

MARCH 2017

CLIFTON PARK

AN EXCLUSIVE MONTHLY PUBLICATION
FOR RESIDENTS

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Cover photo by Mark Bolles


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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 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



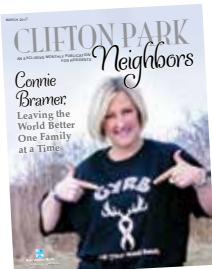
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Helping Local Students Achieve Their Dreams

Contributed by Shenendehowa Dollars for Scholars Members

We are all aware of the rapidly rising expenses to attend college. Did you know that Shenendehowa Dollars for Scholars (DFS) provides high school seniors who are residents of the Shenendehowa School District with scholarships that can be used for any accredited full-time post-secondary education? DFS is an all-volunteer 501(c)3 organization made up of Clifton Park residents dedicated to raising funds for scholarships. Since 2001 they have raised and awarded \$219,450 in scholarships to 351 deserving students.

To apply for this year's scholarships, which range from \$500 to \$2,500, students must complete the on-line application (www.shenendehowa.dollarsforscholars.org) by April 7. Recipients are notified by mid-May.

Shannon Luibrand, a DFS recipient, stated, "DFS helped me start college on the right foot. With the scholarship, I was able to purchase my books for freshman year at St. John's. Not having to worry about purchasing books helped me focus on classes." Shannon graduated from St. John's University with a Bachelor's degree in broadcast journalism and a minor in politics and government. She was awarded the Journalism Department's top student award. Shannon received her Master's degree from Columbia University's Graduate School of Journalism and was recently named an associate producer for *CBS This Morning*.

Shannon's sister, Erin, also received a DFS scholarship. She commented, "For me, it was really the award itself, from such a giving organization who supports you. Hearing that from your own community gave me that extra boost, and I hope to contribute in the future so other high



Student volunteers who helped out for a phone-a-thon

Recipient, Mitchell Virkler, with Gary Stewart who, with his wife Linda, sponsors the Robert Patrick ("Bob") Stewart Memorial Scholarship every year. Mitchell is studying Business at Lehigh University.

school graduates get that same positive push that DFS gave me." Erin graduated from Salve Regina University where she received her Bachelor's degree and Master's degree in International Homeland and Cyber Security. Erin was an ROTC cadet in college, becoming Rhode Island's first female ROTC Battalion Commander. Erin is currently a 2nd Lieutenant in the U.S. Army and attending law school.

Shenendehowa DFS is not supported by government agencies or grants so they rely solely on donations to fund their scholarships. If you would like to provide scholarship money to support our local students, please donate online at <http://www.shenendehowa.dollarsforscholars.org> or by check, payable to Shenendehowa DFS, P.O. Box 4390, Clifton Park, NY 12065. As a 501(c)3 organization, all donations are tax-deductible. Special named and/or memorial scholarships may be established with a minimum contribution of \$500. ■

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



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A Tail-Wagging Tale:

How Dixie Found Her New Home

Contributed by Cydney Cross, Out of the Pits President, and Sandra Greenway

In our January issue, we shared a story about Out of the Pits (OOTP), an organization that takes in rescue dogs with good character, to find their forever home. Happily, one of those dogs, Dixie, had that happy ending. Here's more about Dixie's story and how she found her Home Sweet Home.

Dixie is a 3-year-old dog with a lovable disposition. She was a stray that came in through animal control and was placed in a shelter. There, she was staying in an outside pen with another dog. She was pregnant and delivered her puppies, which went into rescue and she was left behind. The shelter contacted OOTP desperate to find an outlet for some of their pit bulls. Other groups would take their

small dogs but no one wanted their pit bulls. After careful consideration OOTP chose Dixie and another dog, Annie.

Meanwhile, Sandra Greenway, owner of S. Saxon Company Fine Jewels, was looking for a companion for her son, Saxon, for some time. When she read about OOTP in *Clifton Park Neighbors*, she loved their story. She went to their website and that's where she learned about Dixie. She thought she was the perfect age and size for Saxon and also a great companion for their store. But first, they needed to meet to see if they were a good match. The moment Sandra saw Dixie, their hearts instantly bonded. Dixie just wanted to be loved,



Dixie with her new family, Sandra & Saxon and Sandra was hooked. The family met her and after completing the adoption process, the very next day she was in her new home. When its love at first sight for both the family and pet, that's the best happy ending there could be.

