

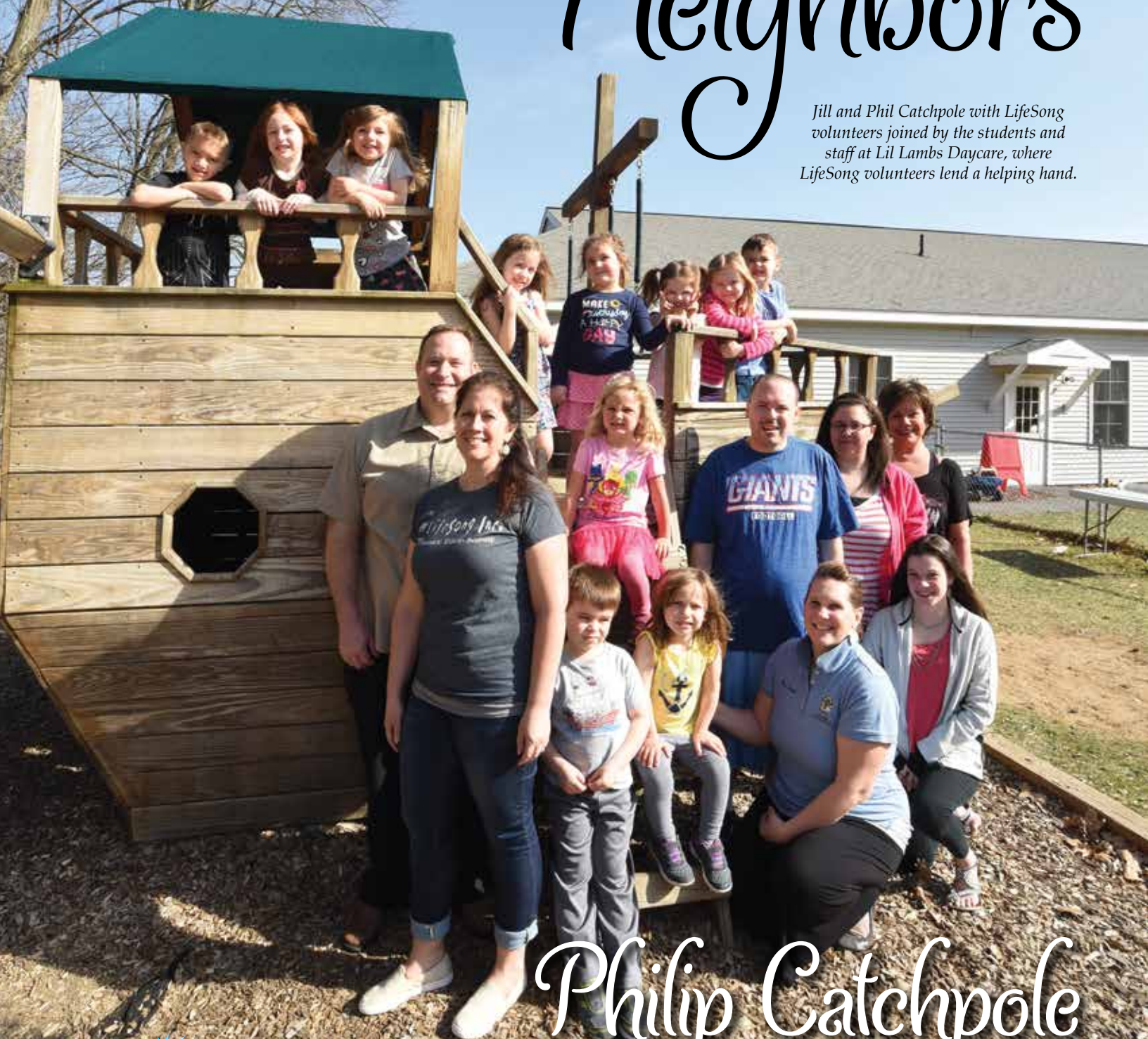
MAY 2017

# CLIFTON PARK

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FOR RESIDENTS

## Neighbors

*Jill and Phil Catchpole with LifeSong volunteers joined by the students and staff at Lil Lambs Daycare, where LifeSong volunteers lend a helping hand.*



