

NOVEMBER 2015

CLIFTON PARK

AN EXCLUSIVE MONTHLY PUBLICATION
FOR RESIDENTS

Neighbors



Catherine Hover
Finds Joy
in the Challenge



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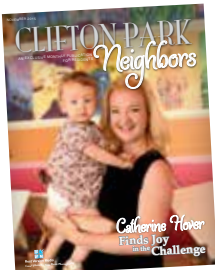
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MAGAZINE DEADLINES

Please submit your content by the 10th of each month. Clifton Park Living will usually arrive in your mailbox within the first week of every month. Dates may vary depending on the post office.

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ON THE COVER
 Catherine Hover

Dear CLIFTON PARK RESIDENTS

Many people view fall as a time of endings - the end of summer, the shedding of dead leaves, the long sleep of winter, the end of another year. Granted, most people enjoy fall activities - playing in the leaves, apple picking, pumpkin patches, hay rides, cider doughnuts, etc. - but they dread the day that last leaf falls and winter officially begins.

I've always looked at fall as a time of new beginnings. I don't see "death," I see the preparation of life. It is a time to reflect and make needed changes. It's a time to recharge and renew your mind, body, and spirit. It's a time to give thanks and be grateful for everything you have and your accomplishments, and a time to think about what you want to achieve in the fast approaching new year. It is the rest (not death) before the new growth.

I know January is the usual time to make New Year's resolutions, but to me, fall has always seemed like the real start of the new year. Maybe it comes from all those years of being in school and everything starting in September - I don't know. But whatever it is, fall is the new beginning for me.

As I begin the usual Thanksgiving reflections, I realize that I once again have much to be thankful for this year, and on top of it all, I get another wonderful year on this earth to make my own little mark any way I can, and I am so grateful.

So as the season turns from fall to winter, I am not going to mourn the end of summer, flowers, good weather, sunshine. I'm going to rejoice in the chance for another new beginning. I am going to continue to walk confidently down this road of life and enjoy every moment of my journey - leaves or no leaves. I will cherish each detail the season offers. I am going to take full advantage of this period of rest, while everything around me renews and recharges - myself included. I will come out revitalized and ready to rock this year even better than last!

So let that last leaf fall - It's not just an end. It's a fresh start. A new beginning. Another bend in the road that offers a different view and new adventures. Our journey awaits!



Photo by Jesse Storms Linton



Jenna Caputo

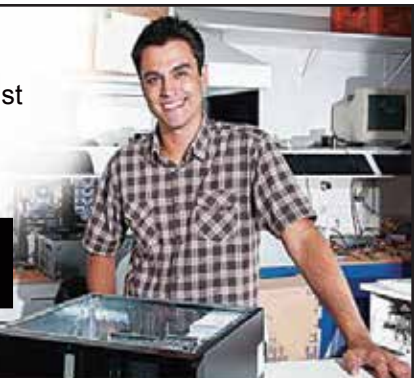
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Local Man Rediscovered the Memory of a Young Conservationist

By John L. Scherer, Clifton Park Historian

John Weiss enjoyed walking through his Clifton Knolls development. Around the corner from his home on Juniper Drive is a tree-filled island that divides the road. While walking one day in March of 2006, John caught the glint of sunlight off of something under the brush. Investigating further, it turned out to be a brass plaque, "Julie Delo Memorial Island, Born 4/10/57 - Died 2/7/75." John spent several months tracking down the history of Julie Delo and her memorial island. His work culminated in a Memorial Day celebration that recalled the efforts of a teenager who saved the picturesque island from destruction.

Julie Delo lived at 24 Juniper Drive with her parents, Peter and Agnes Delo, and several brothers and sisters. She loved nature and the outdoors. Before cystic fibrosis prevented it, she enjoyed hiking and camping. The island in the middle of the road was opposite the Delo home, and there were three lofty birch trees that dominated the island, shrouding anyone who walked underneath with boughs

of leaves. A footpath stretched between the unevenly distributed trees.

