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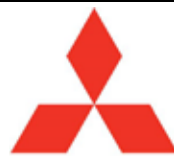
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ON THE COVER

Kelsi Clark and Family

Dear CLIFTON PARK RESIDENTS

Days are getting longer, temps are getting warmer... Spring is in the air! It always seems to come when we need it most. And it shows up everywhere – grass starts to sprout and flowers begin to bloom. For those who celebrate Easter, it's a time to reflect and renew. And so, in keeping with that theme, we've included some things this month to help you embrace the newness of spring in your own lives.

For all the women out there, check out the story on the Freihofer's Run for Women (p. 10) with a great opportunity to take the "FRW Training Challenge," a 10-week program to help you feel invigorated and prepare for race day. In fact, I'm taking the Challenge myself – maybe I'll see you at the Run! And, whether you are male or female, young or old, learn some simple tips on how to eat healthy, feel your best, and lose a few pounds in the process (p. 5).

How about just renewing your senses? Our feature story this month shares more about Kelsi Clark and her work as an environmental educator (p. 6). Participate with your family in one of Kelsi's nature programs for a fun and educational experience and get some fresh air while you're at it!

And as always, a big thank you to our business sponsors who make this magazine possible. If what they offer interests you, we encourage you to support them! It's just the neighborly thing to do.

Happy Spring!

Jill



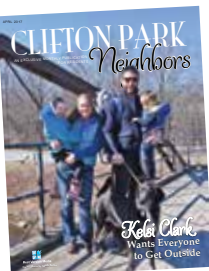
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With a Little Help from My Friends

By Ally Donovan

Friends of the Saratoga County Animal Shelter (FSCAS) knows that dogs (and cats!) truly are man's best friends. Founded in 2007, this non-profit organization supports lost and abandoned animals of the Saratoga County Animal Shelter. Friends of SCAS is dedicated to providing the financial and volunteer support that is necessary for the shelter animals until they are adopted into their forever homes.

The Saratoga County Animal Shelter moved into its new home in 2010, after spending over 30 years in makeshift facilities. Its current location has tremendously improved the comfort and safety of its animals, provides optimal working conditions for the staff and a welcoming environment for people adopting or surrendering pets. The aim of FSCAS and the Saratoga County Animal Shelter is to serve as a bridge between homeless, distressed animals and people who want to adopt healthy pets.

Friends of Saratoga County Animal Shelter has gone above and beyond in supporting the medical needs of the shelter animals that are not covered by the county budget. This past April, FSCAS paid for Harvey, a homeless Maltese, to have a surgery that needed to be done by a specialty veterinarian. With the help of Friends, Harvey made a full recovery and was adopted into his forever home.

Another recipient of FSCAS's generosity was Tinker, a 13-year old dog who was surrendered to the shelter when her owner passed away. With the support of FSCAS, Tinker was able to receive care for a severe gum disease. She is

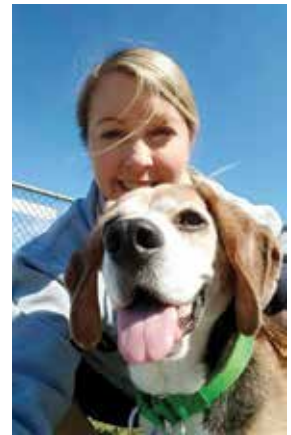
now as healthy as can be, and her new family couldn't be happier to have her in their lives. "I want everyone to know how much I appreciate the help and am hoping to have Tink for several more years," writes Dorothy, Tinker's mom. "She is a sweetheart, hoping her person knows she is safe and loved."

In addition to medical care, Friends of Saratoga County Animal Shelter helps to provide basic necessities to the shelter animals (cat towers, beds, Kongs & leashes), as well as items needed for the volunteer program (treat pouches, leashes and harnesses for volunteer dog walkers). Funds raised by Friends of SCAS also go towards education of volunteers and employees, promotional events, informational brochures, County Fair participation and other opportunities as they arise.

100% of donations are used to help facilitate the adoption of county animal shelter animals by making them healthy and desirable.

