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## Fatima Bey

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**ON THE COVER**  
 Fatima Bey



## Dear CLIFTON PARK RESIDENTS

How quickly the summer has flown by! Here it is September already and the kids are heading back to school as schedules resume to their "normal" status. Regardless of whether you are crying or celebrating this transition, the fall can provide a great opportunity for making changes and starting again.

Check out our tips on how to help your child reach their full potential in school on page 4. Learn how to stage your house for sale (p. 12), how to decide if you need solar (p. 11) or how to sew (p. 6) with our cover story, Fatima Bey. Fatima not only provides services in the lost art of sewing, but also uses her business to make a difference in the lives of women and children around the world.

There are many ways to make a difference even right here in our own community. You could help out this month with Nick's Run (p. 5), volunteer with a local organization or check out some of the many events going on throughout the area to kick off the fall season.

I hope that this new season brings you renewed energy for any of your life passions!

*Jenna*



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# Help Your Child Reach Their Full Potential for Back-to-School

By Hannah Kotler

As much as we may not like to think about it, back-to-school season is rapidly approaching. As your child enters the next grade and takes on a new load of classes, help them reach their full potential with these tips.

**1) Make sure they have a designated space to do school work.** Staying focused and knowing when it's time to buckle down and study can be hard if a child does not have a consistent space to do their work. Children should be able to do school work in a space that is specifically designed for that purpose, meaning minimal distractions, quiet or secluded with a table and chair. You don't need a fancy setup or an entire room dedicated to this, but at least have a table in a quiet area that is only for schoolwork. It can be hard to keep focus if your child has to do work in a common space like the dinner table where they would need to move around a lot to accommodate others.

**2) Encourage your child to seek out the proper help if needed, and let them know asking for help is not**

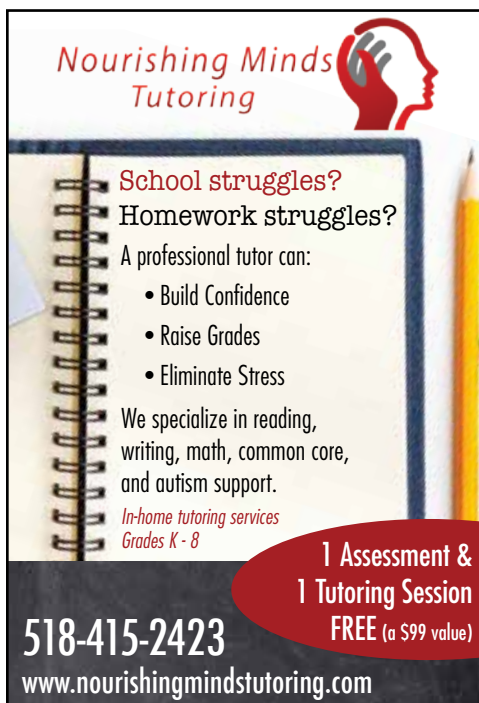
**a failure.** Many children go through school afraid to ask questions in class or seek extra help and tutoring for fear of seeming less intelligent or competent than their peers. Let your child know there is nothing wrong with asking for help or needing to spend extra time on certain subjects if that is what's needed for them to succeed. In fact, teach them that this is indeed the smart decision for the benefit of their learning! Tell your child to take advantage of before and after school hours to meet with their teacher, hire a tutor or use a tutoring service, seek out a study group with friends or a free peer-tutoring program at school. There are lots of options for your child to get help, and they should be comfortable exploring these if need be.

**3) Ask your child about what they're learning.** A few simple questions about your child's studies can reveal any potential problems they may be having, spark passionate conversations about what they are enjoying about school and can even help them learn. Opening up a dialogue about school gives your child the opportunity to display their knowledge and explain concepts to you, which will help them learn and retain information better (a form of studying). Ask them thought-provoking questions along the way and see where the conversation can take you; you'll be learning from and helping them as they soak up information from you too. Getting your child to talk about school can also gauge which subjects spark their interest and which ones they may need more assistance in. This tells you what passions you can help cultivate (buy them a book related to a subject or concept they can't stop talking about, encourage more exploration of a topic through a summer program, etc.) and

what subjects to inquire more about if they seem to be struggling.

**4) Allow children to learn from their own failures and successes.** While you should remain interested in what your kid is studying in school for the above reasons, don't coddle them. First and foremost, do not do your child's work for them. This can be especially tempting when a child is young, but always make sure any help you are offering still comes with the child reaching the answer or conclusion on their own and working out the steps with their own effort. It will be much more rewarding for them to learn the value and satisfaction of completing assignments on their own, experiences that will motivate them to keep working hard. Similarly, while you by no means have to stand by and let your child fail in a class with which they have particular trouble, let them learn from their own mistakes and failures. Encourage reflection upon any consequences they receive as a result of a late assignment or sloppy job.

