

FEBRUARY 2018

CLIFTON PARK

AN EXCLUSIVE MONTHLY PUBLICATION
FOR RESIDENTS

Neighbors

The Hasan Family
Adds to the
Community "Garden"



Best Version Media
Cover photo by Mark Bolles

Read About
Myopolis[™]
Inside!

Is Myopolis™ Changing the Face of Social Media?

In the wake of frustration that many people have with social media, Myopolis™ could be changing the face of social media. A well-publicized study released last April (Harvard Business Review April 10, 2017) concluded that depression may be linked to social media usage. According to a recent article from CNBC, Facebook admitted usage could be bad for you. The harm stems from reading posts versus interacting with others, which can positively impact your mood.

Anyone who used social media during the last election can attest to the tiring intensity of the political posts. It becomes very uncomfortable when you face the choice of either "unfriending" your relatives and co-workers or building frustration by reading their divisive opinions.

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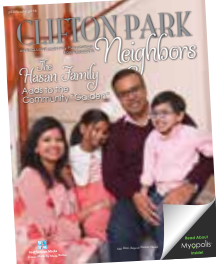
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ON THE COVER
 SM, Rimi, Raya &
 Naveen Hasan

Dear CLIFTON PARK RESIDENTS

February comes from the Latin word "Februarius," meaning "month of Purification." I like to think of this month as just that, a time to kick old habits and build new ones – a transitional time, allowing us to work on self-improvement and to stay on track with our New Year's resolutions. To me, it also conjures up Valentines and affairs of the heart, winter festivals, comfort foods, chocolate (OK, so much for those resolutions!) and warm nights by the fire with family and friends.

This issue covers all of that and more! Our cover story about the Hasan family shares their quest to open up the world to a more inclusive mentality while they help their disabled son learn to navigate life day-to-day with the help of their family, friends and neighbors. Our Student Spotlight on Maggie Cordova shows her patience and understanding helping those around her. And the Brown School celebrates their 125th year of instilling self-confidence built on strong values and morals, while developing a life-long love of learning in its students.

Our Expert Contributors assist us on reaching our goals of losing weight and staying healthy physically, financially and environmentally, while teaching us about the virtues of almond milk and solar energy. Our Events Calendar is full of opportunities to ski under the stars, enjoy fire and ice, expand our learning, appreciate the arts, luxuriate in the many ways to eat chocolate and give back to the community.

I hope you enjoy this wonderful winter month and make the most of everyday ~ you'll be glad you did!

Barb



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ALMOND VS. COW'S MILK Which Is the Best Milk to Drink?

Contributed by Capital District Wellness Management

Cup for cup, unsweetened almond milk seems to be the best milk to drink over much of the commercially available milk, including cow milk. Here's why...

At only 30 calories per serving, unsweetened almond milk contains **less than half the calories of a glass of skim milk.**

Unsweetened almond milk is naturally sugar-free. On top of that, a serving of unsweetened almond milk even boasts 1 gram of fiber. On the contrary, a glass of skim milk contains 12 grams of sugar, most of which is lactose.

This is important since over 33% of the United States population is lactose intolerant.

You might be asking, "What about calcium?" That's another great question because of the importance of calcium for bone health. Interestingly, a serving of almond milk actually contains **50% more calcium than skim**

milk! A cup of unsweetened almond milk boasts 45% of the recommended daily value of calcium whereas a glass of skim milk provides 30%.

Another benefit for almond milk being the best milk to drink is the fact that it is loaded with Vitamin D, providing 25% of your daily requirements for the "sunshine vitamin." Almond milk is also an excellent source of Vitamin E, yielding 50% of the recommended daily value in a single serving. According to the USDA, 86% of the United States population fails to meet the RDA for this antioxidant powerhouse, and a cup of skim milk does little to help, as it contains virtually no Vitamin E.

