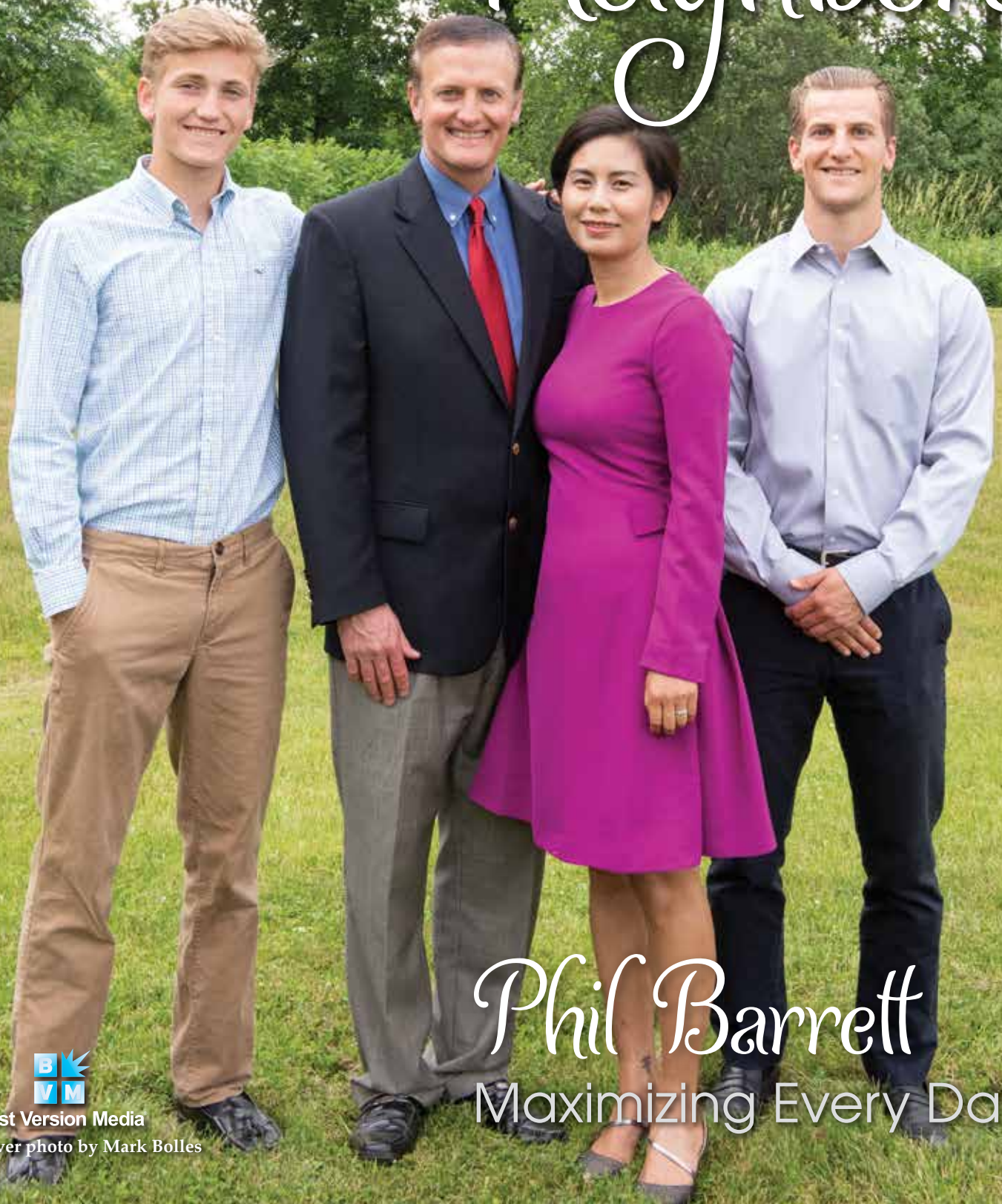


JULY 2018

CLIFTON PARK

AN EXCLUSIVE MONTHLY PUBLICATION
FOR RESIDENTS

Neighbors



Phil Barrett
Maximizing Every Day



Best Version Media
Cover photo by Mark Bolles



Best Version Media®

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ON THE COVER
The Barrett family



Dear CLIFTON PARK RESIDENTS

Happy 4th of July!

As we begin to celebrate the independence of our country, we should celebrate all the wonderful things happening within our community as well. In this month's cover story, Town Supervisor Phil Barrett, shows us how Clifton Park has evolved and improved over the years.