**5) Teach them the importance of school but don't add unneeded stress when it comes to grades.** Make sure your child realizes early on the importance of a good education and what it means to expand your mind and be able to grow as a person through learning. However, make sure to also highlight what hard work should mean for them and their grades. Let your child know that you support them and their endeavors in school, and that as long as they are trying their best and doing a proper job, it is okay if that may not always culminate in an "A" grade. After all, school should be celebrated and experienced by your child through its important aspects like learning and growing, rather than only considered for the end results on the report card. ■



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# Love for Lucas

By Janine Cammarata

On Sunday, September 24, 2017, Nick's Fight to be Healed Foundation will hold its 8th Annual Nick's Run to be Healed 5K and family carnival. 5-year-old Lucas Santoro is Nick's Warrior this year, but he became a part of the foundation family on June 12, 2014. Lucas was born on May 23, 2012. He was diagnosed just three weeks after his second birthday with Acute Lymphoblastic Leukemia (ALL) after a lump was found on the side of his neck.

The cancer world is not a family that his parents, Joe and Carolyn, would have wanted to join. Like Lucas, his big sister, Sophia, didn't have a choice. However, as the Santoros have found out, embracing the positive aspects of a cancer journey can make all the difference in treatment.

They have been actively involved in giving back even as they knew they would need to accept help. It's not only the giving back that provides healing, but it's the connections made along the way. In 2016, Lucas was Boy of the Year for the LLS Man & Woman of the Year campaign. That was when he met Kendra Sisco, Girl of the Year, who is also a cancer survivor and was Nick's Warrior in 2015.

Kendra explains, "The second I met Lucas I knew we would become best friends. His smile and laughter helped me get through the toughest days. Even though he was only 4 at the time, we had a bond unlike any other. His family could change my mood in a matter of seconds. Having them around all the time was just what I needed to overcome my struggles after treatment."

That is what opening your heart to others can do. Being with those who lift you up, whether family by blood or choice, helps heal during and after cancer.

Bringing in the whole family makes a difference for the siblings. Very often the healthy sibling will want to miss school or wish they were sick, not truly understanding the impact. When a family can get involved in organizations like Nick's Fight, then the whole family benefits from that positive energy.

Carolyn Santoro says that, "If we had not done all of this [community events] we would not have met all the people that we did. It really did help and we get to enjoy so much more. Even Sophia did."

Because treatment has gone so well for Lucas, he goes to the hospital once a month for the maintenance phase of his treatment, but he has undergone many painful and invasive



Photos by Elizabeth Fox Photography



procedures, including bone marrow extractions and spinal taps. He is scheduled to complete his treatment just before he begins kindergarten this month. Eventually his visits will go to three months, so they want to stay involved to keep that family connection. Carolyn hopes that Lucas doesn't remember a lot of the painful moments, and that is another reason why

she and Joe fill their children's days with as much joy as possible. That includes being with their extended cancer family.

Lucas is a happy, playful and energetic boy. His smile is contagious, and he views the world with such a joyful outlook. This energy and the love of his family and community have all made his journey as positive as it can be. After all, that's what family does.

If you'd like to register for Nick's Run or join Love for Lucas' team, go to [www.fighttobehealed.org](http://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](mailto:jcaputo@bestversionmedia.com).

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# Fatima Bey

## A Woman with a Cause

### COVER STORY

By Jenna Caputo

Photos by MarkBolles.com

Sewing was once a standard part of everyday life, not only in the factories but within the home as well. As this once essential skill becomes more of a forgotten hobby, Fatima Bey is working to keep this lost art alive here in the Capital District. Owner of Abishai on Plank Road in Clifton Park, Fatima infuses her passion for sewing, teaching and helping others into everything she does.

Originally from Minneapolis, MN, Fatima also lived in Salem, OR and Schenectady, NY before settling full-time here in the Capital District. She was always creative and crafty, constantly learning new craft skills – especially enjoying hand embroidery and crocheting since she loved the challenge of all the details. But her love of learning didn't just end with sewing. "I loved figuring out how things worked and why. I always needed to know why," she says. "I also loved teaching. I didn't recognize it as teaching at the time, but that's what it really was."

She really came out of her shell in high school and started her school's Culture Club, focusing on multiculturalism. She was also chosen to represent her school on an interview board to hire a principal for the new combined school that is now Schenectady High. She was involved in many other things at her school as well, but

she always kept coming back to her first love of sewing. Her mother was also a seamstress and Fatima picked up the skill at an early age, often making some of her own clothing. She started a part-time business from her home called Gourmet Pillows, designing and custom-making all types of home décor. She eventually took a job with David's Bridal as the Alterations Manager for about 10 years before striking off on her own and opening Abishai in 2010, specializing in alterations for wedding gowns. Abishai also offers alteration services for both casual and dressy clothing for men, women and children as well as custom-made dresses, veils and fashion accessories. She recently won the "Best of Weddings 2017" honor from The Knot as the only Bridal Alterations business in NY to receive this award and was featured on "Today's Woman" on NBC in February 2016.

