus departs 7:30am (returns around 10pm)

Cost: Friends of Library Members: \$75 Adults, \$70 Seniors/Students; Non-members: \$80 Adults, \$75 Seniors/ Students; Children under 12: \$65

Monday, May 9

PJ STORYTIME

@Clifton Park-Halfmoon Library
Join library staff for a quiet story time. Children ages 2-6, along with their families, are encouraged to wear their pajamas. Drop-in program, no registration needed.

Time: 6:15pm

Cost: FREE

Saturday, May 14

SARATOGA MOM PROM 2016

@Saratoga Holiday Inn

Join a fabulous, fun-filled Girls Night Out in support of Floydwarriors.com Inc., a non-profit dedicated to helping families cope with cancer! Pull out those old prom

gowns, bridesmaid dresses or find the tackiest dress in a thrift shop and join us for a night of dancing, light fare, cash bar, raffle baskets, good company & humorous prom traditions. All ladies welcome! 587-5392

Time: 7-11pm

Cost: \$55

Sunday, May 15

2016 SPAC ROCK & RUN

@SPAC State Park, Saratoga

The region's fastest growing 5K is back! 5K, 10K, or kids 1K fun run - energy stays high with live music along the route by some of the region's best bands, followed by a large family-day party. Proceeds benefit SPAC's Vivienne Anderson program, which hosts underserved children at classical performances.

Time: First race starts at 7:30am

Cost: Kids Race - \$8; 5K - \$30; 10K - \$40

Monday, May 16

NATHALIA HOLT, AUTHOR

@Clifton Park-Halfmoon Library

Nathalia Holt will talk about her book, *Rise of the Rocket Girls: The Women Who Propelled Us, From Missiles to the Moon to Mars*, shedding light on the women who helped shape NASA's early years up to present day.

Time: 7pm

Cost: FREE

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Thursday, May 19

BABY BOOM MARKET:
MOTHER-TO-BE & BABY EXPO
@The Albany Marriott Hotel, Albany
Enjoy exhibits, prizes, raffles,
refreshments, baby photo contest,
maternity & baby fashions & so
much more! Parents may pre-
register for a fabulous "Surprise
Gift" by emailing Mary Tizzone
your due date if expecting, age
& number of children if a parent,
name, address, phone #, email to
MTizzone@yahoo.com.

Time: 5:30-8pm

Cost: FREE

Saturday, May 21

SARATOGA BREWFEST
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*Cost: Standard: \$45 Advance, \$55 Door;
VIP: \$60 Advance, \$70 Door*

Tuesday, May 24

CLIFTON PARK NURSERY
SCHOOL OPEN HOUSE
@344 Moe Rd., Clifton Park

Check out the
Clifton Park
Nursery School!
371-5850
Time: 5-7pm
Cost: FREE

**Saturday,
June 4**

38TH ANNUAL
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RUN FOR
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@Downtown Albany

Compete with thousands of women
all ages and running abilities in this
annual 5k race. Children can run in the
Junior 3K or in one of the many Kids'
Runs taking place throughout the day.

Time: 9:30am

Cost: \$30, Kids' Run FREE



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The Possibilities of Container Gardening

By Karen Kulak, Kulak's Nursery

Are you looking for a fun, easy and rewarding way to maximize your landscaping? Look no further. We have just the idea you are looking for.

Container gardening gives you all the creative possibilities for transforming any container, such as a watering can, an old wagon or wheel barrel, or simply any pot of any shape and size. So whether you live in a house with a yard or a condo with a deck, a container garden is for you.

To start, choose the space or spaces you will place your container. Observe the amount of sun this space gets throughout the day. Buy some potting soil that will fill your containers. Be sure to use fresh potting soil and not garden soil. Then, select the type of plants you like that require the same care. For example, if you like succulent plants use all succulent plants in one container because they all require the same water and light. If you have a shady area, choose all shade loving plants for the best results. Reading the plant tags is important and helps you with your selections.

Next, once the container is full of soil, arrange your plants to fit in your container before actually planting them. Know which plants will get tall and which will

stay low. Place the tall plants in the center if viewing the container from all around or in the back if the view is from the front. Then place shorter growing plants in front. Some like cascading or trailing plants for the edges of the container. Fill your container with your plants, giving them some room to grow. Water them well. Then water or check for watering daily. Container plants need more watering than garden plants. The larger the container, the more water it can hold. Your container plants will need fertilizer regularly as recommended on its package. Feeding and watering properly is important to any plant's health.



Container gardening can also be family fun. Let each one choose a container they design themselves. Selecting and planting their favorite color flowers or favorite herbs or even vegetables is both educational and rewarding. Add visual interest, be creative and have family fun all at the same time. Happy Planting! ■

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CLIFTON PARK

Neighbors

153

IMPORTANT TOWN PHONE NUMBERS

Town Supervisor <i>Phil Barrett</i>	371-6651	Town Court, 5 Municipal Plaza	371-6668	Parks and Recreation Director
Town Board Members.....	371-6651	Community Development Director		<i>Myla Kramer</i>371-6667
Animal Control Officer	371-6756	<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 Officers
Building & Grounds Director		<i>Dahn Bull</i>	371-6651	369-6651
<i>Mike Handerhan</i>	371-6651	Highway Superintendent		Sewer Director <i>Mike O'Brien</i>348-7313
Town Clerk <i>Pat O'Donnell</i>	371-6681	<i>Rick Kukuk</i>	371-7310	Transfer Station Supervisor
				<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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