Philip Catchpole  
A LifeSong of Service



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Cover photo by Mark Bolles



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## PUBLICATION TEAM

**PUBLISHER** Jill Behunin

**CONTENT COORDINATOR** Jenna Caputo

**DESIGNER** Kelly Anderson

**CONTRIBUTING PHOTOGRAPHER** MarkBolles.com

## CONTRIBUTORS

Pete Bardunias, The Chamber of Southern  
Saratoga County

Jenna Caputo, Silverpen Productions

Emma Huneck, Saratoga Arts

Rebecca Carmen, Shenendehoa District Schools

Ed Parham, Rueckert Advertising & Public Relations

Karen Kulak, Kulak's Nursery & Landscaping

Baptist Health System

## ADVERTISING

**Contact:** Jill Behunin **Phone:** (518) 441-5952

**Email:** jbehunin@bestversionmedia.com

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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.

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Please submit your content by the 10th of each month.

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**ON THE COVER**  
Jill and Phil  
Catchpole  
with LifeSong  
volunteers

## Dear CLIFTON PARK RESIDENTS

Spring is here! Neighbors are emerging from their homes and are ready to be active once again. There are some wonderful things happening around our area.

This month be sure to check out how LifeSong is making an impact on page 6 and join their Daffodil Dash to help them in their mission. Join in the fight against diabetes on page 4. Find out how to clean up your garden on page 9. Read about how local teens learned about diversity on page 17 and how Scott Scary is learning what he loves to do best on page 11. Join Saratoga Arts for some great arts events on page 19. Please be sure to continue letting us know about all of these wonderful things happening in the area. Send any updates to jcaputo@bestversionmedia.com.

May is also a time to remember our mothers and our veterans. As we break out the barbeque and join with our families and friends in enjoying the sunshine once again, let's take a moment to remember those that make these fun days possible.

Have a wonderful May!

Jenna



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PUBLISHER



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*Neighbors helping neighbors is what we do best!*

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# American Diabetes Association Unveils “New Look” Saratoga Tour de Cure for 2017

By Edward Parham Photos by Edward Parham



*Nicole DeCelle is the market executive director, Albany & Central New York, for the American Diabetes Association (ADA). One of the ADA's biggest annual events is the Saratoga Tour de Cure, the Capital Region's premier cycling event dedicated to increasing awareness and finding a cure for diabetes. The 2017 event, set for Sunday, June 4, was the fifth largest*

*Tour in the nation in 2016 with nearly 2,000 riders who raised more than \$920,000.*

## Tell us more about the Tour de Cure.

The Tour de Cure is designed for everyone from the novice biker to the experienced cyclist and includes 10-, 28-, 50-, 62.5- and 100-mile rides. Routes feature full-service rest stops as well as SAG and mechanical support along the way. After finishing, riders are greeted by cheering volunteers and treated to lunch from Mazzone Hospitality, a massage, music and more.



## What exciting new changes are you unveiling this year?

After staging the Tour at Saratoga Springs High School for many years, we are relocating to Saratoga Spa State Park's Peerless Pool. At this new venue we can create a “festival-type experience” with large tents, food stations, a beer garden and more all designed to keep the finish

line bustling with energy and celebration! Other changes include a streamlined participant check-in; chipped cycling bibs; a new, scenic 100-mile route with views of the Great Sacandaga Lake; WaterMonster hydration stations; large screen TVs broadcasting riders as they cross the finish line; and, a live performance by Body & Soul.

## The Saratoga Tour de Cure is one of the largest Tours in the nation. What is the secret to its success and what are your plans for growing the event?

I think the secret to the success of this Tour is our mission. It's an opportunity for individuals, corporations, families and friends to come together in the fight to stop diabetes. It brings together Red Riders (those riders who have diabetes) with a network of people who are both there to support them and be inspired by them. Most importantly, it brings together those who are united in one common goal — to find a cure.





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## How can people get involved?