The name Abishai (pronounced abba-shy) means "source of wealth" and comes from the biblical story of the nephew of King David. Abishai was a chief and a relentless and mighty man. He was known for getting results and became David's most dedicated warrior. Fatima not only wanted a name with meaning but also wanted meaning for her business. "What I am most passionate about in the world is the plight of young women and children. There is no other matter that affects young women and children



on a world scale like trafficking in all of its forms. It really angers me! I wanted to do something about it, but didn't have the monetary means to physically go out and do something. I decided to focus on what I CAN do, instead of what

I can't. I can give a little something to those who are already helping them. Every little bit counts."

As a "warrior" for women and children, Fatima donates a portion of every single sale with Abishai to this cause that is so close to her heart. She hopes to one day be able to do more than just donate money, but for now, the more she makes with Abishai, the more she can contribute.

Each donation goes directly to Kinship United. After researching the various options to give the money to, Fatima realized that Kinship United really stood out to her. "They do more than just give money to the poor. They rescue orphans, which is truly a form of combating human trafficking because orphans are the traffickers' number one targets! They rescue trafficking victims and help to educate them and teach them employable trades. They are also a Christian organization. I like the fact that they help the WHOLE person. They help with not just food and shelter, but personal and spiritual development."

Fatima wanted to make sure that her donations were truly being used for the intended purpose and was happy to see that Kinship United was endorsed by big-name charity evaluators that ensure financial integrity. She is proud of how she has been able to make an impact in the lives of others and treasures a picture frame that Kinship United sent to her as a thank you for her donations over the years, depicting some of the women and children that she helped. She is also looking forward to a trip to one



*At her final fitting, bride Jenna Huff was more than pleased with Fatima's work.*



of the Kinship United homes next year in the Dominican Republic and says she can't wait to hug all the children. "When a person does

business with me, they are not just paying for services rendered. They are automatically contributing to helping make a huge difference in someone's life!" she says.

Fatima works by appointment only to ensure that she gets uninterrupted time to focus on the details of her work and to be able to give her clients her undivided attention.

There are no cutting corners to save time in this business. It takes the time that it takes and that time management can be difficult along with the other demands of a growing business, but it is all worth it in the end to Fatima. "What I do is very detail-oriented and I am particular about what goes out into the world with my name on it! This can sometimes add stress, but the end results usually make me smile. I genuinely enjoy my time with clients. I love getting to know people and making them feel comfortable. I've actually had some clients become friends. I love seeing them look and *feel* gorgeous on their special day! I love what I do!"

Fatima also spends time out in the community teaching various sewing skills from Sewing 101, to how to make your own alterations, kids sewing classes or open sew to work on any type of project, as well as private lessons at her studio. Fatima enjoys working with people of all ages and abilities. Teaching is as much a part of her blood as sewing is. "I *love* teaching! I love helping people understand difficult concepts and helping people realize their own potential. The details that I teach them open their eyes and allow them to see and understand things they never paid attention to before. The more fascinated they are, the

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more invigorated I am. I feed off of that energy and love it! Teaching has also made me a better sewer. If I don't know something, I make it a point to learn it. If I run into a challenge with a student and do not know the answer, I make it a point to learn the answer next time."

Besides sewing, Fatima is also an avid salsa dancer. "I've always been interested in salsa dancing. I always loved salsa music as a child. I just didn't know it was called salsa until I started to learn how to dance to it. One day, many years ago, I decided to just go ahead and learn to dance to the infectious rhythm that I absolutely loved. Once I learned it, you couldn't get me off the dance floor! I eventually taught lessons on it here and there. There is a regular Latin night every Wednesday at the Albany Railyard and at Newberry's every Friday in Saratoga. There's also the Capital Region Salsa Social that happens once a month in Troy. The best salsa dancers in the Capital Region can usually be found in one of these venues."

She also loves visiting the historical sites in the area and relishes the many water resources we have – beaches, lakes or creeks. Fatima enjoys traveling and is very good at

languages. She used to teach English as a second language and speaks some Spanish. She picks up accents and languages very quickly. "I love learning how to say things in other languages. In fact, on more than one occasion, I've had a Chinese person teach me how to say something in Mandarin, and they were shocked because I sounded Chinese, not American."

Human interaction is a major part of who Fatima is and she carries that over into her work as well. "Human and genuine customer service has become somewhat rare. I like to be rare and offer that one on one service. Abishai is a business with a cause. When you do business with Abishai, you're helping children around the world." Meanwhile, Fatima will just keep sewing to help save the world.

*For more information on Abishai's services, or Fatima's community sewing classes, visit <http://myabishai.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](mailto:jcaputo@bestversionmedia.com).



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# Welcome to the Neighborhood


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

In early July, the **Halfmoon Senior Center** celebrated 25 years serving area citizens by cutting a VERY long ribbon – the ribbon snaked through the entire crowd and everyone was encouraged to grab hold before it was cut. The Senior Center represents the desire of this traditional, family-oriented municipality to provide a full, productive life experience to its residents, offering members a chance to not only remain connected to their peers but to enjoy the fruits of their labor in making Halfmoon such a wonderful place to live. Many families in this community trace their history to the early days of the USA.