Visit www.friendsofscas.org/how-you-can-help/make-a-donation/ to donate to the FSCAS. ■

Know of a great local non-profit? Let us know so we can spotlight them here. Send submissions to jcaputo@bestversionmedia.com



Jennifer McDonald, volunteer dog walker and Friends of SCAS President, with a former SCAS Dog

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Tired of Being Overweight... Over and Over Again??

By Dr. Jay L. Rugoff, DC PLLC

Want to lose weight and potentially not gain the lost fat back? The answer is very simple. Unfortunately, people are looking for the shiny, new, ultimate way to lose weight and fat, without sacrificing their alcohol, pasta or brownies. Yes, you can lose weight initially with those programs, but in the end, you end up right back where you started or worse.

Losing weight doesn't have to be complicated. Here are the six rules that everyone should abide by if... they'd like to lose their weight long term, keep it off without a lot of struggling, plus feel like they are living life without sacrificing their health and sanity.

The Secret Six

1) Eat vegetables to help you feel full. Legumes are great. Avoid starches like white potatoes and corn. When you give yourself time to get full on the right foods, you lose weight.

2) If you want to lose weight, you have to stay hydrated for best results. Using clustered, alkaline water (not just ph adjusted) supports fat loss, detoxification and has a very high

antioxidant quality (anti-aging, anti inflammatory, eliminates all those free radicals).

3) Get tempting foods out of your home. If you don't, it's going to be a lot harder to get it off and keep it off.

4) Stay busy – you don't want to eat just because you're bored. If you're busy, really busy, time will fly by and you'll be ready for your next scheduled meal without any hassles.

5) Eat only from a plate, while seated at a table. This one may seem insignificant, but if you just follow this program, day in and day out, you'll see some significant changes.

6) Don't skip meals. You may think you're doing the right thing by NOT eating, but in all reality, you are only slowing things down in the weight loss segment of your life.

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Kelsi Clark

Wants Everyone to Get Outside

COVER STORY

By Jenna Caputo

Photos by MarkBolles.com

"Appreciating the outdoors and the natural world around us has been something that has stuck with me since the first time I went hiking," says Kelsi Clark. "I hiked Mount Marcy with boots I borrowed from my sister and I remember sitting at the top and being overwhelmed and in awe of the beauty and the experience, looking out at nothing but green and blue. Never before had I been moved by something so much, and a little bit of that moment of awe has stayed with me. For me, there is nothing like helping others to "see" the natural world around us for how amazing it really is. My hope is that the appreciation for nature translates into action to care for it." Kelsi has been caring for nature ever since.

Growing up in Lisbon, NY, she enjoyed reading, participating in organized sports, running, hiking the Adirondacks and being outside in general. She attended Hamilton College with a major in biology, where she participated in a field-based study abroad program in

Australia to study both the natural history of Australia and the history of the Aboriginal people there. She spent much of her time in the tropical rainforest and on the Great Barrier Reef.

The day before her 20th birthday, her group was planting trees at a cultural center and found a Witchetty Grub in the soil. These grubs are a traditional food for many of the Aboriginal groups in Australia. "Our group leader dared someone to eat it, so I did to usher in a new decade. Honestly, it was really gross! It tasted like motor oil, or what I would assume motor oil tastes like," she remembers.

Returning to the U.S. after this life-changing experience, she decided to transfer schools and instead pursue environmental science at the University of Vermont, then completing her Master's degree in Environmental and Forest Biology, at SUNY_ESF in Syracuse, completing the National History Interpretation program. Initially, she took a position as an environmental consultant with a firm in Malta. She enjoyed the fieldwork aspect of the job, but knew that sitting at a desk in a cubicle was not a long-term



I go to nature to be soothed and healed, and to have my senses put in tune once more.

—John Burroughs

solution for her. She decided to go back to grad school again, this time to pursue a teaching certification in biology from Saint Rose.

She took a teaching job here in Shen before her husband, Brian, was offered a position with the Treasury Department as a Financial Economist in Washington DC. They moved to Lorton, VA where she received another teaching job and volunteered her time at the Smithsonian's National Museum of Natural History, working in the insect zoo and the butterfly pavilion.