Almond milk also contains 3 grams of fat – about 2/3 of that is the monounsaturated variety. Monounsaturated fats, which are also plentiful in olives, olive oil, avocados, nuts and seeds, are typically known for being "heart healthy." ■

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Brown School Celebrates 125 Years As An Educational Community That Inspires Students to Love Learning

Contributed by Susan Bardack

Brown School, a nursery through grade 10 independent school, is celebrating 125 years in the Capital Region community. The school, located in Schenectady, opened its doors in 1893 with only 12 students. It was originally located in Helen "Nellie" Brown's own home at 237 Liberty Street in downtown Schenectady, with two rooms serving as classrooms. Offered as an alternative to public schools, Brown School supported small class sizes and an individualized approach to learning that would foster self-confidence, intellectual curiosity and a life-long love of learning. These values remain today.

"In a world with continual change, there is a sense of pride in the ability to consistently deliver a quality education program that benefits the whole child. Nearly 125 years after our founder started Brown School in her living room, we are still striving to be innovative and engaging. Nellie Brown built connections with community leaders, corporations and most importantly, with her students. I think it's impressive that after 125 years, we have a faculty that is working hard to accomplish the same goals. Our school has survived through difficult times and has grown through times of prosperity," said Head of School, Patti Vitale.



Although Brown's mission has remained the same, much has changed. "The diversity within the school has changed and grown over the years. The school originally served the children of General Electric, but today has students from 21 districts including areas of Clifton Park, Fort Plain and Glens Falls. In the field of technology, we have evolved, but the hands-on dedication to each child is still our main focus," said Vitale.

Another major difference is the addition of the high school so that students can remain at Brown School to continue their education after eighth grade.

To celebrate their anniversary, Brown School is hosting a gala celebration that is open to the community. It will take place at the Rivers Resort and Casino in Schenectady on April 21st from 7:00pm to 11:00pm. Additional info can be found at www.brownschool.org.

"It is important to honor our accomplishments and bring together all facets of our community. We are excited about the future and playing a prominent role in the region," said Vitale. ■



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The Hasan Family

Adds to the Community "Garden"

Big sister Raya helps Naveen build cognitive skills aided by a special learning tablet.

COVER STORY

By Jenna Caputo

Photos by MarkBolles.com

SM Shajedul Hasan ("Hasan") has learned firsthand how important it is to not only be open to new experiences but also to make room in your life for people with disabilities. Originally from Bangladesh, a small country in South Asia on the eastern side of India, Hasan never thought that his journey to the U.S. would lead to a passionate mission for the disabled community and their families.

Growing up in Dhaka, the capital of Bangladesh, Hasan was surrounded by a population of 19 million people and a vibrant cultural life. He enjoyed attending many festivals, fairs and concerts as well as playing soccer and cricket. Now a U.S. citizen, Hasan came to the country 15 years ago to do his Master's at the University of Tennessee. He then completed his Ph.D. in Electrical Engineering at Virginia Tech before moving to the Capital Region for a job at the GE Global Research Center and a second MBA from the University at Albany. He is now a Senior Engineer and Project Leader at GE, responsible for generating new product ideas for various GE businesses. His most

recent project requires him to work with GE Healthcare to design and develop a wireless patient monitoring system. "I have always been passionate about the latest and greatest technologies," says Hasan. "I feel great that the research and development I am doing at GE Global Research is ending up as a product in hospitals to monitor critical patients and that this technology will help them to recover fast."

Hasan's family now includes his wife, Rimi, daughter, Raya (6) and son, Naveen (3). Every childbirth is life altering, but Naveen's birth was the event that sent Hasan's family in a different direction. After an uncomplicated delivery, Naveen initially seemed like a normal baby. He was a happy child but quiet. He did not cry very often. As with many babies, he had problems with sucking and



"We think of Naveen as a real life superhero - who is fighting everyday to survive and live," says Rimi & Hasan. (Photo by SM Hasan)

was changed to a formula diet to help. As he reached the six-month milestone, Hasan and Rimi noticed that he was developmentally behind. By nine months, he lost the ability to drink from the bottle and his breathing became noisy. They had to feed him water and milk using a spoon. The doctor referred them to a neurologist to do some testing. They were sent around to multiple doctors but Naveen's MRI, EEG, pulmonary and initial genetic tests all came back normal. His genetic doctor recommended they do a whole exome sequencing test, which is a much more comprehensive genetic test also using blood samples from both parents. It took almost five months for them to receive the results, but they found out that Naveen has a very rare neuro-genetic disorder called Angelman Syndrome (AS).