Area dignitaries and eager shoppers joined the Golub Family, employees of Price Chopper/Market32, the Nigro Companies and Chamber of Southern Saratoga County staff and volunteers in welcoming the new **Market32** supermarket to the intersection of Route 146 and Vischer Ferry Rd. in Clifton Park. This long-awaited new store replaces a significantly smaller one that was very popular with local residents, and is already a big hit with customers. Pictured at the June 27 celebration, Golub Corporation Chairman Neil Golub was flanked by Clifton Park Town Supervisor Phil Barrett (L) and Nigro Companies' President John Nigro, while dignitaries and staff stood behind the ribbon for the ceremonial cutting. The new 52,000 square foot supermarket is part of a major investment the company is making in its area stores.


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# Letter to My Kindergartner

By Jenna Caputo



I put you on the bus for your first day of kindergarten today. You were overall so excited, you were beaming; but I could still see some anxiety in your eyes. Could you see it in my eyes?

I question if I did enough for you.

Are you really ready? I know you'll be fine with the work, but what about everything else? Have I prepared you enough to handle the mean girls on the playground? Are you confident enough with all your social manners? Are you confident enough with me to know you can come to me with anything? That I will always be here to guide you and support you with whatever you need?

I know I'm a good mom – that I've done the best I could with my situation – but I still question myself. I couldn't spend as much time with you as I wanted because I had to work. Was the time I could get in enough? I had all these things planned that I wanted to do with my baby before going off to school, and there are still so many things left on the list we didn't get to. It's amazing to me how the rest of life can get in the way and suddenly you blink and the time has passed. Did we at least get through the right things?

There are so many things I want to teach you.

Things that should come from me and not someone at school. Did I build enough of a foundation for you? Did I give you the tools you need to make it through the rough waters of life? Are you confident in the morals of our family? Are you confident in yourself – do you truly believe that you have what it takes to do whatever you put your mind to? (Because you absolutely do!) That you are more than capable to take on this new world and all the crazy highs and lows that go with it? Do you feel a sense of obligation to yourself, your family and your God to live in a way that honors your being and your roots?

Will you remember the talks we've had? Will you know

when to run from strangers or from danger in general? Will you know when to run toward something great and push yourself to achieve the accomplishments you're striving for? Will you take necessary chances to push yourself to new limits, or will you hide behind a wall of safety?

Do you know truly how very much I love you? How you are my very being?

Did I pack enough for lunch for you today?

A constant stream of questions filled my head as I watched you peacefully sleep last night. They choked themselves in my throat as you climbed those high steps into the big, scary bus that took you away from me, down the street and out of my view. I packed (and re-packed) your bag with your supplies for the day. I packed your body with healthy food to give you physical strength. I've packed in as many hugs and kisses as you would put up with (and then a few more anyway). Did I pack your early life with enough knowledge and special moments between us? Moments to carry you through the exciting journey ahead of you?

I put you on the bus for your first day of kindergarten today. And all I could do was stand helplessly on the side of the road, blowing a kiss as you entered a new phase of your life.

There's no turning back.

Now, we just have to grow together and take what each day presents us one step at a time. I will be with you every step of the way, my baby. Know that I will always be there. Know that I did my best at the time. You are my everything. I am so proud of you. I love you.

Have a great day at school. I'll be right here....

Love, Mommy

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# Lotus Solar: Doing Solar the Right Way

By Rona Boyer

It is said that solar energy makes dollars and sense. Dollars for your pocket and sense for the planet. That is all true, but not all solar panels are alike. Not all solar installers have much local experience. Not all buying agreements offer the same financial advantages. When you are ready to consider switching to solar it is time to look into the money to be saved by doing it right.

## Best Quality Solar Panels

Lotus Solar is an exclusive SunPower dealer. SunPower (an American success story since 1985) manufactures the highest quality sun panels in the world:

- Highest power per square foot of roof
- Longest expected life (40 years vs. 25), creating better resale value for the house
- Best warranty in the industry includes everything on your roof (including shipping and labor) for 25 years
- Total integration of all major components (panels, inverters, racking and monitoring) vs. a hodgepodge of suppliers, which may or may not work well together.

## Quality of the Installation

Lotus designs and installs solar energy to help reduce or eliminate electric bills with clean solar photovoltaic energy. Their close-knit team of installers, energy consultants, customer care specialists and support staff has been installing solar since 1993 and satisfying thousands of customers in the area. Customer satisfaction has made customer referrals their #1 source of new business.

Lotus offers a broad range of solar solutions: traditional rooftop grid-tied systems, ground-mounted arrays including an automatic tracker that follows the sun from dawn to dusk and battery back-up or complete off-grid systems. They will advise you on the pros and cons of each system and help you determine which is best for you.

