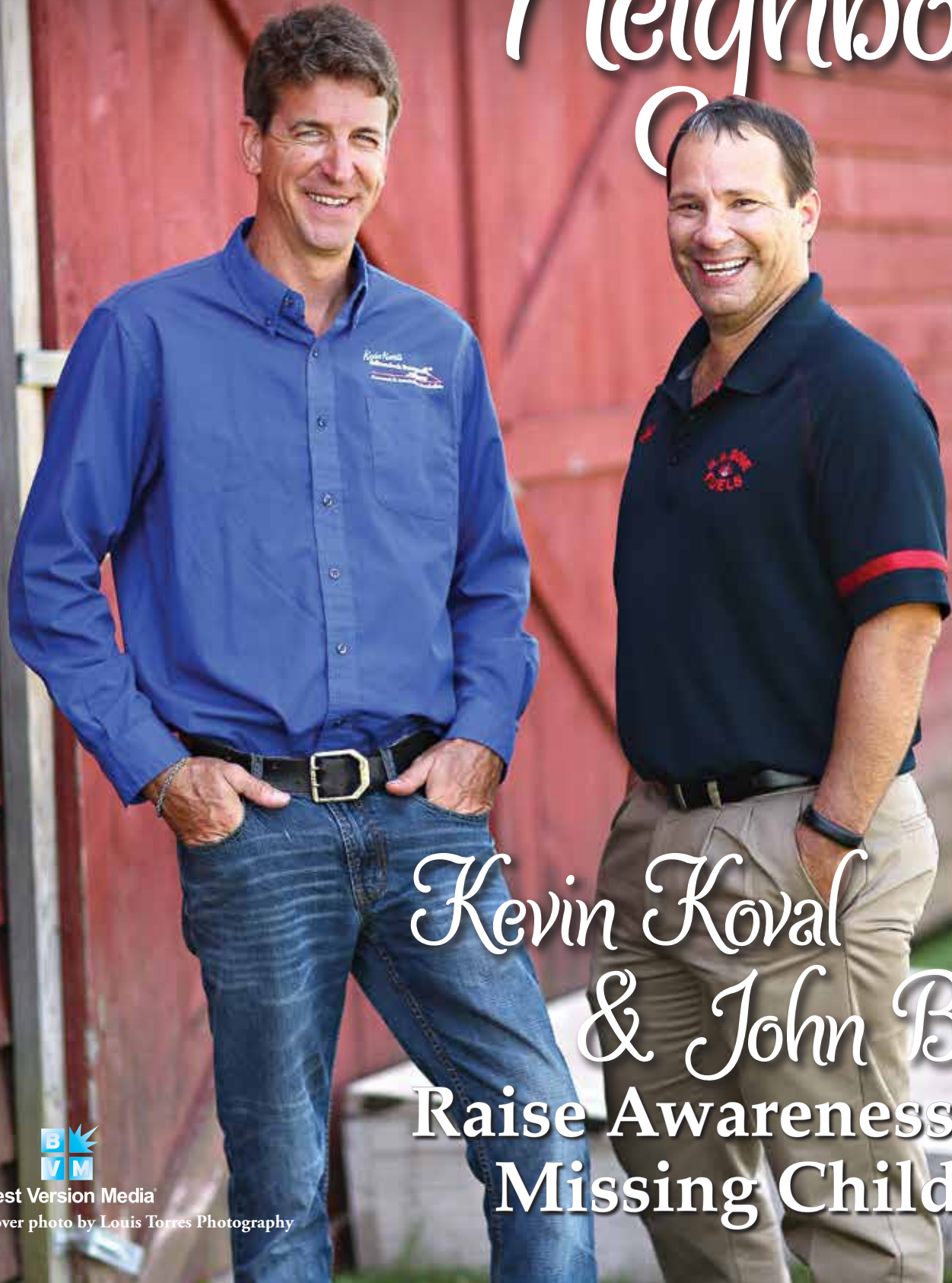


SEPTEMBER 2016

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Kevin Koval
& John Bove
Raise Awareness for
Missing Children