AS is a severe neurological disorder that is characterized by profound developmental delays, problems with motor coordination and balance, and epilepsy and is often initially misdiagnosed as cerebral palsy or autism. People with AS cannot develop functional speech and often have feeding disorders and sleeping difficulties. They require life-long care, intense therapies and close medical supervision. AS affects all races and genders equally. AS patients generally have a happy demeanor with an excitable personality and usually are smiling and laughing. They tend to be attracted to water and enjoy swimming and bathing.

After the diagnosis, life obviously changed. "Life became overwhelming and challenging," Hasan recalls. "As parents, we realized something was wrong with him, but never expected that diagnosis." Rimi, also a graduate from Virginia Tech in Accounting and Information Systems, left her job as a Senior Auditor in NYS Division of Criminal Justice Services to stay home and care for Naveen full time. While most families dream about what their children will become one day, Hasan's family has to focus on teaching Naveen basic survival skills like using his hands, drinking from a straw, self-feeding, using the bathroom and walking. His life is full of therapies and doctor appointments. It is hard work and they often have to teach him the same things over and over again. He is progressing, but very slowly. Rimi explains their new life focus: "Since he is missing so many things in his life, we want to give him more opportunity and fun in his life. We celebrate when he reaches a small milestone. His disability teaches us that we should all feel blessed and lucky that we were born as a typical human without any disability. He makes us passionate, strong and kind parents."

But this journey has been paved with many challenges. They first had to accept this new reality and get through the resulting self-questions like, *Why us? What did we do wrong?* It is a lonely time while a family is coming to this acceptance. They have also had to deal with a lot of fear. *How would they explain it to their family and friends? How will people treat them and their son? How would this affect their*



Rimi engages Naveen with activities to develop fine motor skills.

daughter and her relationship with her friends? How would Naveen cope in a judgmental world?

Their other big challenge has been balancing raising Raya as well. As a "typical" child, she doesn't need the constant attention to the degree that Naveen does. But as an active child who enjoys dancing, swimming and martial arts, and with only three years difference between the children, Raya also needs and deserves attention from her parents. "She also needs us," says Hasan. "She also wants to spend time with us. As parents we always feel guilty that we cannot give her as much time and focus as she needs. My wife and I can barely make some time for each other, either. We don't have any family here to take care of our children. We have to give most of our time and energy to our son. This kind of diagnosis is heart breaking. During this difficult time parents need support from family, friends and neighbors. With that support, they can feel that they are not alone. We want people to ask and talk about Naveen and his diagnosis but most people don't want to talk about it and many times they think it may hurt us."

Everything about Naveen's diagnosis has been a learning process, even more so due to the rare nature of the disease. There is not a lot of knowledge about AS, even within the medical community. They have had to find support groups through Facebook and other places as well as doing a lot of their own research. They also joined the Foundation for Angelman Syndrome Therapeutics (FAST). FAST was formed by Paula Evans after her daughter was diagnosed with AS. She realized that big pharmaceutical companies were not investing any money into research because of the small number of patients. Hasan explains FAST as an "all-volunteer organization of families and professionals dedicated to finding a cure for AS through the funding of an aggressive research agenda, education and advocacy. The Foundation is committed to assisting individuals living with AS to realize their full potential and quality of life. Their goal is to bring practical treatment into current medical practice as quickly as possible."

AS is caused by the loss of function of the UBE3A gene

in the brain, which prevents neurons from functioning correctly and leads to the resulting learning and memory deficits. But the loss of this gene does not seem to affect neuronal development, which leads researchers to believe that normal neuron function could be restored if the UBE3A function could be restored. Based on this principle, FAST focuses heavily on gene therapy research. They have provided funding to several medical universities, including gene therapy pioneers, University of Pennsylvania, as well as small pharmaceutical companies, to develop multiple gene therapy approaches for human clinical trial within the next 3-5 years.