Annie has also found her forever home! ☺

To learn more about OOTP and how you can help, visit outofthepits.org. ■

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Connie Bramer,

Leaving the World Better One Family at a Time

Connie with her two children, Alyssa & Alex

COVER STORY

By Jenna Caputo

Photos by MarkBolles.com

Connie Bramer has one rule in her house. "We have to have one good belly laugh a day. Sometimes we laugh at each other, which is ok too. It is important to laugh. Even in the darkest of times, there is humor. If you look for it, your heart will be lighter." She would know. A single mom of two, Connie was diagnosed with breast cancer at the age of 39. She used humor to help get herself through, and in the process, found her life mission.

Originally from Northville, NY, Connie enjoyed the benefits of growing up on Sacandaga Lake and having fun outdoors water skiing, swimming, snowmobiling and skiing. Her family owned a car dealership and they would often come to the auto auction on Rt. 146 in Clifton Park. Little did she know, she would eventually build a house

right down the road.

She received her BS in Psychology from SUNY Plattsburgh and has specialized training in automobile finance and management for her job as a finance trainer and financial product provider in the automotive industry. She knew she always wanted to help people, but it wasn't until Connie was going through her own cancer journey that the fire inside her kicked up for a specific purpose. "While I was sitting in the chemo chair for a treatment one day, I thought, 'What if I could do something to help people like me?'" She knew she needed to help others struggling with cancer as well.

Through her treatment, she used the Caring Bridge platform to blog to her family and friends to keep them updated on how she was doing. They were also able to write encouraging words and messages back to her. "I



GYRB Fundraiser at a Siena Women's Cancer Benefit Basketball Game

didn't realize it at the time," she says, "but it truly was therapy for me. One of my dear friends told me when I was well that she missed my writing. Once I was deemed in remission, I had stopped writing about my every day antics. She told me she thought my story might help others who are facing a cancer diagnosis. I thought about it and decided that it might be good therapy for me to write about it. It was definitely a time for me to reflect on where I had been as I read through all of my posts. I am often called a Pollyanna, so when I wrote my book, I wrote the real behind-the-scenes struggles intermingled with my blog posts."

The book was initially about her own struggle with cancer, but as she met other cancer patients, she realized it was every patient's struggle. Her book, *How Connie Got Her Rack Back*, is real. It shows all sides of cancer – the good, the bad, and the ugly. But through it all, Connie's snarky sense of humor shines through, giving readers laugh-out-loud moments, as well as allowing them to witness Connie's poignant moments of self-discovery throughout her journey.

After the book was published in 2012, Connie realized she could do more. She started Get Your Rack Back (GYRB), a non-profit that provides local cancer patients and their families with meal delivery, gas, grocery and restaurant gift cards, as well as physician/hospital co-pay assistance. They do not raise funds for cancer research. Their mission is to directly impact the lives of local families affected by cancer.

Connie reminisces about starting the program, "The whole impetus for this mission came from my own experience where my friend, John, from high school, had meals delivered to my home when I was undergoing chemotherapy. My kids were little and I can't even begin to convey how wonderful it was to receive those meals. My dream when I started fundraising in 2012 was to get to a point where I could do the same for others. When I started GYRB in 2015, that dream came to fruition. Although meal delivery was initially my mission, it became abundantly clear that the greatest needs for local cancer patients are grocery gift cards and medical co-pay assistance."

The meals are provided by 9 Miles East Farm in Schuylerville and delivered right to the patient's home. They also provide restaurant gift cards if a patient would like local delivery. GYRB works directly with local oncology offices and hospitals to provide these services to area patients. Connie says that nurse navigators know what patients are most in need of their services and they send

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over an intake form for review. An individual patient can just ask their provider about GYRB services and ask that they reach out to Connie for assistance.

GYRB hosts three annual events in addition to other periodic events: The Funny Bone – a comedy event in Albany on March 19th; GYRB Gala at Excelsior Springs, Saratoga on June 10th; and Diamonds in December – a Christmas stocking drive that takes place every December. Connie has three rules for their fundraisers. “One, you have to have a great time. Two, I want you to say, ‘That was a classy event,’ and three, that you know your money went to a great cause. As long as we at GYRB continue with that mission for our donors, we will remain a fundraising force in our community so we can help more families. Cancer affects everyone in some way, and until it is eradicated, GYRB will be here to help as many families as we can.”