Julie was an honor student at Shenendehowa High School. One spring day, a few weeks before her seventeenth birthday, she was walking home from school and discovered that during the day, workmen had taken down the trees on the island and left a mass of splinters and wood chips on the side of the road. She learned that the town intended to tear up the rest of the island and black top the entire road. Evidently, the island was creating a drainage problem for the road.

The island was a pleasant break in the traditional uninterrupted black top road, and Julie took action. She wrote to the town board imploring them to rescue the island from further destruction, went door to door asking neighbors to sign a petition to restore the island, and to attend a town board meeting to express their views. On the night of the board meeting, Julie presented her petition containing some 70 signatures, but none of her neighbors were present to support her. She explained to the Board the aesthetic importance of the island and appealed for its preservation.

The Town Board was moved by Julie's appeal and decided to replace the trees. The drainage problem was forgotten and within a matter of weeks, new trees stood where the old ones had been.

By the following February, Julie's illness had worsened, aided by a case of the flu. She was unable to recover and died on February 7, 1975. She would have graduated high school in June. Her neighbors requested that the Town Board dedicate the Juniper Drive Island in her memory, and on March 17, 1975, a resolution of the Town Board officially named the island the Julie Delo Memorial Island, and a small plaque was placed there in her memory.

The Delo family moved to Florida in 1979, and before long other neighbors also moved, and soon the memorial island was forgotten. John Weiss and fellow sleuth, Loretta Parsons, former president of the Clifton Knolls Civic Association, tracked down the above information by contacting the Gordon C. Emerick Funeral Home. A collection of old newspaper clippings on file there gave background information.

Thanks to the action of young Julie Delo, a picturesque island in the center of Juniper Drive was preserved and is enjoyed by the residents of Clifton Knolls. Thanks to the efforts of John Weiss, we now know the whole story. ■



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Shenendehowa Student Empowerment Services

By Rebecca Carmen, Shenendehowa Central Schools

In addition to the mental health services provided by Shenendehowa staff, the district is collaborating with Saratoga Center for the Family to offer private mental health services in the school setting with a master-level, licensed clinician. Research shows that behavioral health issues present barriers to students' learning, academic achievement and standardized test scores. Therefore, this supplementary program to our existing support program allows for students to receive mental health treatment during or after school, which will result in:

- Increased access to mental health services
- Removed stigma
- On-site programs to allow teachers more time teaching
- Fewer discipline problems and distraction from class work

In 2015-16, services will be offered at Arongen/Shatekon Elementary School and Shen High School. If your child attends a Shen school where the mental health services are not provided, it is the parent's responsibility to transport to either Shatekon or High School East to receive services. Once services expand, the provider will be able to travel to the individual schools.

Why offer private, mental health programs in school?

- Convenience
- Allows the therapist, school staff and family to work together to build student success
- Keeps student's issues from affecting emotional, academic or physical development
- Provides relief from symptoms earlier
- May prevent long-term problems
- Improves academic performance and personal relationships

What is Student Empowerment Services?

With parental consent, the Saratoga Center for the Family will offer a full range of comprehensive mental health services in the student's school, including:

- Identification and assessment of children with behavioral and emotional health needs
- Individual, group and family therapies for crisis intervention
- Consultation with parents, teachers and school administration
- Parent and teacher trainings on mental health issues
- Referrals to other community mental health programs

How can my child access services?

In collaboration with the child's parent/guardian, students can be referred by a school counselor, psychologist, social worker, nurse or building administrator, or parents can make their own private referral for students that are currently displaying depression, anxiety and stress, trauma, engaging in self-

harm or emotional instability. A consent form must be signed by the parent/guardian to begin services. Individual student records are kept confidential. Programs operate during school hours and often beyond for family convenience.



What are the costs to parents?

- Parents provide insurance information and Saratoga Center for the Family bills directly
- If not insured, the center may be able to assist in obtaining health insurance
- No family will be turned away due to their inability to pay: sliding fee and/or financial assistance is available

What is my role as a caregiver?