In the meantime, Hasan's family is also working on the community level to raise awareness not only for AS but for all rare diseases and people with disabilities.

"Most parents have a typical child," says Rimi, "but we cannot guarantee that their children or grandchildren will be typical children without any genetic disorders. As parents, we should try to make this world safer and more beautiful for our children and grandchildren. As human beings, we should care about each other. It should not matter whether it's a rare disease or not. Our goal is to raise awareness and money to find a cure for as many rare diseases as possible. In this way, we will be able to leave a safer, rare disease-free world to our next generation."

Their first step to that goal is with an annual walk

held on Rare Disease Day (the last day of February every year) and to help spread awareness so other people can understand what it means to be living with or caring for a person with a disability, as well as having a more inclusive mentality and remembering that people with disabilities want to be a part of the community's life as well.

"Naveen is very social and he likes people. He wants people to talk to him – he really enjoys it. Our dream is one day Naveen will go to a normal school with typical children. We want parents to teach their children about disabilities and rare diseases so that they can understand why Naveen and thousands of others like him are different. There are a lot of good things children can learn from a disabled person too. We need to think about this world as a flower garden. As different kinds of flowers make a garden more beautiful, different kinds of people also make this world more beautiful."

For more information on FAST and AS, please visit cureangelman.org.

To help Team Naveen in their efforts for FAST, visit tinyurl.com/y9z5kmra. ■

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.


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How Clean Is Solar Energy?

By Choppy Wicker, Lotus Solar

People think of home solar systems as being good for the environment. Yet some doubters ask, is it *really*? Are there any hidden problems about manufacturing, usage or recycling I should know about? And what about those things I read on the Internet?



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Environmentally. Yes, they are green.

- Over its lifetime, that system would prevent the release of 285 tons of CO₂ into the atmosphere; what a great legacy to leave for your family, future generations and the Earth!
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Facts and Fiction. Some of these are funny.

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Maggie Cordova

By Ellen L. Mainwaring

Meagan (Maggie) Cordova is an exceptional member of Acadia's 8th grade community. Maggie is an excellent student – she makes high honor roll every semester, takes upper-level challenging courses and is in our National Junior Honor Society (NJHS).

While these are things that tell us much about Maggie's intellectual capacity and her diligence as a student, the reason that I'm writing about Maggie today is because of her wisdom, compassion and character.

Maggie participates in a weekly group I run. Maggie's ability to understand and empathize with other students is remarkable. Sometimes I wonder who the School Counselor is. Is it me or Maggie? Her always calm, patient and non-judgmental manner allows those around her to be honest and feel comfortable. She builds friends up with her kindness and understanding.

One of my students says about Maggie, "She's nice and she cares." Another says, "She's good about helping people. She's kind."

Maggie is always "the voice of reason" and almost always has simple solutions to most of our problems in group.

If all adolescents were like Maggie, what a wonderful world it would be! ■

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Welcome to the Neighborhood

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

Fresh the Chicken and Flavor the Cow got an unexpected visit from Santa at **Stewart's Shops'** latest ribbon cutting on December 20, celebrating their new store at the intersection of Route 146 and Vischer Ferry Road. Senator Jim Tedisco was sampling the hot coffee when Mr. Kringle arrived, and he apparently got a police escort because Saratoga County Sheriff Mike Zurlo walked in right behind him! In the spirit of the season, Stewart's was offering free coffee and ice cream all day long and gasoline was available at a special low price. Speaking of fuel, this Stewart's sells Sunoco gas so your Price Chopper AdvantEdge card can be used for additional savings!