To register to ride as an individual, form a team or volunteer, visit [diabetes.org/saratoga](http://diabetes.org/saratoga) or call (518) 218-1755. Get the best deal on registration by signing up early as fees increase the closer we get to the event - \$30 through June 1 and \$35 through June 4. ■

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

## Heaven's Meadow

By Carol Wicks

*A lone man sitting under the  
shade tree,*

*with golden rays of sun  
filtering through the leaves,*

*giving off a golden glow  
around him.*

*He is tenderly holding a  
Tabby Cat.*

*Her name is Flo.*

*He is softly whispering  
his love for her*

*as they look at the  
shimmering lake.*

*Fragrant flowers surround  
them.*

*They are in... Heaven's  
Meadow.*

# A Mother's Remembrance

By Carol Wicks, Mother of David Wicks

It's been a year since Carol Wicks' son, David, passed away, but she keeps him close to her heart every day. One day, while she was looking at his picture and reminiscing, this verse came to mind. It describes a place where he is at peace, and every day she reads it, she thinks of him there.



David A. Wicks

### More about David as his family remembers him...

David was happy from the time he was born. Though he had some ups and downs in life, he remained a loving person. David will always be remembered for his love of animals especially his cat, Flo. He loved nature and took many pictures of sunsets from his home on Saratoga Lake. Family and friends will remember him for his personality and humor. Everyone who met him never quite forgot him. He was a free spirit and had a little rebel in him at times. We believe he is now taking care of all the animals he loved so much. Our love and thoughts will always be with him.

- Mom, Dad and Lisa ■

Do you have something creative to share? We are looking for local submissions for original poetry, photography, publication notices, quotes, recipes, original artwork – anything creative! Send submissions to [jcaputo@bestversionmedia.com](mailto:jcaputo@bestversionmedia.com).

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# Philip Catchpole

## A LifeSong of Service

### COVER STORY

By Jenna Caputo

Photos by MarkBolles.com

Service has shaped Philip Catchpole into who he is today, and he takes that very seriously. His passions in life include his faith in God, his love for his wife and children and his work for LifeSong, Inc. – a non-profit that serves differently abled people through community-based day services. He is always there for his family and extended work family and often incorporates activities that involve everyone in a way that has shaped his life and the lives of those around him. “Incorporating our hobbies, sports and special talents through serving our participants, families and staff has brought so much joy to our family. This service expands horizons, creates long life friendships and shapes us into who we are today,” he reflects.

Originally from Lee Center in Central NY, Phil enjoyed the great outdoors growing up, and could often be found snowmobiling, snow and water skiing, fishing, hiking or playing soccer. He attended Potsdam College for business and psychology and met the love of his life, Jill, a finance

and management major at Clarkson. His life plan quickly formed into two things – marrying his college sweetheart and following his father’s footsteps in working with differently abled people.

Having a family member who was differently abled originally propelled Phil’s father into the field – eventually moving their family to the Capital Region to work as the Associate Commissioner for Program Operations at the NYS Office for Mental Retardation and Developmental Disabilities, now called the Office for People with Developmental Disabilities (OPWDD).

After college, Phil received a job as a Primary Therapist at Sunmount DDSO. He married Jill and moved to Tupper Lake, NY, but when they were ready to start a family, they decided to settle closer to Phil’s family and relocated to Clifton Park in 2001. Phil left state employment and entered the nonprofit field, eventually working his way up to his present job as the Executive Director at LifeSong. Jill is now the Assistant Executive Director there as well and their work has become a part of their family and everyday life.



LifeSong is a nonprofit 501C3 with a mission to make it possible for people with varying levels of abilities to become active, wage-earning contributors to their local communities. "We strive to help generate positive, successful employment opportunities as well as provide on-going support so that they may be effective in the workforce. We believe that when given proper supports and resources, any person with differing abilities can be successful at their place of employment," says Phil. LifeSong's services include job preparation, searching, placement and coaching through a variety of programs. The Awakenings Day Program is a 100% community-based program that focuses on making healthy life choices through a trifold structure of volunteering, skill building and recreation, providing a source of ongoing skills and personal development for individuals who are mobile, enjoy being active and value peer interaction. "A healthy balance between these components proves to provide several opportunities and situations in which to accomplish personal growth while gaining confidence, satisfaction and enjoyment in life," says Phil. "These programs fulfill our mission to love, enhance, equip and inspire the men and women we work with and to help them reach their full potential."