- Consent for participation
- Attend the initial evaluation session
- Attend monthly family sessions at home or school
- Collaborate with the therapist and school personnel to best support the child ■

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COVER STORY

By Jenna Caputo Photos by Niki Rossi

Catherine Hover

Finds Joy in the Challenge

Catherine Hover likes a good challenge. In fact, if she feels like she isn't working toward something, she goes out to *find* something to conquer.

Originally from New Orleans, Catherine graduated with a degree in Fashion Merchandising and Marketing from The University of Southern Mississippi. She interned in Manhattan and considered going into magazine publishing, but she wasn't sure where she was going to call home. Her fiancé, Mark, was a survey engineer and travelling most of the year for his job. She needed to do a little soul searching to figure out what

she was going to do with her career and life. "It was a moment in my life when I had no clue and I was not okay with it. I needed something to work towards."

The one thing she did know was that she was tired of the travel and a long distance relationship. When Mark's job sent him to the Capital District in April 2011, they came here together, fell in love with experiencing four seasons and decided to stay. She first worked at a store on Broadway in Saratoga Springs while jumping into wedding planning mode. They married in October of that year, and

then Catherine once again found herself without something to do. She focused on trying to get out in her new town. "I had an 'ah ha' moment when I was on the phone with my mom, telling her what a difficult time I was having meeting people. She suggested that I try going to a paint and drink establishment to relax and meet people. I did some research and when I couldn't find one, I thought it would be a challenge worth taking on to start my own here."

Places like that were everywhere down south, but they hadn't hit up here yet, and without any nearby family or friends, Catherine was starting from scratch on her own. She also had never established a business before, but grew up watching her father, a custom homebuilder, run his. She knew owning a small business could be rough, but she also saw her

father's passion and recognized that it could be a very rewarding venture as well.

Deciding to risk it, Catherine and Mark took the money they were saving for a house and opened Saratoga Paint & Sip four years ago. The idea quickly took off. Two years later, they opened a studio in Latham, and in January of 2015, opened a third store in Burlington, VT. But the thing that surprises people most when they visit is that Catherine has no art experience. "I've always appreciated art, but felt like there was no way I could ever do that. I wanted something where you could drink and socialize – I like entertaining people. I feel like I'm bringing people into my home and it's up to me to show them a good time. I want them to have the overall experience of having fun and relaxing. Paint & Sip is so much more than just an art studio!"

Catherine works hard to make it all look easy. It's about living, breathing, sleeping the business – it doesn't stop. "I'm not a normal person when it comes to challenges. I'm very much driven by what people *don't* think I can do. What do they say? Shoot for the stars? I don't ever shoot for the stars. I always shoot for beyond."

It was a plan that worked. Each day Catherine watches people file in to lose themselves in the evening's art project. Sometimes they come for a special occasion like a bachelorette party or a birthday, and sometimes it's people just looking to de-stress. Catherine never knows who is coming, so each night starts off by finding out who is there and if they are celebrating anything. Depending on the answers, there might be a fun activity included, or they may just adjust the music playlist accordingly. After everyone checks in and grabs their drink, it's time to put on a smock and start the class. One of the artists leads the class step by step through the painting. At the end of the evening, they take a group picture

and everyone leaves with their own artwork.

"Our most important attribute as a business is that everyone that comes through the doors has a phenomenal experience," says Catherine. "It's not about the finished product. It's how you got there. We want our painters to feel empowered to do something they didn't think they could accomplish. It can sometimes be a really difficult thing to step outside of your comfort zone and try something new. We pride ourselves on showing them they can do it! People come back because of that feeling of accomplishment and at the same time de-stressing. It's unbelievably therapeutic to let yourself get lost in the painting that you're



completing. For a whole two hours, you're forced to not think about bills, kids, husband and that endless list of things left to do in your head."