Be sure to check out Clifton Park's historical 4th of July celebrations in our History feature, the fantastic shows coming up this summer with the Saratoga Shakespeare Company and this month's outstanding student, Ashlyn Bardack. We are lucky to always have so many wonderful things going on in this area and you can find more summer celebrations in our Events section.

Hope you are all enjoying your summer so far!

Jenna



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Saratoga Shakespeare Company

By Brianna Cochran Photos provided by Saratoga Shakespeare Company

The Saratoga Shakespeare Company is a non-profit organization that enhances the cultural atmosphere for Saratoga residents and visitors by providing free, professional theater. Saratoga Shakespeare is celebrating its eighteenth season. Barbara and Lary Opitz have been running the company for the last six years. They are committed to keeping and presenting Shakespeare in Congress Park, which is accessible for all.

Every year Saratoga Shakespeare auditions local actors as well as actors who travel from New York City, Philadelphia and other major cities for the opportunity to perform in Saratoga during the summer. In addition to the Actors' Equity Association actors and stage managers, the Company also involves an intern company of undergraduate students who represent colleges from throughout the U.S. In addition, the Company has an intern program of their own, the Young Theatre Professionals Program, in which those aspiring to be in the professional theater industry are extensively trained and work alongside professionals. The intern company fills out the acting company and help support the production. They are eligible to receive academic credit and they may elect to earn points towards membership in the Actors' Equity.

The Company produces two plays each summer season with shows running Tuesday through Saturday nights. Audience members may bring lawn chairs or blankets and rental chairs are also available. Anywhere from 200-500 people attend each evening's performance in Congress Park. The atmosphere is family friendly and over the years many children have had the opportunity to grow up watching live theatre performances and be introduced to Shakespeare.

Each year, anywhere from six to eight thousand people watch the productions. For Barbara, one of the most

rewarding parts of her experience as Executive Director of the Company is when people thank her. Then she knows it has been worthwhile! The Company is committed to having a meaningful relationship with the audience and inspiring people of all ages and levels of experience with theater while they bring Shakespeare's work to life.

The Company is also dedicated to building outreach

programs and has worked with summer school programs and local community programs. Within the community, the Company encourages service providers for senior citizens and people with disabilities, as well as youth educational and training programs to attend the performances.

In their six years running the Company, Barbara and Lary have increased the number of productions they present to the region and have become the longest

running, professional theater company in Saratoga County dedicated to providing free, classical theater. In all, the Saratoga Shakespeare Theatre Company hopes to continue to be a vibrant part of the Saratoga arts scene to ensure that everyone has access to professional, live theater and especially the legacy of Shakespeare.

Visit www.saratogashakespeare.com for the summer performance schedule. ■

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



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What to Eat at Night When You Just Need an Evening Snack

Contributed by Capital District Wellness

Here are a few key “rules” to use when choosing any food to eat in the evening hours:

1. Include protein, but not just any kind.

Protein is the KING of fat-burning, but some protein sources can also spike insulin levels, such as fish and red meat. So, it's best to avoid these protein sources in favor of other proteins such as:

- Chicken (white meat)
- Pork
- Turkey (white meat)
- Dairy (cottage cheese, Greek yogurt, other cheeses, etc.)

When it comes to cottage cheese and Greek yogurt, be sure to choose the plain, unsweetened varieties to avoid all the extra sugar (you can always add other natural sweeteners like stevia if desired). Note: Yogurt tends to be high in carbohydrates so

plain, unsweetened is the only option. See below.

2. Avoid carbohydrates.

Carbs spike insulin and blood sugar and put the brakes on fat-burning, the exact opposite of what you want to do in the evening as your metabolism is slowing down getting ready for a good night's rest.

3. Add fat if desired.

Fat is another good nutrient to include in a late-night snack because it helps to slow digestion and increase feelings of fullness... just make sure you do so in moderation to avoid skyrocketing the calorie count of your “snack.”

For more information about weight and fat loss, call Capital District Wellness Management Service at 518-489-2628. ■



When Siblings Are Caring for an Aging Parent

Contributed by Baptist Health System

Providing care for aging parents is often complicated and stressful, and can add tension to any relationship. Families commonly find that managing their caregiving duties can make or break the bonds among brothers and sisters.

When older parents need help, the adult children will have several big decisions to make while juggling work and their own families. The situation becomes even more complicated when each sibling seems to have differing interests, opinions or attitudes about how caregiving should be handled. Often there will be disagreements about the kind of care needed, who will provide it and how to pay for it.