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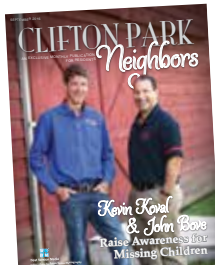
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ON THE COVER
Kevin Koval &
John Bove
Raise Awareness About
Missing Children

Hello CLIFTON PARK RESIDENTS

Anyone who knows me knows that I am a huge supporter of all the arts. So I highly encourage you to check out this super fun (& free) event on September 10th. Hope to see you there!

Jenna Caputo CONTENT COORDINATOR

CREATIVE CORNER

Saratoga Arts Celebrates 30 Years!

By Emma Huneck

Please join us in celebrating Saratoga Arts' 30th Anniversary at the opening reception of the 30th Anniversary Invitational, on Friday, September 9 from 6-8pm! The exhibition features the works of artists who have exhibited at Saratoga Arts over the past 30 years. Hors d'oeuvres provided by Druthers Brewing Company. The event is free and open to the public.



*Art in the Park Artist Natalia Kessler,
Autumn Lake, Oil on Canvas.*

All are invited to Art in the Park on Saturday, September 10 from 10am to 4pm in Historic Congress Park, Downtown Saratoga Springs. The day will be filled with a wonderful exhibition of original fine art, available for sale from local and regional artists, local music performances, art activities for kids, great food and more! The event is free and open to the public.

Art in the Park is an outdoor fine art show in downtown Saratoga Springs' Historic Congress Park, curated and presented by Saratoga Arts. The exhibition features artists displaying their original two- and three- dimensional creations and personally designed and crafted functional art in a beautiful park setting. Artists will display and be on hand to discuss their drawing, painting, ceramics, jewelry, sculpture, photography, printmaking and work in other media.

View watercolors by Darlene VanSickle, Art in Public Places Artist, on display at the Clifton Park-Halfmoon Public Library from August 30-September 26, 2016.

For more information, please call Saratoga Arts at 518-584-4132. ■



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Tragedy Creates Bravery in Nick's Warriors

By Janine DeTillio Cammarata

Family. It means something different to everyone. Family can be based on blood, longtime connections, unusual circumstances or even tragedy. When tragedy brings people together, there is an unbreakable bond. Nick's Fight to be Healed Foundation (NFTBHF), formed in memory of Nick Cammarata who passed away in 2008 from leukemia, is a family formed through tragedy, but grows stronger through service.



Photo by Elizabeth Fox Photography

Isabella Caruso is one of the newest members of Nick's Warriors, a group of courageous, determined and positive children battling cancer. Isabella recently turned five, but two weeks before her fourth birthday, she was diagnosed with Acute Lymphocytic Leukemia (ALL) Type B and started treatment within 24 hours.

Imagine that just yesterday, you had no thoughts about cancer, and then you are thrust into this scary and devastating world. Isabella and her family had to stay in the hospital for 15 days and luckily received the Family Hope Bag (commonly known as the Red Bag), which includes gift cards and essentials from NFTBHF.

Before age five, Bella has received numerous spinal taps, blood transfusions, finger pricks, multiple stays and many treatments at The Bernard & Millie Duker Children's Hospital's Melodies Center. What makes Bella a brave warrior is that she continues to stay active through swimming, gives back by supporting the Ronald McDonald House in Albany and is officially Nick's Warrior for the 2016 Nick's Run to be Healed 5K to be held on Sunday, September 25. Bella's Believers is her personal team, and

she is working hard getting people to join. The run has something for the entire family: 5K, 2-mile walk, kids' run, carnival and more! Currently, Bella is in maintenance, which means she receives oral chemotherapy until August 14, 2017.