The **Chamber of Southern Saratoga County's** (CSSC's) youngest leaders and members came together for a recent photo, showcasing some of their tools of the trade (L-R): Yumi Kageyama of **Risen Taekwondo**, Anna Williams of **Pens Ink**, Jenifer Marten of **Ballston Spa National Bank** (the CSSC's 2017 Chairwoman), Lauren Valentine of **Sandler Training** (the CSSC's youngest board member), and Eugene Refino, also of **Risen Taekwondo**. Still in high school, Ms. Williams is still the CSSC's youngest member (even though she has been involved with the chamber for

five years!), while Ms. Kageyama and Mr. Refino comprise the CSSC's youngest business partnership. **Entrepreneurs of all ages and specialties are welcome to join.** For details, visit www.southernsaratoga.org. *Photo courtesy of Mark Morand, MPIPhoto.com.*

Meet other business neighbors at www.southernsaratoga.org.



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Cost: \$1 per sample

Saturday-Sunday, Feb 3-4

SARATOGA WINTERFEST – GYMNASTICS MEET

@Saratoga Springs City Center, Saratoga

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Cost: \$5 for children 6-15; \$15 for ages 15+; Adult weekend wristbands \$25

Saturday, Feb 3

20TH ANNUAL SARATOGA CHOWDERFEST

@Downtown Saratoga

Stroll through downtown Saratoga and enjoy samples of chowder from local restaurants offering classic varieties as well as original, unique concoctions. Then vote for your favorite! A day full of live

music, family-friendly activities and chowder! More info at www.discover saratoga.org/chowderfest.

Time: 11am-4pm | Cost: \$1 per sample

Saturday, Feb 3

OPENING OF "THIS PLACE" – A PHOTOGRAPHY EXHIBITION

@Tang Teaching Museum, Skidmore College, Saratoga

Features more than 600 images by 12 internationally acclaimed photographers who explore the personal and public spaces in Israel and the West Bank from different approaches, highlighting how photography can illuminate multiple perspectives on a complex topic.

Time: 6pm

Cost: FREE

Saturday, Feb 3

AMERICAN RED CROSS FIRE & ICE GALA

@Albany Capital Center, Albany

Join us for the Fire & Ice Gala and help ensure that local Red Cross programs and services are available 24 hours a day across Northeastern NY. The evening features gourmet cuisine, open bar, live music, exciting auctions & more! One of the biggest and best local fundraising events of the year!

Time: 6:30pm-12am

Saturday, Feb 3

HURRAH BEER! ALBANY-UTICA BEER & COMEDY CELEBRATION

@Eden Café, Albany

Come sample great Utica & Albany comedy and beer! Reserve prime seats through eventbrite.com

Time: 7:30-9:30pm

Cost: FREE

Starting Sunday, Feb 4

YOGA FOR TEENS

@Lilananda Yoga, Glenville

Held the 1st Sunday of every month through April. Learn how to set up a self-care routine so you can feel happy,

healthy & whole. With a little self love, you can be your best self!

Time: 1-2pm | Cost: \$15 per person

Thursday, Feb 8

SIP & PAINT

@National Museum of Racing & Hall of Fame, Saratoga

Paint a Saratoga Race Course themed scene in the Hall of Fame Gallery at the Museum. Limited space available. RSVP to nrmembers@racingmuseum.net or call 518-584-0400 ext. 109

Time: 6-8pm

Cost: \$45; Museum Members \$40

Friday-Sunday, Feb 9-11

38TH ANNUAL TIMES UNION HOME EXPO

@Albany Capital Center, Albany

Find new products, helpful hints, fresh ideas & great deals with hundreds of experts all under one roof. Kitchens, bathrooms, remodeling, boats, tractors, RVs – it's all here! This is the largest and longest running consumer home show in the Capital Region with over 8,000 attendees with the best builders, remodelers, decorators & home improvement experts in the area.