In 2013, they added in a musical component to their program since many of the participants voiced a desire to express themselves in the various aspects of the musical arts. LifeSong created a musical studio at their offices on Crescent Road in Clifton Park. The studio allows participants to learn how to operate a studio, play musical instruments and sing. Their music director, Mark Hines, helped to produce their first CD recording in 2015. "A LifeSong Christmas" featured the musical talents of all those in the class and was a hit!

The LifeSong members also wanted to dance. Luckily, Jill is a former ballet dance instructor, and along with other LifeSong staff, began a weekly class that currently incorporates ballet and hip-hop, since those were the requested dances of the members. They use dance space at The King's Dancers' studio in Scotia and share in their annual dance recital, which draws an audience of over 1,100 people each year.

The addition of these arts programs has been invaluable to their overall mission. Phil has found that their members



*Phil and Jill Catchpole with LifeSong volunteers and EMS staff at the Clifton Park Halfmoon Emergency Corps. Clifton Park Halfmoon Emergency Corps is LifeSong's first client location where volunteers prepare lunch for the staff while learning job skills.*

have gained so much: "Confidence, memory, coordination, expression, self-esteem, learning to work together and having a sense of accomplishment – to get up in front of over 1,100 people, on a stage, creates amazing opportunities to grow and express oneself," he says.

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Phil wishes there were more hours in the day so they could do even more for their members, but has been so satisfied with what they have been able to accomplish so far with the instrumental help of their staff. "LifeSong's mission and vision are proven to be carried out daily because of our dedicated, loyal and professional employees," he says. He is gratified to be able to serve individuals with intellectual and developmental disabilities and watch them grow into the people and community members they wish to be.

The community can help with this mission as well through participation in LifeSong's various events throughout the year. **Their next event is the 5th Annual Daffodil Dash 5K on June 10th at the Town of Halfmoon Park.** A fun-filled, family-friendly, Character Counts event, the tickets cost \$25 to run and the proceeds support LifeSong's programs and services that also receive continuous support from corporate sponsors and local volunteers.

The Catchpole family now also includes Aaron (19), Julia (17) and Seth (15) as well as their family pets Hershey, a chocolate lab that loves to run, and Caramello, the cat that loves to chase her. Their family still loves the outdoors and is often out at the kids' games (soccer, softball & baseball) or out snowmobiling, hiking, camping, boating or swimming. Phil, Jill, Aaron and Julia are also all certified

lifeguards. The family enjoys going out in the Capital District to partake in activities around the area including sporting events, dining, movies and concerts. They just enjoy hanging out together and often include the LifeSong family in many of their outings. They also have fun singing together and recently performed with the Easter choir at Faith Baptist Church on Easter.

Phil also has a guilty pleasure – sappy love stories. He often sits down with his wife and daughter to watch TV, and has many favorites, including the Hallmark series *When Calls the Heart* and the *Love Series*, as well as the new *Cinderella*, *Ever After*, *The Sound of Music* and many more.

He is very grateful for the support his family and LifeSong have received from the community that has allowed him to fulfill his lifelong passions. "We sincerely appreciate the kindness and support displayed daily to LifeSong, Inc.," he says. "Our corporate sponsors never cease to amaze and go beyond the expected."

To sign up for the Daffodil Dash, visit [www.daffodildash.com](http://www.daffodildash.com). For more information about LifeSong, Inc., visit [www.lifesonginc.org](http://www.lifesonginc.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](mailto:jcaputo@bestversionmedia.com).



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# FINDING JOY IN LESS

## Tidy Garden: One Of The Garden Trends For 2017

By Karen Kulak, owner of Kulak's Nursery & Landscaping, Rexford, NY



Created with Spark Post

When it comes to your yard and gardens, this may be a good year to follow one of the trends to achieve a tidy garden. I'm not talking about just trimming and cleaning up plants. The trend refers to the global shift toward reduced consumption along with finding

satisfaction and contentment with what you do, not what you have. It refers to the "less is more" attitude. I know that whenever I start a project that de-clutters, I feel so accomplished when the project is done. Why not in the garden too?