As a member of NFTBHF, Bella and her family are taken care of emotionally, physically and financially. Bella receives support to help pay for food and travel, gifts to keep her distracted during treatment and visits from Chloe, the foundation's very own therapy dog.

NFTBHF cannot help their family without the support of volunteers and donors from the community. All money raised remains local to help children like Bella beat her disease and grow into strong and compassionate adults. To find out more about the foundation and their largest fundraiser, Nick's Run, go to www.fighttobehealed.org. ■

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





Kevin Koval & John Bove

Raise Awareness for Missing Children

COVER STORY

By Jenna Caputo

Photos by Louis Torres Photography

The 10th Annual FIREBALL RUN is coming to town! The world-famous TV and internet-streaming adventure travel series is crossing into Southern Saratoga County on September 29-30th. The FIREBALL RUN is not a Reality-TV series. Labeled as “factual television,” the show is the only episodic series that films an entire, unrehearsed season in real time. For 26 episodes, the show follows 40 rally teams for eight days through eight regional areas as they compete in a legendary 2000-mile, life-sized trivia game filled with exclusive, once-in-a-lifetime adventures. Taking the road less traveled, the teams venture on an epic quest through America’s under-discovered places and obscure historic artifacts. Each destination holds a clue and a challenge that the teams must complete before moving on to the next destination.

The winners go home with bragging rights, a plastic road sign, and most importantly, the chance to bring awareness to a greater cause.

Each year the adventure is completed specifically to raise awareness for America’s missing children. Associated with the Child Rescue Network based in Florida, each team is assigned a missing child from their hometown and 1000 posters to deliver throughout the event while completing their challenges. This media campaign has so far resulted in the successful recovery of 48 missing children.

“I am very excited to welcome the FIREBALL RUN to Southern Saratoga County,” states Pete Bardunias, President/CEO of the Chamber of Southern Saratoga County (CSSC) and the lead organizer of the event for this area. “Our 17 communities plus a few of our nearest neighbors have always been a sort of ‘flyover country,’ often overlooked by travelers in their quest to reach more well-known locales. This is our chance to show people what they’ve been missing!”

Clifton Park Town Supervisor Phil Barrett agrees. “Clifton Park is excited to host a dynamic show with

a very meaningful mission of helping families across the nation. FIREBALL RUN will provide a boost to the hospitality sector of our economy and highlights new initiatives we have unveiled in 2016 in cooperation with CSSC.” In fact, the show is expected to bring over \$1 million into New York State in the form of cash and in-kind investments, as well as jump start NY tourism promotion efforts worldwide.

Welcome and farewell events are open to the public and scheduled in Ballston Spa. Details can be found at www.southernsaratoga.org, www.cliftonpark.org or www.ballston.org. Southern Saratoga is proud to have two local contestants, Kevin Koval from Adirondack Basement Systems & John Bove from G.A. Bove Fuels, participating in the event. Learn a little more about these local teams before cheering them on during the show on www.fireballrun.com!

What did you enjoy growing up?

KK: The outdoors. Working on anything mechanical. I wanted to

know how everything worked. I always had to take apart all my toys as a kid.

JB: Baseball. Sports.

Your job?

KK: Owner of Adirondack Basement Systems – helping people get the most out of their homes by waterproofing their basement, encapsulating their crawl space, or lifting and stabilizing their home. Also involved in rehabbing distressed real estate.

JB: Owner of G.A. Bove Fuels – providing oils & energy services and full-service heating & air conditioning.

How did you get into your line of work?

KK: “I have been involved in construction since I was 13 years old. I was formally trained as an electrician at Hudson Valley and I started my own general construction company at the age of 24. This led to my getting involved with the Basement Systems

Network and it was one of the best decisions I could have made.”

JB: It was the family business. Grandfather started it in 1930. “I remember riding around with him in the oil trucks at about 5 years old.”

Community activities?

KK: Member of the Town of Halfmoon Zoning Board; Crescent Boat Club Board of Directors.