While in Virginia, she had the opportunity to hear Jane Goodall, a British primatologist, ethologist, anthropologist and UN Messenger of Peace, speak at the Richmond Forum. Goodall spoke about her work with the Gombe chimpanzees, the threats facing the planet and why she still had hope despite all of the challenges facing our natural world. Through a student connection, Kelsi was able to go backstage to speak with Goodall in person. "She hugged me and it was one of the most powerful moments of my life," Kelsi reminisces. "Her talk and her books have greatly influenced my outlook on the world. I keep the photo of us together in our living room as a reminder to take action and have hope."

Once they started their family, Kelsi and Brian decided to make some changes. She stopped teaching to stay home with their children and Brian took a more family-friendly job as an Assistant Professor of Finance at RPI. After moving

back to Clifton Park, Kelsi found herself with a 2 ½ year old, a 6 month old and "a serious itch to get all of us outside!" She had recently read Richard Louv's book, *Last Child in the Woods*, and was really inspired. The book is essentially about "Nature Deficit Disorder" – the idea that children and society in general are spending very little time outdoors.

Kelsi explains, "The benefits of free play in a natural environment are difficult to quantify and impossible to test in a classroom, so it is the first thing to be cut from a school's curriculum or municipality's budget. As we have less and less contact with our natural world, studies have shown that it negatively impacts our health and well-being. One section of the book describes a nature educator who believed people are unlikely to value what they cannot name. This really resonated with me. If children don't know the names of trees or the flowers or the birds or insects, or know they exist, how can they possibly care about them? In short, the book inspired me to think maybe I could get others to care about Mother Nature. I'm convinced she sorely needs our attention and we need her just as much."

Kelsi wanted to reunite children with nature and their surroundings, so she started community Parent & Me hikes.

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"I thought organized hikes would be a great way to commit to getting the kids some fresh air, meet other caregivers and their little ones and introduce people to the great open spaces that our town has to offer."

Through the support of the Open Space Department and the members of the Town Rec Department, Kelsi was able to organize hikes that are short enough for children (or parents carrying children) and are set at a "move at your own pace" format. The hikes run every Wednesday at 9:30am for a 6-week session starting in March.

Kelsi is excited by the reaction to the program. "At almost every hike, we have had at least one parent/child pair who has never been to the venue before. It's really neat to see tiny kids running and playing on trails, getting muddy and touching nature, and parents relaxing a bit and enjoying where we live."

Kelsi also offers other programs to the community, including Nature Tots – lessons based on Project Wild's "Growing Up Wild" curriculum and a second series of hikes this April and May that focus on the Town's Passport to Nature Program. Through this program, families can pick up their passport booklets at the Town Hall, then find the hidden letterboxes located around eight town properties. At each letterbox, they can stamp their passports and record their observations along the way. Once all eight stamps are completed, families can bring their booklet back to the Parks, Recreation and Community Affairs Office to

receive their commemorative pin. Additional letterboxes are in the works and should hopefully be up soon.

Kelsi feels that in addition to appreciating and protecting our environment, it's also very important to focus on the future generation and their impact on the world. She and Brian now have three children: Clara (4 ½), Harrison (2 ½), Walter (9 mths) and their dog, Darwin (8), who also happened to be ring bearer at their wedding. "Growing our family has been the most challenging and rewarding thing I have ever done," Kelsi says. "I feel strongly that our job as parents is to try and raise little human beings who believe they can make the world a better place and have the motivation to do so. I'm still in the throws of figuring out how to accomplish this goal, but I should have more feedback in 20 or 30 years."

In the meantime, she is still getting out there and having adventures in nature. A couple of years ago, she traveled with Brian to a conference in Iceland, where she got to walk on a glacier and see the black sand beaches as well as many waterfalls and geysers. She joined an adventure tour company for a day trip hike on the Solheim Glacier. "It was very powerful to hear how much the ice sheet has retreated in the last few years," she observes. "The location we visited was part of the documentary, *Chasing Ice*, in which photos were taken every day for several years on glaciers around the world. They were time-lapsed to show the dramatic ice loss. The whole trip was very eye-opening."