Once the business was settled, Catherine needed a new venture, so she decided to run a marathon. She never ran before in her life, but her husband completed a triathlon in August and she thought it might be a good challenge for herself before she turned 30. To keep herself accountable, she signed up for the November 1st NYC Marathon through the Team for Kids charity. With six months to train, she downloaded the Hal Higdon app for guidance and has worked by herself to get in shape for the big event. While she still doesn't really like running, she's finding that she's enjoying the process. It gives her

a chance to clear her head. She listens to books and has worked on her mind control, realizing that she needs to think positive to keep going. But she loves finishing things, so she enjoys the feeling at the end of a run and is looking forward to completing the marathon itself.

When she's not checking challenges off her bucket list, Catherine enjoys spending time with Mark and their 18-month-old daughter, Posey. Mark no longer needs to travel now that he is a stay at



home dad, so they enjoy supporting the local community by eating out and participating in all of the local events throughout the year. She's also a member of a book club and the Executive Exchange group through the Saratoga County Chamber.

Catherine's self-professed wild and eccentric personality is contagious. You can't help but feel energized and positive around her. Her hard work and good attitude is apparent in every corner of her studio and life. And now that the marathon is almost out of the way, Catherine has just one more thing left on her list. "I just need to figure out what I'll cross off next!" she says. Challenge accepted.

Want to try an art evening yourself or have Paint & Sip come to your next event? Visit www.saratogapaintandsip.com. ■

Do you know a neighbor who has a story to share? Nominate your neighbor to be featured in one of our upcoming issues! Contact us at jcaputo@bestversionmedia.com.

Epilepsy Has Many Causes and Forms, But Treatment Options Are Plentiful Too

By Ellis Medicine

Epilepsy is a brain disorder in which clusters of nerve cells, or neurons, in the brain can misfire. This in turn can lead to unusual sensations, emotions and behaviors; it can also cause convulsions, muscle spasms and loss of consciousness.

Epilepsy may develop because of an abnormality in brain wiring, an imbalance of nerve-signaling chemicals called neurotransmitters, or some combination of these factors. It may result from a number of different causes, including injury to the brain, brain infection or exposure to toxic substances, high fever, or impaired blood circulation to the brain, for example, as the result of stroke.

Seizures can be classified as partial or generalized, depending on how the abnormal brain activity begins. Seizures that begin in just one part of the brain are called partial or focal seizures. Seizures that involve all of the brain are called generalized seizures.

Although many people associate seizures or convulsions as an indication of epilepsy, a number of other conditions, including illness or brain damage, can cause seizures, too. Therefore, having a single seizure does not necessarily mean that a person has epilepsy.

Treatment Options

The Centers for Disease Control and Prevention say that before beginning treatment, patients need to know the type of epilepsy and whether there are any other underlying conditions involved. Antiepileptic drugs are the mainstay of treatment for most people. According to the Epilepsy Foundation, there are more than 20 different medications that can control the symptoms of epilepsy.

If medications are not effective, there are other options. The vagus nerve stimulator (a small battery that is surgically implanted in the chest and sends signals to the brain via the vagus nerve, found in the neck) can be used in people with seizures that are not well controlled by medication. Surgery to remove the seizure-producing areas of the brain has been used for many years, when medication has failed to prevent seizures. A carefully monitored high-fat or ketogenic diet is also sometimes used for short periods of time to control seizures in children.

According to the Epilepsy Foundation, new surgical techniques and improved ways to pinpoint the location of the problem areas have improved the success rate for surgical treatment. However, surgery is not suitable for everyone and the issue should be discussed with a doctor. Whatever the most appropriate treatment, it's important that treatment begin as soon as possible after epilepsy is diagnosed. This is especially true for children, who may develop emotional problems as a result of their disease and the reaction of their peers.

The Epilepsy Monitoring Unit at Ellis Hospital provides care for patients of all ages and can diagnose different types of

seizures and non-epileptic events and quickly develop a personalized treatment plan that might range from adjustment of medications to admission to the hospital, depending on a patient's needs. When outpatient monitoring is an option, ambulatory EEG monitoring is available - convenient for pediatric and adolescent patients, as well as those who prefer to be at home during testing.