They are also always in need of volunteers. Active community members can join committees for their events, assist with delivering the gift baskets to oncology offices and become involved with the GYRB Board of Directors.

Connie lives with her children, Alyssa (16) and Alex (15), and their very energetic yellow lab, Callie. Her kids both play soccer and are also involved in their community through service organizations at Shen. Connie’s other mission is to make sure her children grow up to be good people and to help others. “My mother had a saying that I live by and often share with my kids,” she says. “Leave people better for having known you.”

Connie strives to live that motto every day and offers hope for other cancer patients. Her advice is to take things one day at a time. “Get through the day and then tomorrow will be here and you will get through that day too. When you are ‘in it’ as I say, it is difficult to look ahead at all you have to endure to be well. One step in front of the other,



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one day at a time, and hopefully, this will soon be in your rearview mirror.”

She also has great advice for family members and friends that are struggling to support someone they love going through treatment. “The one thing I learned about myself when I was diagnosed is that I didn’t



Connie with her gal pals at the GYRB fundraiser at Siena

want to talk about it all the time and I found out from my friends that they were embarrassed to tell me of their life adventures when I was going through so much. Cancer patients want to feel normal and be treated normal. So to friends, to acknowledge the cancer, ask how your friend is and if he or she needs anything. Then tell them a funny story. The worst thing about having cancer is you wake up thinking you have cancer and you go to bed with those thoughts in your head as well. We need our friends to make our lives normal. Don’t lose sight of that.”

Connie’s core values of humor, helping others and kindness not only helped her through her difficult journey and allowed her to realize her dream, it has also spread hope to others struggling as well, and her message rings true for all of us in our days ahead: “Be kind to one another. Make an effort and take the time to do one selfless act a day for someone you don’t know. Hold a door for someone, buy coffee for the person behind you in line. Kindness spurs on kindness. If we all can treat each other this way, the world will be a better place. Leave people better for having known you, even if it is just in passing.”

To learn more about GYRB or to order Connie’s book, *How Connie Got Her Rack Back*, visit www.getyourrackback.org. ■

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.

Brown School, A Capital Region Independent School, Celebrates 10 Years of Providing Students MindUP™, an Innovative Educational Program That Focuses on Social Emotional Learning

By Susan Bardack

Brown School, an independent nursery through grade 9 (grade 9 to be offered fall of 2017) school in Schenectady, NY, provides students with an innovative program created by actress, Goldie Hawn, coined MindUP™. Brown School was the first in the nation to pilot the Hawn Foundation program and they are now celebrating 10 years of providing this impactful tool. MindUP™ focuses on social

and bulletin boards around our school to remind students about the benefits of mindfulness. They are even in our cafeteria. Mindful eating encourages healthy habits and helps control food waste," said Head of School, Patti Vitale.

MindUP™ also encourages the students to be thankful and to give back. "Students are encouraged to be caring members of the community through random acts of kindness and expressing gratitude towards others. Teachers are able to incorporate the MindUP™ curriculum into existing lesson plans, which creates a richer and more relevant learning environment. Thanks in large part to MindUP™, we have a stronger, more positive school culture," said Katie Bryant, a Brown School teacher.

The school recently announced they are adding a high school. "With the addition of our new high school in the fall, we will be exploring new MindUP™ lessons and applying our mindfulness to help our students stay creative, focused and engaged. High school students face many stresses, such as preparing for college and handling social issues. MindUP™ is another tool they can use as they become more independent," said Vitale.

MindUP™ is for everyone. Families can visit the Hawn Foundation website (www.mindup.org) to learn more about the program. Families are also encouraged to contact Brown School (www.brownschool.org) for additional information. ■



Students doing their mindful smelling with a fresh flower



Students doing their mindful breathing

emotional learning, staying in the moment and using breathing techniques to calm the mind and body. Teachers incorporate the program into their lessons. MindUP™ is now used in schools throughout the world.