Time: Fri 3-8pm; Sat 10am-6pm; Sun 10am-5pm

Cost: Fri \$5 adults, accompanied kids 14 & under FREE; Sat/Sun \$8 adults (online), \$10 adults (at door), accompanied kids 14 & under FREE; Weekend Pass \$14 for all 3 days

Friday, Feb 9

NIGHT TO SHINE

@Our Savior's Lutheran Church, Albany

We are proud to host "Night to Shine," sponsored by the Tim Tebow Foundation. An unforgettable prom night experience, centered on God's love, for people with special needs ages 14 and older. Every guest enters on a red carpet complete with a warm welcome from a friendly

crowd and paparazzi. Once inside, guests receive the royal treatment, including hair and makeup stations, shoe shining areas, limousine rides, corsages and boutonnieres, a catered dinner, karaoke, prom favors for each honored guest, a Respite Room for parents and caretakers, and of course, a dance floor... all leading up to the moment when each guest is crowned king or queen of the prom. Currently registering guests (ages 14+) for this incredible night!

Time: 6-9pm | Cost: FREE

Saturday, Feb 10

CLIFTON PARK ANNUAL WINTERFEST

@Clifton Park

Join your friends and neighbors for a day of fun and excitement both in and out of the cold. Enjoy singing & soup competitions, Community Chorus performance, horse-drawn sleigh rides, winter nature tour, face painting, lunch & more! Registration

info at CliftonPark.org.

Time: 11am-4pm | Cost: FREE

Saturday, Feb 10

ALBANY WINE & CHOCOLATE FESTIVAL

@The Desmond Hotel, Albany

Join us as we celebrate great wine and sweets from down the street and around New York! Wineries and wine enthusiasts from across the region will gather for an unlimited sampling of dozens of fabulous wines of all styles and tastes along with tasty nibbles and treats, music, candy bar, photo booth & a free commemorative wine glass. Browse rows of gourmet treats, fantastic jewelry, and products for your home and your body. Ticket sales will be limited to ensure everyone has a great experience. Two sessions to choose from. Pre-registration strongly recommended.

Time: 1-8pm | Cost: \$10-\$35

Saturday, Feb 10

CHORAL CABARET

@The Vista Ballroom at Van Patten Golf Course, Clifton Park

Treat yourself to a sumptuous Chef's Buffet followed by a choral cabaret from the Burnt Hills Oratorio Society, featuring dozens of the greatest hits by America's favorite composers. Limited seating available. Pre-register by 2/2. Visit BHOS.us or 518-416-4060.

Time: 5-9pm | Cost: \$65

Friday-Saturday, Feb 16-17

FIRE ON THE MOUNTAIN

@West Mountain, Queensbury

Don't miss the hottest night at West Mountain! Come ski, snowboard, tube, or just hang by the massive bonfire while listening to the Audiostars, enjoying a torchlight parade, or watching the spectacular fireworks. Food & beer specials.

Time: 7pm-12am | Cost: FREE

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Friday-Sunday, Feb 16-18

THE 31ST FLURRY FESTIVAL

@Saratoga Springs City Center, Saratoga

Shake off the winter blues and dance, sing, jam & more! Visit www.danceflurry.org for more info.

Time: Fri 7pm-1am; Sat 9am-1am; Sun 9am-5:30pm | Cost: Varies

Saturday, Feb 17

CHILDREN'S STAR SIGHTING

@Albany Heritage Area Visitors Center, Albany

Interactive program exploring the stars, planets, comets and constellations in the night sky. Appropriate for children grades pre-K-2 and their families.

Time: 11am-12pm | Cost: \$3

Sunday, Feb 18

2018 ELITE BRIDAL EXPO

@Canfield Casino, Saratoga

Meet some of the region's most distinguished wedding professionals during a fun-filled day with swag bags, valet parking, giveaways, prizes, meet & greets, free engagement shots, complimentary champagne & h'ourderves & more!

Time: 11am-2pm | Cost: FREE

Feb 20-24

2018 SARATOGA BEER WEEK

@Saratoga Springs

Beer enthusiasts mark your calendars for the 5-day, city-wide celebration with fun, food & fantastic beer with the top regional and national brews.

Time & Cost varies by event.

Thursday, Feb 22

MASI WINE DINNER & OPERA PERFORMANCE

@Saratoga National Golf Club, Saratoga

Join us for a delicious 5-course wine-pairing dinner featuring the wonderful wines of Masi!