Lotus warranties its work for 10 full years (twice the length required by the NYS). They are well staffed with NABCEP (the gold standard for solar certification) installers, two of whom are even NABCEP instructors.

## Lease or Own?

Both leasing and ownership programs are available



*Choppy Wicker, providing solar energy to the Capital District where he has long been a resident.*

through Lotus. But frankly, whoever owns the equipment is the party that makes most of the solar savings. Lotus will help you understand which system would be most beneficial for you. Lotus is a NYSEERDA partner, so that you get the full amount of state solar rebate to which you are entitled.

Choppy Wicker, VP of Sales and Marketing, has deep roots in the Capital District, having worked at Troy-Bilt for 28 years before his passion for the environment brought him to the solar panel industry. He proudly drives a 19-year-old (fully paid for) high performance car, but knows that his next car will be an electric

vehicle, which "I will power with my solar energy system at my house near Schaghticoke, NY. I will run my car on pure sunshine! How cool is that?"

For more information contact Lotus Solar at 518-828-3105 or visit [www.LotusSolar.com](http://www.LotusSolar.com). ■

## You Only Do Solar Once. Why Not Do It Right!



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# Staging Your Home For A Quicker Sale

By Lauri Morrissey, Licensed Associate Real Estate Broker, RealtyUSA, A Howard Hanna Company



Lauri's Homeline Suggestions: a newsletter for her clients

Home staging, or adjusting the decor of a home to appeal to buyers, can give sellers an edge in an overcrowded market. Staged homes look bigger, newer and warmer. Staging projects include inexpensive tasks from rearranging furniture to renting contemporary living room sets. Here are some tips for staging homes:

**De-Clutter** - When buyers see overcrowded bookshelves and wrinkled towels, they focus more on the dingy details than the architecture. But staging means more than a thorough cleaning; sellers should also remove personal items, like jewelry boxes and too many family photographs. Buyers should picture their families living in the home, not yours.

**Make things look new** - A little paint can go a long way. Light colors make rooms look larger and brighter, so use them to make your home appear spacious. Wooden floors and cabinetry make big impressions, so make sure that they shine. If any wood looks dry or dirty, apply an orange oil for a quick restoration job.

**Wood Cleaner and Restorer** - Wood cleaner and restorer solution hides small scratches and removes build-up, fingerprints and grease from cabinetry, wood floors and fixtures.

Hard water stains on glass shower doors and windows look unattractive, so remove them with a specialized

product like CLR, Lime Away or Bring It On Cleaner, which uses oxygen bleach to clean minerals from glass and tile. Some hard water stains will often yield to scrubbing with white vinegar and a non-scratch pad. If you find that vinegar is ineffective, a paint scraper or razor blade can be used to remove the bonded stains before resorting to harsher chemicals.

**Add small details** - In the kitchen, bowls filled with fresh fruit create an attractive, colorful eyepiece. Place vases filled with fresh flowers in the bedrooms and dining room. Put candles in the bathroom. Small touches make homes feel more inviting.

**Pricing** - as far as pricing goes, sometimes it may be necessary to have the sellers view current listed properties to realize the most realistic price to list their own property, when they are thinking too high a range.

*For more information on this article, or if you have any real estate questions, please don't hesitate to contact me today.*

Lauri Morrissey  
Licensed Associate Real Estate Broker  
Cell 518.376.3636  
LMorrissey@RealtyUSA.com ■



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# Desperate Knight Releases this Month

By Jenna Caputo



Clifton Park resident Keith Willis' second novel, *Desperate Knight*, releases to paperback this month (digital eBook already available). In the follow-up to his first book in the Knights of Kilbourne series, *Traitor Knight*, Willis responds to some of his reader's demands. Already working on book three, Willis is also working on a collection of Kilbourne short stories to accompany the series.

## Desperate Knight

*A swashbuckling knight. An indomitable damsel. A sardonic dragon. Together, they may just save the world—if*

*they don't kill each other first.*

**No time... No options... No plan... No one said saving the world would be easy.**

*Morgan McRobbie and Lady Marissa duBerry swing back into swashbuckling action, facing old enemies, new threats and a diabolical conspiracy—not to mention a more personal battle, one with hearts and pride at stake.*

*As the pair escorts Prince Robert to the dwarf king's court, a scheme intended to hurl men and dwarves into a devastating war is unfolding. Morgan ends up sidetracked by a kidnapped dwarf and a centuries-old feud, while a mysterious wizard's revelations shake Marissa to her core, throwing into question everything she thought she knew about her past and future. And the advent of a rival for Marissa's affections threatens any hope of a*

*happy ending—if they survive.*

*Once again, the desperate knight and indomitable damsel must hazard everything on a single throw of the dice, gambling on untested allies and unimagined weapons to save their world.*

*The odds have never been worse.*

Connect with Keith W. Willis at:  
[www.keithwillisauthor.com](http://www.keithwillisauthor.com)

[tinyurl.com/go5rb55](https://www.facebook.com/tinyurl.com/go5rb55)

[twitter.com/kilbourneknight](https://twitter.com/kilbourneknight) ■

*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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# All About Eyes: Ask an Ophthalmologist

By Allen Zieker, M.D., Board-Certified Ophthalmologist & Director of Cataract Surgery at Ophthalmic Consultants of the Capital Region



**Q. I was told I have cataracts, but I didn't need surgery yet. How do I know when it's time to have cataract surgery?**

**A.** Since cataracts take years to develop, most patients are totally unaware of their impact on daily life. Because of the gradual onset, we've even seen patients who are already

legally blind from cataracts that we can fix.