For more information about Neuro-Diagnostics or Epilepsy Monitoring, call 518.243.3387. ■



New Kitanie Coloring Book Brings Hope to Brain Injury and Concussion Patients

By Jessica Paskett

Jessie Riley, owner of Kitanie Coloring Books, discovered through her own concussion recovery that coloring rebuilds visual spatial and organization skills, which can be disrupted from a concussion. She has published coloring books to bring hope and recovery to brain injury patients.

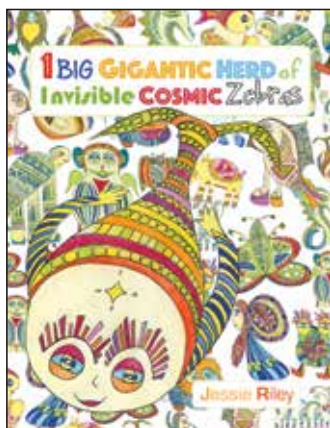
A brain injury can be temporary or permanent. According to the Centers for Disease Control, approximately 1.7 million people each year in the U.S. incur a traumatic brain injury. Jessie Riley, owner of Kitanie Coloring Books, is one of them and understands firsthand that having a concussion and being diagnosed with post-concussion syndrome are considered "invisible illnesses." These types of brain injuries are often difficult to rehabilitate because there are no obvious outward signs that anything is wrong with the body, thus making it even harder for specialists to prescribe effective treatments for recovery.

"I experienced my first concussion 15 years ago in a short-track speed-skating crash, and a second one this past summer," says Riley. "For the longest time, I had unexplained visual symptoms and dizziness. When my concussion doctor referred me to a behavioral optometrist, I discovered, ironically, that coloring was an essential key to my recovery."

Behavioral optometrist Dr. Howard Kushner, understands Riley's common, yet mostly misdiagnosed, symptoms.

"Concussions interfere with the ability to process specific information in a complex array, called figure ground processing," says Kushner. "For example, many patients with concussions cannot walk in a supermarket. They become completely overwhelmed because they cannot make sense of all the visual information. Coloring helps to rehabilitate this skill because it specifically requires the individual to make sense of the complex visual information on the page."

In the weeks following a concussion, doctors teach patients about brain rest. This entails no computer use, social media, video games, text messages and even reading. In the digital age, brain rest can be difficult for tweens, teens and young adults as they may find it boring in relation to their usual highly stimulating everyday activities. However, one activity this group of adolescents finds entertaining that is not banned, is coloring.



Dr. Robert Nielson, a leading concussion specialist and Riley's personal doctor in New York, believes coloring can accelerate the healing of brain pathways.

"We're leaning toward getting concussed patients more involved in active rehabilitation after the initial 5-7 days post injury without causing further energy imbalance in the brain. Since so much of the brain's energy is involved in eye movement and tracking, coloring is an excellent activity in stimulating the healing of brain pathways."

In the month following Riley's concussion, her company, Kitanie Coloring Books, published "One Big Gigantic Herd of Invisible Cosmic Zebras" - a coloring book for tweens, teenagers and young adults who have an invisible illness. In the book, endearing cosmic creatures say comforting and encouraging words like, "Keep your head up. This too shall pass. And if it doesn't, I'll still love you." The coloring book can be found through most online bookstores worldwide and on www.kitanie.com. Doctors who work with concussion patients, and other invisible illnesses, can also customize the coloring book to give to their patients after diagnosis.

"Spending the last couple of months coloring, as part of my 11-week vision therapy homework, has helped me to get my brain, and my life, back," says Riley. "I knew that discovering this would be life-changing for me and now I wish for everyone who has ever had a concussion, or whoever gets a concussion in the future, to know there are solutions to heal their symptoms and there is hope."