Here are eight tidy garden things to do as listed in the Garden Trends Report 2017:

1. Thin your garden. Get plants under control. Divide, prune and share. This step will take the growing season since not all plants can be pruned or divided at the same time. A little research as to when the best time to do these with each type of plant will be needed.
2. Clear out the garden clutter. Get rid of things you don't need. This can include old and broken accents that you really have no use for.
3. Keep what you need or love and what loves your garden.
4. Out with the old, in with the new. Purge plants that are past their prime, have outgrown their space or are not thriving.
5. Eliminate harmful synthetic fertilizers, pesticides and herbicides. All natural and organic feeding and



Pair a few colors that look good together for a beautiful blend.  
Photo by Karen Kulak

managing your plants has so many benefits all around.

6. Respect belongings – keep them looking good, pruned, sharpened and tidy.
7. Create boundaries and define spaces. This requires a bit of planning but once you know what you want to accomplish, you will enjoy your spaces that much more.
8. Use a restricted palette of plants and accents. In the garden we like to pair a few colors that look good together instead of having all the colors on the wheel incorporated.

For all your gardening needs, visit Kulak's Nursery, 1615 Rt. 146, Rexford, NY.

Reference: Garden Media Group Garden Trends Report For 2017 ■

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f t p i

# Welcome to the Neighborhood

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



**Planning Matters, LLC** (518-348-1880, [www.planningmattersnow.com](http://www.planningmattersnow.com)), a financial services firm that has made its home in Clifton Park for many years, celebrates the completion of its new building at 999 Route 146. Managing Partner, Vincent Bonanno, Jr. (holding scissors), and associate, Chris Frances (center), cut the ribbon with staff and volunteer Ambassadors of the Chamber of Southern Saratoga County and area officials. Assemblywoman Mary Beth Walsh and Diane Suski, representing State Senator Jim Tedisco, were on hand with proclamations. Planning Matters looks for clients who are financial delegators, passionate about achieving their goals, who enjoy simplicity, value the relationship with professionals, focus on what's most important, and seek the truth regarding their financial situation.

**ToxicVR Virtual Reality Lounge** owner, Donn DeLane, waves from the front of the store, with two virtual reality booths just behind him. This exciting technology came to the Clifton Park Center mall in late winter, as the lounge (22 Clifton Country Rd, 518-621-5149, [toxic-vr.com](http://toxic-vr.com)) opened its doors near Prime Bar & Grill and Regal Cinemas. The technology used at Toxic VR enables the user to experience the virtual world and interact with it. Guests at the grand opening had the opportunity to walk atop mountains, fly over big cities, stand in outer space and even take on an attack of evil monsters in virtual combat. Toxic VR offers monthly memberships and can provide fun for the whole family.



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# Student Internship Helps Scott Scary Find His Career Path

Contributed by Rebecca Carmen, Shenendehowa Central Schools Photos by Kristi Drinkwater



Shenendehowa High School offers a diverse continuum of services for students including the Community-Based Work Program. This program is for students in 11th and 12th grade who are planning on pursuing a career after graduating high school. The program matches students with internships in the community based on their interests. The program is led by Kristi Drinkwater, Special Education teacher, who trains the job coaches to provide direct support on-site. She also leads weekly classes

with students to work on the skills necessary to become successfully employed and maintain employment.

Scott Scary is one example of a student participating in the CBWP. He has spent the last few months interning at the Holistic Veterinary Center assisting Dr. Pamela Scerba with acupuncture, spinal adjustments and other therapies. Scott has been

so successful in this position that Dr. Scerba requested he be there to assist with a specific dog he had worked with. Scott helped hold the dog, keeping it calm during the procedure. Scott now thinks he may want to become trained in Dog Grooming or Vet Tech someday! ■



Dr. Pam with Scott assisting on acupuncture and spinal adjustment procedures

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# How to Make Family Visits More Enjoyable

Contributed by Baptist Health System

Let's face it, many of us feel uncomfortable when visiting a loved one who is living in a long-term care facility. The reason is that so often, people are unsure how to best engage with residents in a nursing home or assisted living community.

Visitors look forward to seeing an older friend or relative, and have high hopes for a meaningful, heart-to-heart conversation. More often than not, they may find that someone's TV blaring in the background makes it difficult to be heard, and their long awaited visit turns out to be a disappointment. Their efforts to reconnect result in frustration.