Kelsi knows first hand the rewards of being outside and she encourages everyone to find new ways to get the family out and interacting with nature. Not sure where to go? Kelsi suggests checking out the Clifton Park Open Space Program and Friends of Clifton Park Open Space websites as a starting point. "Our area offers so much in terms of nature and open space, you just have to look for it," she says. It doesn't matter where you start, her #1 piece of advice is to just "get outside!" ■

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.

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Runners Need to Get Up to Speed

By Debbi Goodman, MSPT



It is part of human nature to strive for balance in life. At a young age we are taught the importance of eating a balanced diet. Many of us struggle with balancing our work and social time. We have all felt it when our sleep/wake balance has gotten off track, and many of us have become aware when any of the intricate systems of our body have gotten out of balance. Our bodies work most optimally when all of the inner workings are in a balanced state. Physical therapists are particularly interested in the balance of the musculoskeletal system, and our job is to help people restore balance to this system.

The skeleton is made up of a bunch of bones that connect at junctions called joints. The position of the bones are at the mercy of the muscles and connective tissue that connect each bone to one another. Ideally, we want a muscle system where the muscles on the front and back of a bony area are in balance. When the muscle system is in balance, the bony structure is supported properly. However, when the muscle system is unbalanced, the bony structure support becomes altered. For example, if the muscles on the front of the shoulder joint become too tight and shortened, the shoulder bone (the humeral head) will get pulled forward. Over time, if this imbalance is not corrected, the shoulder may become irritated and pain may begin.

The process of physical therapy is to identify the structural imbalances of the body and then correct them with targeted exercises. Once balance is restored to a system, pain symptoms generally resolve. The main goal of PT is to help clients restore proper alignment to the body.

Many athletes have started to realize that the key to staying healthy is to keep their bodies strong and balanced. We can observe how many

types of athlete's training programs have evolved to include a more balanced and comprehensive training strategy. For example, basketball players (and most other competitive sports teams) don't just play basketball to train. These players are in the gym. They are lifting weights and stretching. They are working on techniques to build endurance and agility, and they are doing exercises to strengthen the muscles they need for throwing and jumping. These athletes are doing a lot more than just shooting baskets.

Professional ballet dancers are another group that have found that strengthening outside the dance studio is the key to staying healthy. In the '90s, the dance world discovered Pilates exercise. This system of exercise works on strengthening and lengthening the entire body. Dancers found that when they added Pilates to their dance training, they became stronger, increased their endurance and stayed healthier.

Many runners still haven't adopted this training concept yet. As a PT, I have worked with numerous runners. Runners have consulted with me on all sorts of different training programs for running. There are hundreds of different programs a runner can follow regardless of whether you are doing a "Couch to 5K" or training for "Boston." So far, every program I have seen recommends slow runs, fast runs, days off, timing, pacing, food intake... But very few programs (if any?) include information on stretching, strengthening or cross-training. I have also had runners who come in claiming to be cross-training by alternating running with biking. Biking is not considered cross-training as it utilizes the same lower extremity flexion/extension pattern as running.

So, in my opinion, it is time that runners get up to speed with proper


training concepts. In order to enable the body to run and stay healthy, it is important to stay balanced. Running is an extremely repetitive exercise. The action of running uses certain muscle patterns over and over again, and other muscles are used less. If a runner only runs, over time, the muscles can become out of balance. If this imbalance becomes excessive, the body will start to break down.


In order to keep the body healthy, the runner should incorporate a well-rounded strength and flexibility program that addresses the needs of the runner. The more time a runner spends running, the more time the runner should be spending on exercises to balance the system to help prevent injury. This will definitely require a change in the mindset of the runner as to their training needs, but when implemented, the runner will see that he/she will accomplish even more than ever thought possible and stay healthy while doing it!

For more information, visit <http://debragoodman.com> or call 518-944-0314. ■

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7th Annual Freihofer's Training Challenge Started March 20...

But It's Not Too Late!