"MindUP™ is part of Brown School's culture. We incorporate the strategies, breathing exercises and brain breaks into our lessons and daily life. It is extremely helpful for all students, including those who struggle with peer relations, anxiety and attention issues. There are signs

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3/3 – Wounded Warrior Snowfest Welcome Ceremony, Hilton Garden Inn, Troy, \$40, 518-598-1279

3/4 – SPAC's Winter Ball: Passport to Morocco, Hall of Springs, Saratoga, \$110, 584-9330 x136

3/10 – Murder Mystery for Gateway House of Peace, Milton Community Center, Ballston Spa, 450-1273

3/23 – Brighter Days, Shelters of Saratoga 2017 Gala, Longfellows, Saratoga, \$100

3/25 – Palace Performing Arts Center Backstage Ball, Palace Theater, Albany, \$150

March 1 – April 23

DISCOVER BUTTERFLIES

@Museum of Innovation & Science, Schenectady

Escape cabin fever and discover hundreds of brilliantly colored native butterflies at every stage of life. Learn about different species, what they eat & how scientists use them as examples for new technology.

Cost: FREE with admission

Friday-Sunday Mar 3-5

USED BOOK SALE

@Clifton Park-Halfmoon Public Library

Used Book Sale in the Program and Friends' Rooms on the 2nd floor of the library. Hard covers \$1; Children's, Trade & Paperbacks \$.50; CDS/DVDs \$1; CD/DVD Sets, Audiobooks \$2. Sunday is bag day – fill a bag for \$1 or buy a Friends/canvas tote or

backpack for \$10 and fill it for FREE.

Time: Fri 1-5pm; Sat 10am-4pm;

Sun 12-3pm

Friday-Sunday, Mar 3-5

SARATOGA HOME & LIFESTYLE SHOW

@Saratoga Springs City Center

Features a variety of home & lifestyle businesses including home improvement, landscaping, décor, heating & plumbing, pools, financial & professional services & more. Hourly door prizes, flat screen TV grand prize, wine tasting, cooking demos, face painting, balloon animals.

Time: Fri 5-9pm; Sat 9am-7pm;

Sun 10am-4pm

Cost: FREE

Saturday, Mar 4

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Time: 10am-5pm

Saturday, Mar 11

67TH ANNUAL ALBANY ST. PATRICK'S DAY PARADE

@Albany

Celebrate St. Patrick's Day! Parade travels through the Capital City.

Time: 2pm

Cost: FREE

Saturday, Mar 11

KEVIN MCKRELL

@Home Made Theater, Saratoga

Enjoy a pre St. Patrick's Day concert with a festive Irish evening with musical entertainment suitable for all ages.

Time: 7pm | Cost: \$15

Friday, Mar 17

HAIR OF THE DOG

@Normanside Country Club, Delmar

Celebrate St. Patrick's Day with music from Hair of the Dog and a corned beef & cabbage dinner. Tickets

sell out, so advanced reservations recommended. 439-4505 x10
Time: 7:30pm
Cost: \$20 in advance, \$25 day of event

Saturday-Sunday, Mar 18-19

12TH ANNUAL ADIRONDACK SPORTS & FITNESS SUMMER EXPO

@Saratoga Springs City Center

Find a little summer with over 125 exhibitors representing running, cycling, triathlon, hiking, paddling, travel & healthy living. Enjoy seminars, clinics, demos, prizes & giveaways.

Time: 10am

Cost: \$5 Adults; FREE 18 & under

Saturday, Mar 18

SIGNS OF SPRING NATURE WALK

@Camp Saratoga, Gansevoort

As winter fades away, we will look for signs of the coming spring. Join us on a guided hike to observe the changes plants and animals go through to prepare for the warmer months.

Pre-registration required. Snowshoes available for rental 30 minutes before the program.

Time: 11am-12pm

Cost: FREE; Rentals free for members or \$3 for non-members

Saturday, Mar 18

9TH ANNUAL CAPITAL REGION WINE FESTIVAL

@Proctors Theatre, Schenectady

Proceeds benefit 440 State Street Inc. Sample a wide variety of exceptional red, white & sparkling wines, along with restaurant samples, entertainment, live auction and more. Call 382-3884 x187 for more info.