JB: Sponsor of G.A. Bove Fuels Charity Golf Tournament – a fundraiser for Albany Med Children’s Hospital, bringing in over \$20,000 each year to help them continue providing a comfortable atmosphere for the families that need to stay there; Saratoga County Board of Directors; Mechanicville School Board; SEDC Board of Governors

Why the FIREBALL?

KK: The president of the Chamber of Commerce first approached me about it. He said that he thought I was the perfect fit for this type of

adventure. I try to never give up an opportunity and really experience life.

JB: I remember watching the old Cannonball run movies. I’ve always been a car guy and into local history. I always want to help kids out. I get to see & do things I normally wouldn’t, hang with my buddy, get a week off of work. It’s a win-win for everyone!

Team member?

KK: Todd Lutinski – originally from the Albany area and now owns a Basement Systems dealership in the Boston area.

JB: Bill Connallon from Wilton – A propane supplier and “the only one I could stand being in a car with for 7 days!”

What car?

KK: I intend on using a 1969 Chevy panel van. It’s in the process of being restored and I’m hoping it’s done in time, but if not, I will use my pick-up.

JB: A 2016 Dodge Hellcat Challenger in Plum Crazy Purple. ■



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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

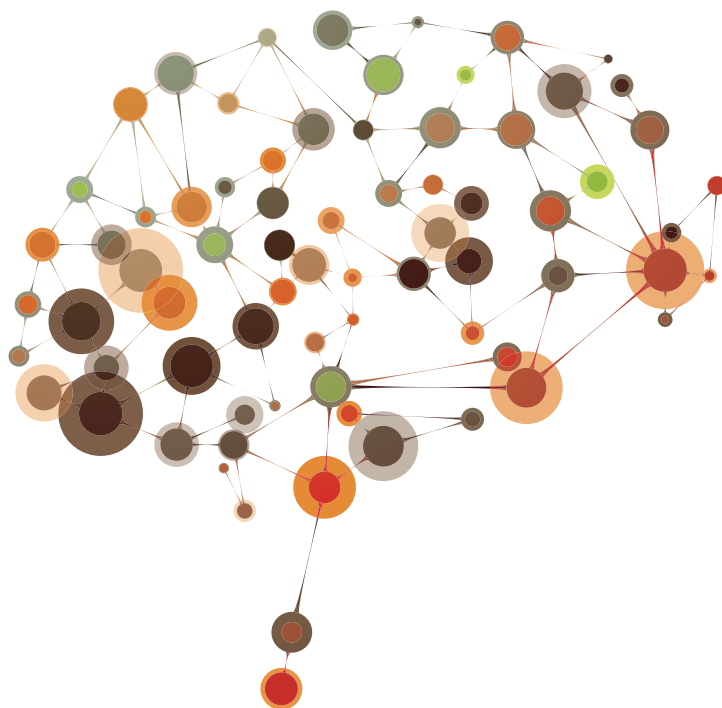
used for short periods of time to control seizures in children. According to the Epilepsy Foundation, new surgical techniques and improved ways to pinpoint the location of the problem areas have improved the success rate for surgical treatment. However, surgery is not suitable for everyone and the issue 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. ■



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Welcome to the Neighborhood

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

There are smiles all around Ballston Spa as F.W. Webb (www.fwwebb.com) celebrates 150 years in business in 2016. Founded in Boston in April 1866, the company has been at the forefront of the plumbing supply industry since its inception, having helped bring indoor plumbing and modern sewage and wastewater systems to the most populous cities in America. Store employees joined representatives of both the Chamber of Southern Saratoga County and the Saratoga County Chamber of Commerce in cutting the ceremonial ribbon in late June. The Ballston store also has a Frank Webb's Bath Center showroom on premises, featuring bath and kitchen plumbing accessories, lighting and aging in place products.