For more information, please visit <http://www.kitanie.com>. ■



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Welcome to the Neighborhood

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

Halfmoon Softball celebrated their upgraded facilities and new dugouts courtesy of Bast Hatfield Construction and the Chamber of Southern Saratoga County's Saratoga County Community Development Program with a ribbon cutting ceremony on June 14. The project, led by Bast Hatfield's Erica Hogan, involved volunteers



giving of their time and materials to build the dugouts and

Saratoga County board member. Also pictured is Halfmoon Town Supervisor Kevin Tollisen.

prepare the upgrades to the ball fields. An upgrade of the remaining facilities is planned for 2016. Accompanying the girls in the photo are the coaching team and board led by President Anthony DePasquale, site manager of Malta Med Emergent Care and Chamber of Southern

A moment of jubilation just a few hundred feet from the Clifton Park border as Carney's Tavern celebrates new ownership and a new beginning on June 16. The excitement was well warranted, because owners Matt and Stephanie Finnigan (holding scissors) have overcome a lot to keep this legendary local establishment running. Ballston Lake businesses need upgraded sewer facilities, and quickly, or the cost of doing business will simply be too high for some to survive. Pictured are family members, well wishers, Ballston historian Rick Reynolds (far L), former owner Rosemary Carney (next to Matt), Tracy Egan (4th from R), Chris Rhodes from Assemblyman Tedisco's office (3rd from R), Chamber of Southern Saratoga County President/CEO Pete Bardunias (2nd from R) and several volunteer Ambassadors of the chamber.



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Wednesday, November 4

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Time: 12:30-3pm | Cost: FREE

Friday, November 6

ARTSFESTFRIDAYS – VAUDEVILLE CIRCUS

@Tang Teaching Museum, Saratoga Springs
The festivities feature a very special and delightfully unusual performance by Suitcase Junket, a nationally-touring, slide-guitar-playing, throat-singing one man band. Circus performers and tap dancers mingle with visitors while they tour the Tang's "Affinity Atlas" and Mark Allen visual art exhibits.

Time: 5-7pm | Cost: FREE

Friday, November 6

CREATE YOUR OWN FALL CANDLES AT THE CANDLE COLLECTIVE

@20 Prospect Street, Ballston Spa
Join us for two hours of candle making! Choose your colors, your fall scent and let us teach you how to build your own candles from scratch. Once your candles have solidified, you will get to add your leaves and raffia to give it the perfect autumn touch. Call to book a seat or sign up on our online calendar – 518-288-3695

Time: 7-9pm | Cost: \$34.00

Friday, November 6

9TH ANNUAL NEW YORK STATE WINE TASTING

@Exit 9 Wine & Liquor Warehouse, Clifton Park

This annual event is our most popular for a reason – Don't miss your opportunity to sample some of the best New York State has to offer! Must be 21 or over to sample. 25% of sales will be donated to benefit the Special Olympics of NY. A perfect time to stock up for the Holiday Season.

Time: 3-7pm | Cost: FREE

Saturday, November 7

CAR SAFETY EVENT

@AAA Northway Halfmoon
Free battery checks, carfit checks, car set checks or installations.

Find out more and to RSVP: AAA.com/Events or 1-877-222-8283

Time: 10am-2pm | Cost: FREE

Sunday, November 8

'ONLY THE BEST' BRIDAL SHOW

@National Museum of Dance, Saratoga Springs
The 6th Annual 'Only the Best' Bridal Show will feature some of the BEST wedding professionals from around the Capital Region that are ready to assist you in making your wedding day the most memorable day ever. In addition, we will be hosting "The Perfect Setting Sweepstakes" for a chance to win the Dance Museum for your wedding. The museum's picturesque building and surroundings will be the perfect setting for your big day!

Time: 1-4pm | Cost: FREE

Registration Required 518-584-2225 ext 3001

Thursday, November 12

2ND ANNUAL GATEWAY HOUSE OF PEACE THANKSGIVING GALA

@Longfellow's Restaurant, Saratoga Springs
The 2nd Annual Gateway House of Peace Thanksgiving Gala, sponsored by Longfellow's Hotel, Restaurant & Conference Center with honorary chairs Ron and Michele Riggi. Cocktail hour starts at 6pm with a seated dinner at 7pm (Choice of 3 entrees). Cocktail music by The Sound Factory. Silent

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auction will be open during the evening for your bidding pleasure. All proceeds go to the Gateway House of Peace, a local charitable organization dedicated to providing a safe, comfortable and caring home free of charge for terminally ill patients under the medical care of Hospice.