Contributed by Rueckert Advertising & Public Relations

Kristen Hislop, a Clifton Park resident, was recently named co-director of the Freihofer's Run for Women 5K (FRW), one of the world's most prestigious all-women's events, taking place Saturday, June 3 at 9am in Albany. This is her seventh year as coach of the FRW Training Challenge, the 10-week program that helps 400+ women of all ages and running abilities get ready for race day.

How does the program work?

Beginning the week of March 20, women follow three or four training sessions per week, depending upon experience level. Group sessions are conveniently offered at morning, noon and evening in Albany, Amsterdam, Clifton Park, Colonie and Saratoga Springs to cater to busy work/life schedules. April 8th is the deadline to register.

What is your role as coach?

I, along with a great group of mentors, motivate and encourage the women to believe they are runners. Advice on run form, injury prevention, cross-training, fueling for running and mental training really gives women the confidence that they can finish or in many cases finish faster. As the program progresses over 10 weeks we watch the women truly start to believe in their abilities and take pride in their accomplishments.



Participants from the 2016 Kickoff Session
Photos by Ed Parham

What are the benefits of participating in the Training Challenge?

Sleeping and eating better, a change in how your clothes fit and, most importantly, how you feel about yourself are all side effects I see each year. Tangible benefits include a Training Challenge t-shirt and a free three-month VENT Fitness membership with the successful completion of the Training Challenge and the Freihofer's Run for Women

5K. Women who participate at the Southern Saratoga YMCA location will receive a 10-week adult membership along with free childcare during the group workouts. The Sage Colleges, in partnership with the program, is conducting a pre- and post-

Training Challenge study of the impact of exercise and nutrition education with body composition analysis and seminars.

Where can you get more information?

You can sign up for the 10-week program when you register online for the Freihofer's Run 5K (freihoferstrun.com). Online registration through the 5K registration is the only method of registering for this program. The program costs \$55.

Questions? Email Kristen at khislop@freihoferstrun.com ■



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Bringing Lawn Care to New Heights

By Beth Horrigan, Member, Apex Turf, LLC

Apex Turf is a locally owned and operated professional lawn care service specializing in timely fertilization, weed, crabgrass and insect controls. Apex Turf was founded in 2010 by Michael Cram and Beth Horrigan, co-workers at a landscape supply company.

Mike began his industry experience in 1988 as an applicator and customer service representative for a national lawn care service. He then spent 17 years providing instruction and guidance to lawn and landscape contractors as a branch manager for a national landscape supply firm. Mike lives with his wife and son in Clifton Park.

Beth earned a Bachelor of Science in horticulture and spent the next 12 years as an assistant, and then superintendent, of a local 18-hole championship golf course. She then accepted a position working with Mike providing turf grass education and lawn care supplies to local landscape contractors. Beth lives with her husband and two children in Hudson Falls.

In their first season as Apex Turf, Mike and Beth worked together completing all applications on their own. Their industry connections provided many referrals but their strong commitment to professionalism and quality work, as well as their vast industry knowledge, enabled them to exceed their goals that initial season. By the beginning of the second season they were able to divide the coverage area in two – Beth treating the northern end of the territory and Mike treating the southern.

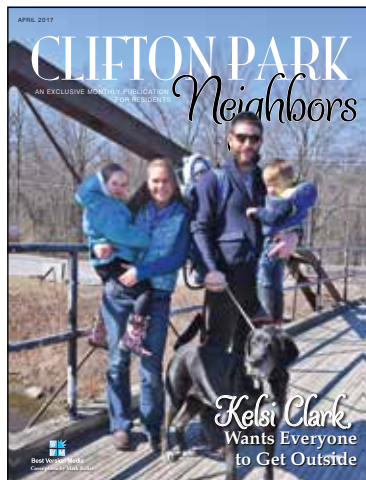
Their third season in business, Apex Turf hired their first employee to help with the growing workload. The growth of the company continued at a steady rate each season as

satisfied customers spread the word to their friends and neighbors about beautiful lawns and great service. Since the 2011 season, Apex Turf has grown to 13 employees and service nearly 3,000 lawns.