Time: 1pm

Saturday, Mar 18

CLIFTON PARK NURSERY SCHOOL ANNUAL AUCTION

@The Vista, Clifton Park

Enjoy delicious food and cash bar while bidding in the silent and live auctions. Get great deals on Walt Disney World passes, hotel overnights, golf, birthday parties, restaurant gift cards, baskets & much more! Credit cards accepted. Call or email for tickets Diana.glaser@gmail.com or 369-7057.

Time: 4-8pm, live auction begins 5pm

Cost: \$20

Monday, Mar 20

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@Clifton Park-Halfmoon Public Library

Dr. James Kettlewell, Professor

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Time: 1pm

Cost: FREE

Thursday, Mar 23

CLIFTON PARK NURSERY SCHOOL OPEN HOUSE

@344 Moe Rd., Clifton Park

CPNS is a cooperative organization to provide a supportive and enriching environment with age appropriate play-based programs. Currently offering classes for 2, 3, 4, 5 year olds. Call 371-5850 for more info.

Time: 5-7pm

Cost: FREE

Friday, Mar 24

MAGICAL WOODLAND CREATURES & FAIRIES

@Locust Lane Clubhouse, Clifton Park

A fun-filled day of gardening with magical fairies & gnomes! Children will bring to life their own unique magical scene with easy to follow instructions to create a miniature garden that also tells a story. Fee includes vessel, greenery, pebbles, craft tools, fairies, gnomes & more.

Time: 9am-3pm | Cost: \$40

Friday-Sunday, Mar 24-26

CAPITAL DISTRICT GARDEN & FLOWER SHOW

@Hudson Valley Community College, Troy

View stunning gardens & amazing floral arrangements, shop the bustling marketplace, or visit any of our 50+ lectures & demonstrations. Special

exhibits include wine tastings, cooking demonstrations, garden tools, seed / flower / plant exhibits, craft & jewelry vendors, outdoor living & home improvement companies & more.

Partial proceeds benefit Wildwood Programs.

Time: Fri 10am-8pm; Sat 9am-7pm; Sun 10am-5pm | Cost: \$14

Friday-Sunday, Mar 31-Apr 2

THE GREAT UPSTATE BOAT SHOW

@Adirondack Sports Complex, Queensbury

The largest boat show between New York & Montreal! A great opportunity to buy or trade up. Professionals on hand to answer questions and help you find the best boat for your needs, including 175 of the season's newest boat models & accessories and a wide selection of pre-owned boats. Best deals of the season!

Time: Fri 11am-8pm; Sat 10am-7pm; Sun 10am-5pm

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Welcome to the Neighborhood

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

Is Pete auditioning for a job as the TV weatherman? No, but the Chamber of Southern Saratoga County President/CEO is eagerly illustrating the vast coverage area of Clifton Park's newest wireless phone carrier, **Cricket Wireless** (15 Park Ave, (518) 952-4916, www.cricketwireless.com). The only such company to support the local business community and its chamber of commerce, Cricket offers no-annual-contract prepaid phone plans across a nationwide 4G LTE network that covers more than 300 million people. Plan prices are very competitive, with taxes and fees included, and they boast a selection of popular smartphones. Most importantly, their stores are locally-run with a focus on being active in the community.



Looking to buy a new vacuum, find that elusive vacuum bag or get an old unit repaired after clogging it up with Christmas tree needles? There's one place to go in the CSSC directory, and that would be the **Elite Vacuum Store** (1752 Route 9, Clifton Park, (518) 877-0746). Here, State Senator, Jim Tedisco, joins store owner, Chad Cuniff, and the staff and volunteer Ambassadors of the Chamber of Southern Saratoga County in celebrating five years at the current location (17 overall). In addition to cutting the ribbon, the gang investigated the many models of quiet, reliable vacuum cleaners available from name brand manufacturers, on display at Elite's local showroom. If your current vacuum needs work, repairing them is Chad's specialty!

Meet other business neighbors at www.southernsaratoga.org.

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Adirondack Basement Systems is Redefining the Industry!

By Nicole Derucher, Customer Liaison at Adirondack Basement Systems

At Adirondack Basement Systems, located right here in Halfmoon, we care for our customers and want to build a long-lasting relationship with every one of them. We recently held a company-wide relaunch, "REDEFINE," to ensure we are doing just that.

"A company that operates with a noble purpose has the advantage of employee pride. A noble purpose focused on customer impact propels us to the high ground of competitive differentiation. That difference? That is what will redefine an industry!"