Time: 6-9pm | Cost: \$100

Saturday, November 14

LOCAL AUTHOR FAIR

@Clifton Park Halfmoon Library
Mary Higgins Clark Award winner Jenny Milchman, author of *Cover of Snow* and *As Night Falls*, will deliver the keynote speech, followed by an autographing session. Appearances and readings by authors Christa Parrish, Dennis Mahoney, Robin Antalek, Eleanor Kuhns and Jean C. Gordon, plus over 25 other published authors from Clifton Park, Halfmoon and surrounding areas. Books will be available for purchase through Open Door Bookstore and individual authors. Refreshments will be provided.

Time: 1-4pm | Cost: FREE

Saturday, November 14

9TH ANNUAL LAKE GEORGE POLAR PLUNGE FOR SPECIAL OLYMPICS

@Shepard Park Beach, Lake George
For more information or to register, go to <http://lgplunge2015.kintera.org/faf/home/default.asp?event=1127129>, or contact Jennifer Frame at 518-388-0790 x 128.

Time: 10am-4pm | Cost: Spectators Free

Saturday & Sunday, Nov. 14-15

SARATOGA HOLIDAY ART FAIR

@National Museum of Dance, Saratoga Springs

The Annual Holiday Art Fair is a juried fine arts and crafts show. There will be a selection of juried artists exhibiting handmade and very gift-able works of art. The exhibitors presented are some of New England's top artists and craftspeople working in a variety of media. Handmade jewelry, fine woven garments, handcrafted wood vessels and utensils, sculpture, functional stoneware and raku pottery, hand made quilts, mixed media, paintings, photography and much more will be available for show and sale. Refreshments

are served.

Time: 11am-5pm | Cost: FREE

Monday, November 16

PRE-K DISCOVERY DAY AT CAMP SARATOGA

@Wilton Wildlife Preserve & Park, Gansevoort

This monthly program is for our youngest explorers (ages 3-6 years old) where we use children's love of nature to teach simple concepts. Adults are expected to attend. This is an outdoor program so please come dressed for the weather. We will go on a short walk, do a simple nature craft, and have a healthy snack! Preregistration is required. Call 450-0321 or email info@wiltonpreserve.org for more information or to register.

Time: 10:30am

Saturday, November 21

CLIFTON PARK ELKS FREE THROW SHOOTING CONTEST

@Southern YMCA, Clifton Park

The Clifton Park Elks will hold their Annual "Hoop Shoot" national free throw shooting contest. The program builds character while promoting integrity, hard work, quality family time and good sportsmanship. All boys and girls in age categories 8-9; 10-11; and 12-13 (as of April 1, 2016) may compete. Each contestant has 25 shots and will receive a free gift for participating. Contestants in 8-9 age group shoot from 11 feet. The best scores in each age group will receive a prize. Winners advance through local, district, state, regional and national levels. The finals for the national title will be held in Chicago, IL. National winners will have their name inscribed on the Elks National "Hoop Shoot" plaque at the Basketball Hall of Fame in Springfield. For additional information, contact Craig Masterson at 518-728-3894.

Time: 11am-3pm

Thursday, November 26

THE 14TH ANNUAL CHRISTOPHER DAILEY TURKEY TROT

@Saratoga City Hall, Saratoga Springs

Each year on Thanksgiving morning, thousands of runners (and walkers) congregate in Saratoga Springs to race

in the annual 5K Turkey Trot race, which benefits the Christopher Dailey Foundation – a non-profit organization supporting youth sports in our community. Entry fees are nonrefundable, so do not mail any registrations after November 19. Online registration closes November 24th at noon. All runners who register before November 15 will receive a Turkey Trot T-shirt. There is no day-of registration. The Turkey Trot course starts on Broadway in downtown Saratoga Springs, then continues into Skidmore's campus, and finishes on North Broadway.
Time: 8:30am | Cost: On or before November 15: \$23.00, November 16-25: \$25.00.