Family visits can be improved, however, with a little advance planning, tools, and education. Here are some ways to make your next visit more rewarding.

- Call the facility ahead of time and let them know when you're planning to visit. Ask if the time is appropriate, and does not interfere with the resident's therapy, favorite activity, or especially their very important hairdresser's appointment!
- If the resident does not have a private room, ask staff if

there is a quieter place you can meet with them.

- Ask staff members to make sure your loved one is wearing her glasses and hearing aids, if applicable. It's always important that they have these items, but they're especially valuable when visitors come with stories and photos to share.
- Bring along some of your loved one's favorite magazines, puzzle books and games that family members can share during their visits.



Photo courtesy of Deposit Photos

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Many long-term care residences also allow pet visits. Check with your facility in advance, and make sure the pet is up-to-date on all required vaccinations. A visit from the family dog will often make a connection with a loved one and help stir up memories and start conversations. Many other residents in the community will also be delighted to see your beloved pet.

It's extremely important to have realistic expectations regarding your visit with a friend or family member. They may tire more easily than they used to, so shorter, more frequent visits may be appropriate.

With education and advance planning, your family visits will be more rewarding!

For more information visit [www.bapthealth.com](http://www.bapthealth.com) or call 518-370-4700. ■



## Mondays through May 15

### PJ STORYTIME

@Clifton Park-Halfmoon Public Library

Join library staff on Monday evenings for a quiet story time for parents to spend with their children. Children, ages 2-6, along with their families, are encouraged to wear their pajamas. This is a drop-in program; no registration is needed.

Time: 6:15pm

Cost: FREE

## Monday-Sunday, May 1-7

### BOOKS FOR BABIES

@Clifton Park-Halfmoon Public Library

Library District parents or grandparents of newborns can stop at the Circulation Desk during the week of May 1-7 to receive a special, free gift packet compliments of Friends of the CPH Library. Each gift packet will contain, among other useful materials, a board book for your child and resources for parents.

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### SARATOGA SPRINGS HORSE SHOW

@Yaddo Show Grounds, Saratoga

The 57th annual horse show is the first outdoor USEFF AA Rating and USEF Jumper 4 Rating Show in the Northeast! Features hunters, jumpers

& equitation classes held in 3 different rings with over \$300,000 in prizes and awards throughout the week. This is a Capital Fund of Saratoga County, Inc. event, a 501c3 non-profit organization to provide financial support or aid in support of the missions of not-for-profit organizations in Saratoga County. Call 518-490-1214 for more information.

Cost: \$4 per person,

Children 12 & under FREE

## Thursday, May 4

### CHILDREN'S MIRACLE NETWORK FUNDRAISER

@Panera, Clifton Park

Support Allison as she runs as a Miracle Maker for Children's Miracle Network Hospitals in Disney's Princess enchanted 10K. Print out or show the flyer with your purchases at Panera to have a percentage of your purchase go to the fundraising requirement for Children's Miracle Hospital. All are welcome!

Time: 4-8pm

## Thursday, May 4

### A TASTE OF ALBANY

@NYS Museum, Albany

At this culinary showcase and benefit for Interfaith Partnership for the Homeless, sample delicious creations from over 30 Capital Region restaurants and chefs, celebrate with entertainment, live and silent auctions

& more. Call 518-434-8021 for more information.

Time: 5:30-9pm

Cost: Varies

## Friday, May 5

### CINCO DE MAYO TANAGER

@Wolf Hollow Brewing Company, Glenville

Celebrate the famed Mexican holiday with our favorite local jazz ensemble, Tanager!

Time: 6-10pm

Cost: Donations encouraged

## Friday, May 5

### KIDS NIGHT OUT – CINCO DE MAYO

@Serendipity Arts Studio, Saratoga  
Make taco bowls and cinnamon Churros to celebrate Cinco de Mayo in this interactive kids cooking class. Ages 7+. Registration required.