Early on, cataract symptoms can be very mild. Driving at night is when many people first notice the signs of having cataracts. You may experience distracting glare from oncoming headlights or find it harder to read street signs. Oftentimes, reading in low light will be difficult.

## SIGNS YOU MAY BE READY FOR CATARACT SURGERY INCLUDE:

- Decline in your distance and reading vision
- Hazy, fuzzy, cloudy or blurred vision
- Increased sensitivity to light and glare (especially at night)
- Lower night vision
- Thinking your eyeglasses are dirty, but they're not



The decision to have cataract surgery is based on when visual difficulties begin to interfere with normal activities of daily living, like driving, reading, work or hobbies.

Poor vision due to cataracts can be a serious health risk. If you can't see something in your path due to the cataract, you may trip or fall, leading to an injury.

## WHEN IT'S SURGERY TIME

It's important to find a skilled surgeon with a lot of experience. They should take the time to discuss any concerns and explain the procedure in detail. If you don't feel comfortable with the first physician you meet, that's OK. Take the time to find the right cataract surgeon for you.

*Ophthalmic Consultants of the Capital Region offers comprehensive eye care services. We have locations in Albany, Clifton Park, Schenectady, Schodack and Troy. To make an appointment call 518-777-2777 or visit [myoccr.com](http://myoccr.com).* ■

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### Saturday-Sunday, Sept. 2-3 CAPITAL DISTRICT SCOTTISH GAMES

@Altamont Fair Grounds, Altamont  
Join in the festivities with live music, dance performances, bagpipes, a 5K race and so much more! Veterans and active military with ID card will save 50% on gate admissions both days. Parking is free. Visit <https://scotgames.com/> for more information.

*Time: 8am Saturday; 9am Sunday*  
*Cost: \$22 at the gate Saturday/\$12 at the gate Sunday; Kids 12 and under FREE*

### Saturday-Sunday, Sept. 2-3 FINAL STRETCH MUSICAL FESTIVAL WEEKEND

@Downtown Saratoga, Saratoga Springs  
Labor Day weekend brings the 2017 summer meet at Saratoga Race Course to a close. But don't worry, there's plenty of fun planned! Final

Stretch Weekend invites racing fans downtown to enjoy a variety of great live music throughout downtown Saratoga on both Saturday and Sunday evenings.

*Time: 7-11pm | Cost: FREE*

### Thursday, Sept. 7 SARATOGA HOSPITAL FOUNDATION - GOLF INVITATIONAL

@Saratoga National Golf Club, Saratoga Springs  
Saratoga Hospital's Annual Golf Invitational combines a spectacular day of golf with the opportunity to benefit a very worthy cause: our RN Scholarship Program. As a result, the Invitational sells out every year, and sponsors typically include business and community leaders from the Capital Region and beyond.

*Time: 6:30am-8pm*

*Cost: Varies; donations and sponsorships appreciated*

### Thursday-Sunday, Sept. 7-10 29TH ANNUAL ADIRONDACK NATIONALS CAR SHOW

@Lake George Village, Lake George  
See all the classics! The 29th Annual Adirondack Nationals Car Show takes place September 7-10 in the Village of Lake George. Held the weekend after Labor Day every year, the show features classic cars, special events, music and more!

*Time: Varies depending on activities*  
*Cost: Spectators \$15 for the weekend / Kids 12 and under FREE*

### Friday-Saturday, Sept. 8-9 SARATOGA WINE AND FOOD FESTIVAL

@Saratoga Performing Arts Center, Saratoga Springs and other locations in Saratoga  
Over the course of the weekend, patrons will indulge in a variety of premier wines, spirits and exhibitors from across the country, all while



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enjoying mouthwatering cuisine from some of the finest restaurants in the Capital Region. The goal of the Festival is to help raise funds for the Saratoga Performing Arts Center Children's Education Program. Visit <http://www.saratogawineandfood.com/> for more information.

Time: 10am

Cost: Varies

## Saturday, Sept. 9

### 2017 INSANE INFLATABLE 5K RUN

@Ellms Family Farm, Ballston Spa  
Get "pumped up" for a course filled with the world's largest and most extreme inflatable obstacles ever produced. Register as a team and get your family, friends and co-workers involved! Pick from 12 waves, the first beginning at 8:30am. Register at <https://www.eventelf.com/events/54/login>.