Time: 6pm | Cost: \$100 per person

Friday-Saturday, Feb 23-24

PRIME POLAR ICE BAR & LOUNGE

@Prime at Saratoga National, Saratoga

Enjoy this indoor and outdoor event benefiting the Juvenile Diabetes Research Foundation with live music, complimentary drink koozies, hot cocoa, coffee bar, 4-sided ice bar, games, giveaways, cash bar, cigars & more!

Time: Fri 6:30-10pm; Sat 12-4pm

Cost: \$20 online, \$25 on day of event, \$40 for both days

Friday, Feb 23

CIDER NIGHT

@Saratoga Springs City Center, Saratoga

Part of Beer Week, enjoy 3 hours of hard cider sampling from more than 30 cideries from all over the country!

Time: 6-9pm | Cost: \$25

Saturday, Feb 24

30TH ANNUAL CF STAIR CLIMB

@Empire State Plaza, Corning Tower Concourse, Albany

Climb 42 floors, 809 steps as an individual, first responder or a 4-person relay team while "adding tomorrows" for people with cystic fibrosis. Pre-registration required. Minimum fundraising requirement \$150.

Time: 8:30am

Cost: Registration by 2/2-2/15 \$25; 2/16-2/24 \$40

Saturday, Feb 24

TRY HOCKEY

@Empire State Plaza, Albany

Try hockey for free with USA Hockey and Troy Albany Youth Hockey!

Arrive ½ hour before your clinic time for proper equipment fitting. Pre-registration required. 518-474-4759

Time: Clinics at 9am or 10am

Cost: FREE

Sunday, Feb 25

LONGFELLOWS WEDDING SHOW

@Longfellows Restaurant, Saratoga

Longfellows, with its elegantly rustic décor, provides a distinctive setting for this one-of-a-kind wedding show. This year marks the 18th year that Longfellows has showcased their venue to engaged couples and they are celebrating with elaborate food displays and tastings and an exciting variety of door prizes and giveaways. As always, admission is complimentary. Call 406-0505 to register or visit our website.

Time: 11am-3pm | Cost: FREE

Sunday, Feb 25

DELMAR DESPERADOS

@Clifton Park-Halfmoon Library Shenendehowa Neighbors

Connecting is pleased to present the Delmar Desperados in a Mid-Winter Concert. Please come and enjoy songs from the Old West and Songs of the Sea with your friends and neighbors, and learn about a "village in development" for our community.

Time: 2-4pm

Cost: FREE

Feb 26-Mar 4

SCHENECTADY RESTAURANT WEEK

@Participating Restaurants, Schenectady

Enjoy 3-course meals from special fixed-price menus at participating restaurants.

Time: 5pm

Cost: Varies

Tuesday, Feb 27

CHIANTI CUCINA ITALIANA COOKING CLASS

@Chianti Il Ristorante, Saratoga

Enjoy an evening of delicious culinary creations as Chef Fabrizio Bazzani recreates 3 historical Italian dishes inspired by the pages of La Cucina Italiana.

Time: 6:30-9pm

Cost: \$69.85

Saratoga Arts Events

Contributed by Emma Huneck, Saratoga Arts

On View In The Art Center Gallery

All Stars: An Exhibition of High School Artists in Saratoga, Fulton & Montgomery Counties

JANUARY 13 - FEBRUARY 10

Be sure to stop into Saratoga Arts to view over 100 pieces of artwork created by students attending 11 high schools in the region: Ballston Spa, Broadalbin-Perth, Burnt Hills-Ballston Lake, Corinth, Galway, Gloversville, Mayfield, Saratoga Springs, Shenendehowa, Stillwater, and South Glens Falls.

Bound & Unbound: Regis Brodie, Susan Hoffer & Simeon Youngmann

FEBRUARY 17 - MARCH 24

Opening Reception: Saturday, February 17, 6-8pm; craft beer and light refreshments provided by Druthers Brewing Company

At the Clifton Park-Halfmoon Public Library...

Paintings and drawings by Karen Cummings and illustrations by Kristen Girard will be on display from January 30 through February 26. Both exhibits are located upstairs, and all artwork is for sale!

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