Time: 6-9pm

Cost: \$30

## Saturday, May 6

### DIG INTO GARDENING DAY

@Longfellows Restaurant, Saratoga  
"Ready to use" content-driven workshops, healthy recipes, garden lovers networking, garden marketplace resources, new twists on homegrown gardens & culinary demonstrations all at the beautiful Longfellows Hotel and Conference Center. Call 518-390-9138 or

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# Mother's Day Activities

Sunday, May 14



## Simpson's

@The Desmond Hotel, Albany,  
Breakfast 7am-noon, Dinner, 1-9pm, Reservations  
required 518-869-8100

## Kelly's Angels Mother~lovin Day 5K

@Orenda Pavilion, Saratoga Spa State Park  
Runners, walkers and supporters welcome to this  
signature event raising funds to help local children who  
have lost a parent to cancer.  
7:30-10:30am, \$25 registration for 5k, Kids Run FREE

## Pancake-Breakfast

@Ballston Lake Fire Department  
Support Boy Scout Troop 83 for all you can eat pancakes  
(gluten-free available), sausage, orange juice, coffee & tea.  
8am-12pm, \$6 adults, \$3 kids up to 11, eggs \$2 al a carte

## Mother's Day-Brunch


@Normanside Country Club, Delmar  
Open to all, Reservations from 10am-2pm  
\$29 Adults, \$15 kids 5-12

## Family Cooking Class

@Serendipity Arts Studio, Saratoga  
All ages welcome to come cook Mother's Day Heart  
Pancakes with Whipped Cream & Strawberries.  
Registration required.  
10am, \$20 per person

## Reiki, Meditation, Music


@Hannah's Healing Wellness Studio, Saratoga  
Treat mom to the ultimate relaxation experience with this  
mixed-modality wellness experience. All are welcome!  
Pre-registration required. Space is limited.  
10:30-11:45am, \$40



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gardengoddessenseandsustainability.com/dig-into-gardening-2017.html for more information

Time: 9am-4pm

Cost: \$80, includes all workshop sessions, gourmet lunch, giveaways, free samples & more

### Saturday, May 6

#### SARATOGA COMIC CON

@Saratoga City Center

Check out Cosplay; Guest Stars including Brian O'Hallaron, Scott Schiaffo, The Nasty Boys, David Madison, Jim Lawson & Steven Lavigne; Gaming; Anime; Sci-Fi; Furies; Geeks; Comic Books; Artists; Vendors; the 1966 Batmobile; The General Lee; Montreal X-men & many other attractions! 518-593-4412  
Time: 10am | Cost: \$15+

### Saturday, May 6

#### KENTUCKY DERBY PARTY

@Saratoga National Golf Club

Party on Derby Day! Live music from Funk Evolution, great food, cigar station, cash bar, Jumbotron TVs, "Prime on the Rail" (\$25), "VIP Infield" (\$95) & more! 518-306-2330 for more information.

Time: 4-10pm

Cost: \$25 General Admission

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### Sunday, May 7

#### WALK MS

@National Museum of Dance, Saratoga

Team up with friends, loved ones & co-workers as a powerful force in the fight against MS. Proceeds raised to support cutting-edge Multiple Sclerosis research and life-changing programs and services for people living of MS.

Time: Registration 9am, Walk kicks of at 10am

### Thursday, May 11

#### 13TH ANNUAL CARE LINKS LUNCHEON FUNDRAISER

@Hilton Garden Inn, Clifton Park

Support Care Links of Southern Saratoga County with lunch and raffles. Call 518-399-3262 for more information.

Time: 11:30am | Cost: \$25

### Thursday, May 11

#### MOTHER-TO-BE & BABY EXPO


@Albany Marriott, Albany

Exhibits, prizes, refreshments, samples, raffles and more! Call 518-542-5111 or bridalshows@aol.com for more info.

Time: 5-8pm | Cost: FREE

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## Friday-Sunday, May 12-14

CP SOCCER CLUB SPRING  
CLASSIC TOURNAMENT

@Clifton Common Soccer Complex,  
Clifton Park



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or to register, email CPSCTourney@  
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## Saturday-Sunday, May 13-14

ALBANY TULIP FEST

@Washington Park, Albany

This highly anticipated event brings  
100,000 tulips in bloom, art exhibits,  
live music, children's events & more!