Mike, Beth and their quality team make it their goal to use their expertise so homeowners can easily enjoy and take pride in their lawns. They are hands-on and accessible to their customers, and have a local office where homeowners can speak with Sara, who holds a Bachelor of Technology in plant science. The lawn technicians at Apex Turf are friendly, conscientious and extensively trained. The end result is a winning combination of healthy lawns and satisfied customers!



For a healthier lawn call Apex Turf at 288-3687. ■



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Welcome to the Neighborhood

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



The “Good Hands” people come to Jonesville! John Lofrumento and his **Allstate** agency staff were joined by Senator Jim Tedisco, staff and volunteer Ambassadors of the Chamber of Southern Saratoga County (CSSC) as they cut the ribbon for their new office at 5 Longkill Rd (Ballston Lake P.O.). An Allstate agent since 2005, John is active in the CSSC, the Twin Bridges Rotary, Halfmoon Baseball, Vettes in Perfection car club and other area organizations. He and wife Kerry have two young children, and the office is especially child friendly with kids’ activities in the waiting room. Classic car owners take note – the agency also handles Hagerty Insurance, which specializes in such vehicles and more.

The Capital Region’s largest all-female law firm, **Cioffi, Slezak, Wildgrube, PC** (www.cswlawfirm.com, 518-424-4970) celebrated a move to a new downtown Schenectady office near the Rivers Casino on February 2, 2017. The firm, founded in 1995, employs 29 people, including 10 attorneys, occupying 7000 sq. ft. of the Legere Building at 1473 Erie Blvd. During the ribbon cutting celebration, partners Cristine Cioffi and Michelle Wildgrube were assisted by members, staff and volunteers of both the Chamber of Southern Saratoga County and the Capital Region Chamber, plus area elected officials and other well-wishers. Also pictured: Capital Region Chamber CEO Mark Eagan (far right), Schenectady City Council President Leesa Perazzo (purple scarf) and building owner Ray Legere (tallest person, back row).



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Check out Bentley's and The Rusty Nail's popular chicken wing birthday offers on our mobile-friendly website at myfavoritetaverns.com. You can also find menus, directions and entertainment calendars.

Student Unified Bowling Win!

Contributed by Rebecca Carmen, Shenendehoa Schools

Students from Shenendehowa High School completed their second season of Unified Bowling by taking 1st place in the Suburban Council! Unified Bowling is an interscholastic program that enables students with special needs to participate in competitive athletics with peer models.

Shenendehowa has participated in the program since its inception in the Capital District since 2015. It is a great opportunity for all students to share their unique skills and learn from each other. Currently, Unified teams are in place for bowling and basketball. ■



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Easter Activities

4/8 – 2017 EASTER EGG-

STRAVAGANZA, 10am-1pm, Congress Park, Saratoga, \$10 for ages 2-12 and their caregivers, 518-683-8425

Features Mayor Yepsen, the Easter Bunny, Easter Egg Hunt, games, silent auction, face & nail painting, story readings, carousel & more. Benefits Taylor's Heroes.

4/9 – BREAKFAST WITH THE EASTER BUNNY & EGG HUNT, 10am-12pm,

Normanside Country Club, Delmar, Adults \$15; Kids 3+ \$13; Under 3 Free, 518-439-4505 Ext 10

Breakfast Buffet, Crafts & Games, Pictures w/ the Easter Bunny, Easter Egg Hunt (bring a basket)

4/15 – BRUNCH WITH THE EASTER BUNNY, Liberty Ridge Farm,

Schaghticoke, 8:45/10/11:15/12:30, \$26.95, Kids under 2 free, 518-664-1515

Baby farm animals, buffet brunch, pony rides, Easter Egg Hunt & photos w/ Easter Bunny. Reservations required.

4/16 – **EASTER EGG HUNT**, Parkside Church, 14 Jarose Place, Clifton Park, Easter Service 10am, Egg Hunt for

Kids 12 & under 11:30am, Everyone welcome. Register at 518-557-2690.