—Kevin Koval, Owner



Our management team reminded us of our unique "purpose" to redefine the industry, and in doing so, we are making an impact on our customers, co-workers and

the community. Afterwards, every single employee was nodding in approval. We did team building exercises, team trust exercises, had motivational speeches, as well as team workshops. These exercises were a great way to showcase our own leadership skills and to help us develop and inspire our teams. It was an awesome experience and everyone felt like their purpose was renewed! Our Mission Statement is simple...To deliver a WOW experience and challenge the status quo.

What does that really mean to you? It means we do it right the first time, use the highest quality materials, deliver the best customer experience and offer a permanent solution that we stand behind. We believe that the bar for an exceptional customer experience can be set so high that mediocrity is simply not acceptable at Adirondack Basement Systems.



Adirondack Basement Systems Team

Throughout the day you could hear the difference in how we were interacting with each other. You can hear it in how our Appointment Center answers the phone, you can hear it during sales meetings and from our design specialists, you can hear it in each foreman and crewmember that comes in from the day. Our purpose is renewed! ■

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WILD WOOLIES

Eye-Catching and Good for our Planet

Contributed by Kathleen's Fiber Art

These Felt Birdhouses, or "Wild Woolies," are made with 100% sustainable materials. Water repellant and dirt resistant, these delightful birdhouses are hand-felted natural sheep's wool and are made in Nepal by skilled artisans working in a fair trade production center. They are decorative and entertaining for birding enthusiasts as well as admirers of nature's most amazing creatures, and just plain fun!

WILD WOOLIES, AS WELL AS OTHER FAIR TRADE PRODUCTS, ARE AVAILABLE AT KATHLEEN'S FIBER ART, 29 THIRD STREET, TROY.

What is Fair Trade?

According to the World Fair Trade Organization (WFTO): "Fair Trade is a tangible contribution to the fight against poverty, climate change and global economic crises. The World Bank reports that more than one billion



Some Wild Woolies you will find at Kathleen's Fiber Art

people still live at or below \$1.25 a day. WFTO believes that trade must benefit the most vulnerable and deliver sustainable livelihoods by developing opportunities especially for small and disadvantaged producers."¹

Fair Trade USA explains, "Fair Trade Certified™ products are made with respect to people and planet. Our rigorous social, environmental and economic standards work to promote safe, healthy working conditions, protect the environment, enable transparency and empower communities to build strong, thriving businesses. When you choose products with the Fair Trade label, your day-to-day purchases can improve an entire community's day-to-day lives."² ■

¹ <http://www.wfto.com/our-path-fair-trade>

² <http://fairtradeusa.org/what-is-fair-trade>

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Ice Cutters on the Mohawk River near Clute's Dry Dock, c. 1910

By John L. Scherer, Clifton Park Town Historian

These men, dressed for the cold winter weather, display the tools of their trade. The ice has already been scored into squares for cutting into blocks. Several men from Vischer Ferry were employed cutting ice during the winter months. In the days before electric refrigerators, ice was harvested in the winter, stored, and used throughout the year for home iceboxes. The Rioux icehouse

was located in back of School No. 4 at Clute's Dry Dock, close to the Mohawk River where the ice was cut into blocks. A large conveyor belt lifted the blocks of ice into the icehouse for storage. Packed with sawdust, the ice could remain frozen for some time. Deliveries were made to the home via horse and wagon. There were several other icehouses located throughout Clifton Park. ■



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All About Eyes: Ask an Optometrist

By Judith Archibold, O.D.



Q. Why do I need to have a dilated eye exam?

A. You might think that because your vision is fine your eyes are, therefore, also healthy. But visiting your eye doctor for a comprehensive dilated eye exam is the only way to be absolutely certain. During your dilated eye exam both of your eyes will be examined for any signs of vision problems and/or eye diseases, such as glaucoma, macular degeneration, diabetic eye disease and cataracts. The dilated eye exam is a very important part of preventive eye care.

In order to dilate your eyes, we use special drops. The dilation eye drops take approximately 15 to 30 minutes to begin working. However, if a patient has a serious eye disease, such as glaucoma, and is taking medication, their eyes may take up to an hour to dilate. Once your pupils are dilated, your eye doctor will then look in with a bright light and use special instruments to see various parts of the eye. You'll be asked to look up, down, left and right while the exam is being performed. This allows your eye doctor to see completely



inside your eye, including the macula, retina, blood vessels and optic nerve.