Time: 12pm

Cost: FREE

## Saturday, May 20

TOUCH-A-TRUCK

@Crossgates Mall, Albany

Family fundraiser to benefit Veterans  
Count NY. Join us for an exciting day  
of family fun, giveaways and larger  
than life trucks!

Time: 9am-2pm (Horn-free hour 9-10am)

Cost: Suggested Donation

## Saturday, May 20

PUPPET SHOW

@Genius Plaza, Clifton Park

A bilingual puppet show in both  
English and Spanish. These fun and  
magical creations are a great show  
for pre-school aged children, but all  
ages are welcome.

Time: 10am

Cost: FREE

## Saturday, May 27

BALLSTON SPA MEMORIAL DAY  
PARADE

@Ballston Spa

Step off is at 9am and parade proceeds  
done Milton Ave to Front Street.

Wreath ceremony at Kayaderosseras  
Creek, speakers and presentations at  
the War Memorial Park on Low Street  
following the parade.

Time: 9am

Cost: FREE

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# Real Talk: Diversity

By Rebecca Carman, Shenendehowa Central Schools

The community joined CAPteens, teen volunteers from CAPTAIN Youth and Family Services, for a dynamic and engaging evening celebrating diversity. It was presented in collaboration with Shenendehowa School District and the Clifton Park Library. The panel discussion featured representatives from community organizations who foster diversity and was facilitated by CAPteens. Additionally, multiple local organizations were on hand to provide information and answer questions.



Photo by Dr. L. Oliver Robinson

## GUEST SPEAKERS INCLUDED:

**Fazana Saleem-Ismael** received her Master of Public Policy degree from Georgetown University and is currently a research scientist at the Professional Development Program of the Research Foundation of SUNY. She is also the founder of Jazzy Sun Birthdays, a volunteer project that hosts personalized birthday parties for homeless and/or low-income children. Fazana is the chair of the speaker's bureau/community education committee of the Capital District Coalition Against Islamophobia and is a founding member of the Albany chapter of the Sisterhood of Salaam/Shalom.

**Kamryn Wolf** is Program & Volunteer Coordinator as part of the Pride Center staff. She works closely with volunteers, staff and community partners to ensure the success of the Center's programming. Before moving to the Capital Region in November 2016, Kamryn lived in Brooklyn, NY. Kamryn has worked as Coordinator of Community & Client Needs at Third Root Community Health Center in Brooklyn — a cooperatively-owned holistic health

center. Kamryn's additional experience organizing at the intersections of racial, economic and gender justice has been with Resource Generation, North Star Fund and Divine House Tenants Association. Kamryn graduated from Wesleyan University in 2012 with a Bachelor's Degree in Art History and German Studies.

**Melanie Trimble** is the Chapter Director, New York Civil Liberties Union, Capital Region Chapter. She has worked with the community to bolster the power of the Albany Police Department Citizens' Police Review Board, developed and implemented a seminar on best practices for the use of Tasers by local police departments, educated school districts about the Dignity for All Student Act, helped local police departments develop practices and procedures that better address the needs of the transgender community and consistently responds to the civil liberties needs of the community. She holds a BA in philosophy and psychology from Simmons College and an MAT from Montclair State University. ■

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# Saratoga Arts Events

Contributed by Emma Huneck, Saratoga Artss

## You're Invited!

### Open Spaces

Featuring work by Matt Chinian, Cheryl Horning, Kelly Schoonbeck & Takeyce Walter

**April 28 - June 17, 2017**

**OPENING RECEPTION:**

Saturday, May 6, 6-8pm

Join Saratoga Arts for our Annual Meeting at 5:30pm!

Craft beer and light refreshments provided by  
Druthers Brewing Company

*Open Spaces* explores the observance of beauty and change in our surroundings. Evoking sometimes fleeting moments of stillness and movement, memory and wonderment, the artists in this exhibition seek out a truth that may be unknown, revealing a deep rooted connection often found between individuals and their environments.

### At The Library...

Don't miss "The Living World", featuring artwork by Faith Weldon at the Clifton Park-Halfmoon Public Library! The exhibit is open May 2 - May 30, 2017.



### Vacation Camps

Let your child spend spring 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](http://www.saratoga-arts.org/education). ■



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*Steve Myers* .....371-6702  
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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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