4/22 – ADULT EASTER EGG HUNT,

JFD 953 Main St., Clifton Park, 12-2pm, \$20

Must be 21+ to attend, rain or shine, includes costume contest, egg hunt, prizes, adult treats & candy, craft beers, raffles, silent auction, money tree, After Party (\$20 in advance or \$25 at door) at Shmaltz Brewery starts at 2pm for more fun and to benefit the Peppertree Rescue and Out of the Pits Rescue

4/16 EASTER BRUNCHES/DINNERS:

- **THE DESMOND**, Albany, 7am-12 pm, Adults \$45.95; Ages 5-12 \$19.95; Ages 4 & under Free, 518-640-6182, Served in the charming indoor courtyard by the koi pond or in the elegant Fort Orange ballroom featuring traditional Easter favorites & Desmond specialties, Easter Egg Hunt, music from pianist Bobby Zampino, & the Easter Bunny, one complimentary photo included with each reservation. Reservations required.
- Dinner @ **SIMPSON'S**, The Desmond, Albany, 1-9pm, \$42.95 per person, Reservations required, 518-869-8100
- **PRIME** @ Saratoga National, Saratoga, 10am-8pm, Brunch: Adults \$68, Kids \$25, 5 & under free; Dinner: A La Carte, 518-583-4653, Live Jazz Brunch starts at 10am, dinner starts at 4pm, reservations required
- **GLENS SANDERS MANSION**, Scotia, 10am-2pm, Adults \$47; Kids \$21; 5 & under free, 518-374-7262, Reservations required
- **HALL OF SPRINGS**, Saratoga, 10am-2pm, Adults \$52; Kids \$23; 5 & under free, 518-583-3003 for reservations
- **THE CENTURY HOUSE**, Latham, 10am-2pm, Adults \$44.95; Kids 4-12 \$19.95, 518-785-0834
- **PROVENCE RESTAURANT**, Albany, 10:30am-2pm, Adults \$41.95, Kids 5-12 \$17.95; A La Carte dinner 3:30-7pm
- **NORMANSIDE COUNTRY CLUB**, Delmar, 11am-4pm, Adults \$29; Kids 5-12 \$15, Reservations required

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Saturday, Apr 8

SUSAN G. KOMEN SURVIVOR LUNCHEON

@Holiday Inn, Saratoga

Join us for a silent auction, fashion show by Lifestyles of Saratoga and Caroline and Main, pop up salon by Rumors & more. Hosted by the Channel 6 morning crew. Register at komenneny.org or 518-250-5379.

Time: 11am-2pm

Cost: FREE for breast cancer survivors, \$40 all others

both contemplative and celebratory choral anthems. It will be presented at both worship services by the 36 voices of the Prince of Peace Lutheran Church Choir directed by Jim Roberts, who is celebrating his 40th year as organist and choir director. All are welcome!

Time: 8am or 10:30am

Cost: FREE

Sunday, Apr 9

ZUMBATHON FOR THE AMERICAN DIABETES ASSOCIATION

@Saratoga Springs High School, Saratoga

Join more than 10 local Zumba instructors as they lead this fun & exciting dance workout to further the mission of the American Diabetes Association.

Time: 2-4pm,

doors open at 1:30

Cost: Suggested Donation \$20

Wednesday, Apr 12

CLIFTON PARK NURSERY SCHOOL OPEN HOUSE

@CPNS, 344 Moe Rd., Clifton Park

Learn about this family-centered program with play-based curriculum. Currently offering classes for 2, 3, 4, 5 year olds. Call 518-371-5850 for more information.

Time: 5-7pm | Cost: FREE

Monday-Friday, Apr 17-21

EARTH WEEK VACATION PROGRAMS

@Wilton Wildlife Preserve, Gansevoort

Join us for various activities during the April vacation week to celebrate Earth Day. Pre-registration required – info@wiltonpreserve.org. Activities include Spring Nature Scavenger Hunt, Twig Vases, Woodcock Walk, Fish Stocking at Spa State Park, Solar Power S'mores, Nature Games

Times: Various

Cost: FREE – Pre-register

Sunday, Apr 9

"WHAT LOVE IS THIS" CANTATA

@Prince of Peace Lutheran Church, 4 Northcrest Dr, Clifton Park

This moving musical & worship experience walks through the last days of Christ's earthly life, from the jubilant entrance into Jerusalem to the difficult days of rejection and crucifixion on Good Friday. A single witness weaves the narrative between



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bounce house and arts & crafts.