With your pupils dilated, you may be sensitive to light and find it difficult to focus on nearby objects. Additionally, your vision may be blurry. These side effects can last for up to several hours.

When having a dilated comprehensive eye exam, keep in mind these tips:

- Allow plenty of time for your comprehensive eye exam appointment. Remember that it can take 30 minutes for the eye drops to dilate healthy eyes and even longer if you have an eye disease.
- Bring dark sunglasses with you to minimize light sensitivity when you leave your eye doctor's office.
- We advise our patients to make arrangements to have someone drive them after their appointment.

Dr. Judith Archibold is an optometrist at Ophthalmic Consultants of the Capital Region, a multi-specialty, ophthalmology, optometry and eye-surgery practice. Call our office today to schedule an appointment at 777-2777, or visit myoccr.com. ■



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Saratoga Arts Events

Contributed by Emma Huneck, Saratoga Arts

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March 4 - April 21, 2017

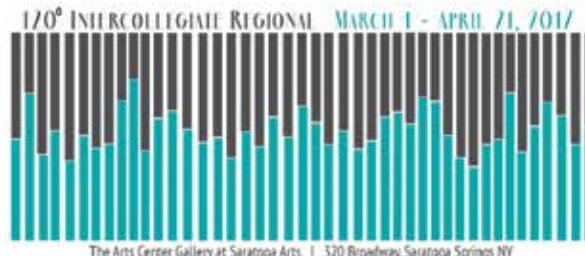
OPENING RECEPTION:

Saturday, March 4, 6-8pm

Saratoga Arts

320 Broadway, Saratoga Springs NY

518.584.4132



All are invited to attend the opening reception of the 120° Intercollegiate Regional Exhibit! The 120° Intercollegiate Regional provides visibility for students' artwork and an educational platform to introduce young artists to professional opportunities and local services. The annual juried exhibition now travels to a different host site each year, highlighting the best of artwork created by students who currently attend accredited colleges and universities located within 120 miles of Saratoga Springs, Glens Falls or Troy, New York.

At the Library

On display at the Clifton Park-Halfmoon Public Library this month are photographs by Ron Winters and Lithography by Diane LeCours. The exhibitions will be on display from February 28 - March 28. Don't miss them!

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Fiber Action Print Passion

Contributed by Ragged Edge Print Studio

Fiber Action Print Passion, featuring the work of Kathy Klompas of Clifton Park, is on display during the month of March at Unitarian Universalist Society of Schenectady. Owner of Ragged Edge Print Studio in Cohoes and a member of Oakroom Artists, Klompas creates bold and vibrant images using thickened dyes and elements of collage. Fiber artist, Peg Foley, will also be represented.

The opening reception is Sunday, March 12 from 1:30-3:30pm at 1221 Wendell Ave, Schenectady, NY 12308.

Visit www.kathy.klompas.com or www.raggededge.com for more of Kathy's work and information about the upcoming show. ■

Monotype allows me to work in a spontaneous manner, to capture an experience, observation of emotion, or simply a pleasing rhythm. Responding to elements of color, movement and balance, I am free to shape thoughts and images with fluidity and freedom. –Kathy Klompas



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 Town Board Members.....371-6651
 Animal Control Officer371-6756
 Town Attorney *Tom McCarthy*371-6651
 Assessor *Walter Smead*.....371-6460
 Building & Development Director
Steve Myers371-6702
 Building & Grounds Director
Mike Handerhan371-6651

Town Clerk *Pat O'Donnell*.....371-6681
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Scott Reese.....371-6054
 Director of Communications & Tech
Dahn Bull.....371-6651
 Highway Superintendent *Rick Kukuk*...371-7310
 Parks and Recreation Director
Myla Kramer.....371-6667

Planning Director *John Scavo*371-6054
 Receiver of Taxes *Lorraine Varley*371-5720
 Director of Safety and Security
Lou Pasquarel.....348-7311
 Town Security Officers369-6651
 Sewer Director *Mike O'Brien*348-7313
 Transfer Station Supervisor
Jeff Vedder.....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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