Oh Corn! Arepas and More (ohcornarepas.com) brings a taste of Venezuela to 1505 Route 9 in Halfmoon as a family-owned business making and selling authentic food products from that country. Arepas, naturally gluten-free foods made of corn, are one of the healthiest fast foods in the world. Volunteer Ambassadors of the Chamber of Southern Saratoga



County (CSSC) joined owners Jose F. Theoktisto and wife Belkis Castro, their children, extended family and employees as well as local and state government representatives for the ribbon cutting. Halfmoon Deputy Supervisor and Town Councilman Paul Hotaling represented the town as well as its Business and Economic Development Committee along with CSSC President/CEO Pete Bardunias. This restaurant is the only one of its kind in the Capital Region.

Meet other business neighbors at www.southernsaratoga.org.



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10 Ways to Stay Healthy During Back-to-School Season

By Ally Donovan

Back-to-school season is here. As weeks of popsicles by the poolside fade to sweater-clad, blustery days, the ever-present threat of the flu and common cold lingers in the background. Here's a guide to keep you staying healthy all year round.

1. Get enough rest. Fatigue really does increase your susceptibility to illness. Seven to nine hours a night is ideal for optimal health.

2. Drink lots of fluids. Stay hydrated during back-to-school season with green tea to reduce free radicals, Emergen-C and good old-fashioned H2O. For an extra immune system boost, cut out the sugary stuff. Even a small amount of soda can reduce your white blood cells' ability to fight bacteria.

3. Wash your hands before you eat and right away when you get home. This might seem a bit excessive, but it's always a good idea to get rid of any germs you may have picked up during the day, especially if you'll be touching food.

4. Keep a supply of antibacterial wipes. If you regularly wipe down germ-y surfaces, it will greatly decrease your chances of catching anything – think kitchen and bathroom counters, your desk, bedside table, as well as your phone screen and computer keyboard.

5. Don't share towels, glasses or utensils. Sharing is caring, right? WRONG. Though it might be tempting to have a sip from someone's water bottle or let them spare you a bite of their food, it's better for you and those around you to refrain from it.

6. Eat ALL the fruits and veggies. Nutritionally dense foods like leafy greens and bright berries are loaded with antioxidants that help you stay healthy. Looking for more ways to incorporate produce into your diet? Try having a small side salad in addition to your normal dinner or a yogurt, granola and fruit parfait for an easy breakfast or late-night treat.

7. Stress less; laugh more. While stress hormones can suppress the immune system, sharing a hearty chuckle decreases a number of stress hormones in the body and increases a type of white blood cell that fights infection. Laughing isn't the only way to decrease your likelihood of getting sick – meditating, deep breathing or even listening to music can serve the same purpose.

8. Exercise. Make an effort to move for at least 30 minutes a day. It stimulates the lymphatic system, increases oxygenation and ups the number of leukocytes (immune system cells that fight infection) in the body.

9. Install a humidifier. Flu and cold viruses thrive in low humidity!

10. Drink red wine. Over the past couple of decades, medical researchers have concluded that a glass of red wine at the end of the day can actually be good for you. In addition to its cancer-fighting properties, red wine lowers your chances of having a stroke or a heart attack. You – or the kids – can also reap a lot of the same benefits from drinking dark grape juice!

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IMPORTANT TOWN PHONE NUMBERS

Town Supervisor *Phil Barrett*.....371-6651
 Town Board Members.....371-6651
 Animal Control Officer.....371-6756
 Town Attorney *Tom McCarthy*.....371-6651
 Assessor *Walter Smead*.....371-6460
 Building & Development Director
Steve Myers.....371-6702
 Building & Grounds Director
Mike Handerhan.....371-6651
 Town Clerk *Pat O'Donnell*.....371-6681

Town Court, 5 Municipal Plaza.....371-6668
 Community Development Director
Barb McHugh.....371-6651
 Town Comptroller *Mark Heggen*.....371-6651
 Storm Water Management Technician
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 Officers.....369-6651
 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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