Saturday, November 28

THE 40TH ANNUAL SARATOGA CRAFT MARKETPLACE

@Saratoga City Center, Saratoga Springs

Kick-off your holiday shopping season while enjoying unique handmade crafts from over 100 artisans, small business Saturday promotions to downtown Saratoga merchants, live music, crafter raffles and silent auction.

Time: 10am-4:30pm | Cost: \$5





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Morning Headaches: Is Your Pillow To Blame?

By Karen Totino, Green Conscience Living

A wide variety of ailments list morning headaches as a symptom, but this painful way of waking up can often be explained by an overlooked cause: the pillow upon which your head rests each night.

The bedding we choose is of paramount importance, since nearly a third of our life is (ideally) spent sleeping upon it, yet oftentimes we don't stop to consider what makes up our mattress and pillows. As most of us operate under a budget of one kind or another, we sometimes can't afford higher quality bedding that largely avoids harsh chemical treatments, yet when it comes to the component parts of our sleep-set, we have other items to consider swapping out in an effort to combat morning headaches.

Commonly, manufacturers of mattresses and pillows employ a variety of materials, including synthetic foam, to make sure you have a comfortable night's rest. While it is often difficult for consumers to approximate exactly what is in each of these component materials, some chemicals are well known to exist in most mattresses. Their acknowledged effects leave little to the imagination when it comes to the inadvertent dangers we face when sleeping each night.

One of the most common chemicals found in memory foams and other bedding materials is formaldehyde. A known carcinogen, formaldehyde is not only responsible for the powerful smell that characterizes new bedding, but also continues to leach into a room far after that olfactory assault ceases. Much like a variety of other chemical-laden products (like those made with pressboard), formaldehyde continues to off-gas into a home for an extended period of time. Most commonly, formaldehyde is used to embalm dead bodies, and according to the CDC, even low levels of the chemical may be sufficient to dramatically raise the risk of getting cancer.

Formaldehyde isn't the only chemical to grace your bedding, however. Diisocyanates are considered highly toxic, and they are known eye and throat irritants. Unsurprisingly, they are also proven to cause headaches, and often found in mattress foams.

Alongside this mind-boggling addition to our bedding, you can often find methylene chloride in mattresses and foam pillows. By far the most common pollutant associated with industrial foams, methylene chloride has had dramatic effects on factory workers who are exposed to it in the long term. These include memory loss, dizziness, nausea and (of course) headaches.

While sleepers aren't exposed to concentrations anywhere near these amounts, off-gassing means that chemicals can build up in our bodily systems over time, slowly and stealthily. A known and common issue with industrial chemicals, these cumulative effects can be measured in people almost from birth. Recently, a new study was published that examined the capacity for synthetic chemicals to be passed from mother to child while breastfeeding. The results were staggering, showing that there is a direct connection between breastfeeding and tested levels of chemicals present in an individual.

Limiting exposure to potentially carcinogenic and definitively harmful chemicals is a constant challenge that remains exceedingly difficult for most people. Thankfully, there are certain steps that health-conscious individuals can take, including changing out your bedding to a more naturally-sourced alternative. Many of the chemicals that are found in pillows and other bedding originate not only in memory foams, but also in the fire-retardants that certain materials are legally required to be treated with. When sourcing a mattress or a natural pillow, look for one made from organic latex or wool (and buckwheat in the case of pillows). Inherently flame-resistant, many of these products avoid the need for harsh chemical treatments altogether, dramatically decreasing the amount of toxins your body passively takes in over the long term. ■



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 Assessor *Walter Smead*.....371-6460
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Steve Myers371-6702
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 Town Clerk *Pat O'Donnell*.....371-6681

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 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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