Time: 8:30am

Cost: \$49-\$100 registration fee;

Spectators FREE

## Saturday, Sept. 9

### ALBANY'S JAZZ FESTIVAL 2017

@Jenning's Landing, Albany

As summer comes to an end, let it go out with a cymbal crash and a trumpet blast. Don't miss Albany's Jazz Festival, bringing acclaimed musical guests, great food, vendors and kids' activities. No glass containers of any kind, recording of performances,

animals or pets (excluding ADA-defined service animals). Call 518-434-2032 for more information.

Time: 1-8:30pm | Cost: FREE

## Sunday, Sept. 10

### SARATOGA NATIVE AMERICAN FESTIVAL

@National Museum of Dance, Saratoga Springs

Authentic northeastern Native American drumming and dance, storytelling, music, crafts and native food will be offered. Brought to you by the Ndaakina Education Center as part of a regional effort to educate people about the history, cultural traditions and continued active presence of the Native peoples of the northeast. Festivities will be held indoors, rain or shine!

Time: 9:30am-7pm

Cost: FREE

## Monday, Sept. 11

### 7TH ANNUAL TRANSITIONAL SERVICES GOLF TOURNAMENT

@Van Patten Golf Club, Clifton Park

The proceeds of this tournament will support and enhance the ability for Transitional Services Association, Inc. (a not-for-profit located in Saratoga Springs) to provide rehabilitative and recovery support services to individuals with psychiatric disabilities, substance use disorders and abused and neglected children. TSA is looking for corporate

sponsorships as well as individual players to support this great cause. Visit [tsa-inc.org](http://tsa-inc.org) for more information.

Time: 9:30am-6pm

Cost: \$130 a player, \$50 dinner only (non-golfers)

## Saturday, Sept. 16

### 2017 IRISH 2000 FESTIVAL

@Saratoga County Fairgrounds, Ballston Spa

The 21st annual Irish 2000 Festival offers a unique line-up of Irish music, including everything from Celtic punk and jam music to traditional and everything in between. There will also be a Celtic Kids area featuring rides and games from Green Mountain Amusements, Celtic Critters and a variety of other fun for the youngest members of your family.

Time: 11am-11pm

Cost: \$15 in advance/\$20 at the gate; Kids 12 and under FREE

## Saturday, Sept. 16

### AMERICA ON TAP: TROY

@Sage Athletic Field Corner of

Division St & River St, Troy

Troy on Tap is back! Sample over 100 releases from some of America's best craft breweries. Plus, hang out in an atmosphere filled with live music, delicious food available for purchase and great vendors. Visit <https://americaontap.com/event/troy-on-tap/> for more information.

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*Time: 2-5pm (VIP starts at 1pm)*  
*Cost: VIP \$55 Adv./GA \$35 Adv.*

**Saturday-Sunday, Sept. 16-17**  
**24TH ANNUAL CLIFTON PARK FARM FEST**

@Participating farms, Clifton Park  
 Kick off the fall season with farm tours, apple picking, hayrides, horse rides and more. Participating locations include Bowman Orchards, Riverview Orchards, Predel's Ranch, Double B Farms and Shepherd's Hey Farm. Other locations with activities include Amity Reformed Church, Clifton Park-Halfmoon Public Library, Historic Grooms Tavern, Clifton Park Senior Community Center and Vischer Ferry Fire Station. Call 518-371-6667 for more information.

*Time: 10am-5pm*

*Cost: FREE admission; some activities have an extra charge*

**Saturday-Sunday, Sept. 16-17**

**SARATOGA SHOWCASE OF HOMES WEEKEND ONE**

@Throughout Saratoga County, Saratoga

The Saratoga Builders Association showcases and invites the public to tour the area's finest homes built by some of the Capital Region's best home builders and designers. You can also cast your votes for the best homes in the people's choice awards! Visit [saratogashowcaseofhomes.com](http://saratogashowcaseofhomes.com) for more information.

*Time: 11am-5pm*

*Cost: \$20 adults;*

*Kids 12 and under FREE*

**Thursday, Sept. 21**

**12TH ANNUAL FEAST OF THE FIELDS**

@Saratoga National Golf Club, Saratoga Springs

The 12th annual Feast of the Fields

will be a fun-filled, delicious evening featuring top local chefs preparing small plates from fresh ingredients harvested by local farms, along with enticing products and drinks from local producers. The theme for this year is squash! A silent auction filled with items and experiences from local businesses and artisans will round out the night.

*Time: 5:30-9pm*

*Cost: \$100 (one guest); \$200 (two guests)*

**Thursday-Sunday, Sept. 21-24**  
**ADIRONDACK BALLOON FESTIVAL 2017**

@Various locations, Glens Falls and Queensbury

Hundreds of hot air balloons take to the sky at the 45th Annual Adirondack Balloon Festival. There will be balloons of all shapes and sizes. Watch from the ground as they take off into the sky or go for a ride and see a view you won't soon forget! Check <http://>



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[www.glensfallsregion.com/things-to-do/balloon-festival/](http://www.glensfallsregion.com/things-to-do/balloon-festival/) for the upcoming 2017 schedule.