Time: 1-3pm | Cost: FREE

Smith's Grain and Feed Store, Elnora, c. 1910.

By John L. Scherer, Clifton Park Town Historian

This business was established in 1892 by Dibble and Hurlburt. It was purchased by George T. Smith in 1895, and until 1994, it was operated by four generations of the Smith family. Originally, Smith's store served the farm community by grinding corn and custom-blending molasses in it to make cattle feed. In later years it served as a hardware store, and today it is a restaurant – the Main Street Grill. The store still retains all of its milling

equipment in the upper floors. The building is on the National Register of Historic Places. At left, just beyond the store can be seen the c. 1884 George Kellogg House, later owned by the Smith family. Abandoned for a number of years, the home has recently been beautifully restored by Larry and Ryan Boni, and placed on the Town's Historic Register. ■



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I Stage, Therefore I Sell . . . Cheap and Fast!

By Beth Grzybowski, Associate Broker, Keller Williams Capital District Realty

For all of you Pinterest lovers out there, you know what I mean by staging: thoughtful furniture placement, fresh flowers, streamlined, neutral décor and ambient music playing in the background during showings. But when it comes down to basics, what do buyers really care about when looking at your home? I'm going to share some fast, simple ways to stage your home without breaking the bank!

- 1) **Landscaping:** Buyers make their first impression about your home within the first 6-20 seconds so wow them from the get-go! Freshly paint the front door, trim shrubs, rake leaves, freshen mulch beds, add a welcome mat, wreath and bright flowers near the primary entry.
- 2) **De-neutralize odors:** Pleasant odors should rule upon entering your home. If you have animals, clean up their smells! Run a dehumidifier in the basement. Add non-offending fragrances such as vanilla, cinnamon or lavender which offer a calming subliminal entry.

- 3) **Paint colors:** Tans, grays and "greiges" (combination of gray/beige) rule the roost. If you're pressed for time, leave the kids' rooms the colors they are but use these popular colors in kitchens, baths, living spaces and hallways! Less work for buyers translates stronger offers for you!
- 4) **Light fixtures:** Updating light fixtures – along with painting – are probably the most inexpensive ways to update your home. Look through your local home supply circular for ideas. Most of my buyer clients notice light fixtures right away! They're not as expensive as you think.
- 5) **Light bulbs:** Use the highest wattage lighting you can based on your fixtures' specs and don't forget the bathrooms! Make sure to turn on all lights prior to showings. If you have dark corners, move a floor lamp to that spot. Open all blinds and let that light in!
- 6) **Organize and clean:** Buyers purchase your appliances, closets, walls, windows and basement – don't forget to clean them! Clean the inside and out of appliances. Organize all closets. Remove cobwebs in garage and basement. Clean sells!
- 7) **Furniture placement:** De-clutter. Let buyers walk easily through your rooms; too much stuff overloads their senses. Move clunky furniture to the basement or garage.

And, please leave some photos so buyers can get to know you. They want to feel that there's been love in your home too!

Visit Beth at www.BethSellsCliftonPark.com or call 877-5929 ■

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Saratoga Arts Events

Contributed by Emma Huneck, Saratoga Arts

Kids Camps

Let your child spend April break and summer vacation creatively with Saratoga Arts' camps for kids! With camps focused on visual arts, theater arts and literary arts, Saratoga Arts will get your kiddo off the couch and creating in a fun, friendly, and imaginative environment. Online registration is now open for April break and summer vacation camps at www.saratoga-arts.org/education.



At The Library

Don't miss artwork on display at the Clifton Park-Halfmoon Public Library! Photographs by Chip Perone and watercolors by Linda Peterson will be on display from March 28 - May 1. Both exhibitions are located on the 2nd floor, at the top of the stairs. ■

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