Time: 4:30am-5pm

Cost: FREE

### Friday, Sept. 22

ALFRED KAHLER GOLF  
TOURNAMENT TO BENEFIT THE  
BAPTIST CARE FUND

@Mohawk River Country Club, 847  
Riverview Road, Rexford

Contact Nancy McKiernan at  
518-370-4700 x193 or mckiernann@  
bapthealth.com for registration  
information.

Time: Registration 8am, Shotgun start  
8:45am

Cost: \$125 per golfer / \$450 for a  
foursome

### Sunday, Sept. 24

8TH ANNUAL NICK'S RUN TO BE  
HEALED 5K

@Clifton Commons, Clifton Park  
Nick's Fight to be Healed Foundation  
(NFTBHF) announces its 8th Annual  
Nick's Run to be Healed 5K in honor  
of five-year-old Lucas Santoro, who  
was diagnosed with leukemia in June  
2014. The event includes kids' run,  
2-mile walk, 5K Run, Zumba warm-  
up, carnival and more. NFTBHF  
was started in memory of Nick  
Cammarata, who passed away in  
October 2008 from leukemia.

Time: 12pm

Cost: \$25 preregistration price (by  
midnight 9/21/2017), \$30 thereafter

### Tuesday, Sept. 26

A MEANINGFUL RETIREMENT  
- PREPARING FOR THE NEXT  
CHAPTER OF LIFE

@Clifton Park-Halfmoon Public  
Library, Clifton Park

This program highlights the changing  
definition of retirement and how  
baby boomers are transforming  
what retired people are doing with  
their time, which differs from their  
parents' generation. A panel, led  
by Jon Allen, will share personal  
journeys and information, leaving  
time for questions. Representatives  
from local resources will be present  
to offer information about possible  
opportunities for the new experience.  
The evening will conclude with "You  
Need a Plan" and how to continue the  
conversation. If you have a retirement  
date set or anticipate retiring, there  
will be ideas for the new chapter  
that is ahead. For more information,  
contact Care Links, a part of  
CAPTAIN CHS, at 518-399-3262.

Time: 6:30-8pm

Cost: FREE

### Tuesday-Wednesday, Sept. 26-27

KUBLAI KHAN AT TRICK SHOT  
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@Trick Shot Billiards, Clifton Park  
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Time: 9:30pm-  
1:00am

Cost: \$12



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# Saratoga Arts Events

Contributed by Emma Huneck, Saratoga Arts

## In The Arts Center Gallery...

### Intangible Roots

Works by Kevin Cieplensky, Greg Cuda and Andrew Dines  
September 15 - November 4

Opening Reception: Saturday, September 16, 6-8pm

Craft beer and light refreshments provided by Druthers Brewing Company

## At the Clifton Park-Halfmoon Public Library...

Don't miss the two exhibits on display at the Clifton-Park-Halfmoon Public Library this month! Paintings by Inci Akkaya and watercolors and pastels by Lorraine Miskinis will be on display from August 29 - October 2. Both exhibits are located upstairs.

## Art in the Park

50+ artists showing and selling their artwork!

**Saturday, September 16 | 10am-4pm**

Historic Congress Park, Saratoga Springs

*Rain Date: Saturday, September 23*

Art in the Park is a day of fine art, live local music and food in Saratoga Springs' historic downtown Congress Park, curated and presented by Saratoga Arts. Each exhibition features artists from the greater Saratoga and Capital regions, displaying and selling their original two- and three-dimensional creations and personally designed and crafted functional art in a beautiful park setting. Artists will be on hand to discuss their drawing, painting, ceramics, jewelry, sculpture, photography, print-making and work in other media.

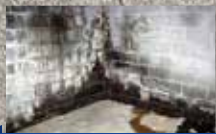
### Live Music Performances:

1pm: 2 Guys Drumming | 2pm: Three Quarter North

3pm: Shane Gurrette

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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  
 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.



## JOIN US FOR BAPTIST HEALTH SYSTEM'S

# Alfred Kahler Memorial Golf Tournament

### 18 Hole Team Scramble

**Friday, September 22, 2017**  
**Mohawk River Country Club**  
**847 Riverview Road, Rexford NY 12148**

**To benefit the Baptist Care Fund**

8:00 AM Registration and Continental Breakfast

8:45 AM Shotgun start

2:00 PM Grand Buffet Reception  
 Cash Bar  
 Raffles and Awards

**Contact Nancy McKiernan,**  
**518-370-4700 x193**  
**mckiernann@bapthealth.com**  
**for registration information.**

**Baptist Health System**  
**www.BaptHealth.com**

**The Baptist Care Fund provides programs for our senior community and their families that enrich their lives, and provide ongoing education and support. We also provide scholarship programs for those looking to enter, or further, careers in health care.**

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