Some adult children have a hard time dealing with the role reversal of caring for an older parent, and may be reluctant or even refuse to accept the responsibility. And it's not uncommon for old sibling rivalries to reappear in caregiving. Competition for parental approval and love may become an issue.

The R Word - Resentment

Caregivers often get upset when they feel their siblings aren't helping out as much as they could.

Gender plays a part in defining caregiver roles. Studies have repeatedly demonstrated that daughters default to becoming primary family caregivers to aging parents, even when there are sons living nearby. There is no reason brothers should expect their sisters to handle it alone.

Proximity is another factor. Children who live closest to their parents and take on the day-to-day caregiving duties often resent their siblings who live out of town.

Avoiding Family Squabbles

Communication is key. Have a frank and open discussion with all siblings and listen to everyone's needs and concerns. Regular family meetings are a good idea, and technology makes long distance meetings easier.

Be the adult in the room when you notice that your siblings are reverting back to their childhood roles. You remember those... the bully, the overachiever, the baby of the family. Keep the goal of caring for your aging parent first and foremost.



Do what you do best. One of you may be the queen of organizing, while another one likes to manage the finances. Realize that true equality in caregiving responsibilities is unrealistic, and sometimes it will be 70/30 rather than 50/50, but with planning it can ultimately be fair for all.

Look into respite care. If the local sibling is getting really stressed out, the out-of-town siblings can arrange for respite, such as a home companion service, adult day care or a short stay at an assisted living facility to help take some of the pressure off.

Maintain a sense of humor and keep your perspective. Caregiving is by nature a temporary situation, and it shouldn't permanently mar your relationship with your siblings. ■

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A full-page photograph of Phil Barrett and his wife walking hand-in-hand on a grassy field. Phil is on the left, wearing a dark suit, blue shirt, and red tie. His wife is on the right, wearing a purple dress. They are both smiling and looking towards the right. The background shows a line of trees and a small wooden structure.

Phil Barrett

Maximizing Every Day

COVER STORY

By Jenna Caputo

Photos by SuperSourceMedia.com

Phil Barrett. We all know the name as the Clifton Park Town Supervisor. But what about the story behind the name?

Phil was born in Washington, DC at the Walter Reed Army Hospital, then baptized at the Fort Myers Chapel. His father was a courier in the Army, responsible for getting top-secret information place to place. The Barrett family was based in Virginia while his father was still in the Army. After he retired, Phil's father got a job with GE in Rhode Island within the accounting department and the family moved once again.

Despite moving around a lot (or, perhaps, because of it), Phil never shied away from hard work, whether for business or for play. He loved watching auto racing but sports were his passion and he played a different sport each season. His first love, though, was basketball and his hard

work along with the rest of the high school team paid off as they became the 1985 Connecticut State Champions.

He also has always had a job ever since middle school when he started working in the tobacco fields, picking the tobacco starting in seventh grade. It was a challenging job that laid the foundation for the strong work ethic that has always been instilled in Phil's family. After the tobacco fields, he picked up a paper route and a job in a lumber yard, helping to load the lumber, stone, etc., both within the yard and for the customers. "It's difficult to move when you're a child and switch schools," he says. "But I think at the end of the day it's actually a positive thing. It puts you in a position to make friends and assimilate to new surroundings and people and teaches you a lot of life lessons in that respect."

Phil received his business degree from Providence College through the ROTC, then became a commissioned Army officer for the reserves. Once in the private sector,

CLIFTON PARK *Neighbors*

he mainly worked in banking, eventually moving to Clifton Park for his job. He quickly realized, however, just how much money was extracted from his paycheck each week and decided that he should become more involved with politics. He noticed there were some elements in Clifton Park that he believed needed improvement and he felt he could help. He decided to first run for Town Supervisor in 1999 with a platform that demonstrated these areas of improvement. Along with strengthening the town's financial position, he also wanted to fix the struggling ice arena and revitalize the exit 9 area. He was elected for the then part-time position, but in 2011, the Town Supervisor role was combined with the Town Administrator and Phil began to work for the town full time.

Over the years he has more than succeeded in fulfilling these campaign promises. He is rightfully proud of Clifton Park's fiscal success, tax reduction, youth court program, full day camp, the 1,500 acres of preserved property with over 16 miles of new trails, completely turned around senior center and ice arena, as well as the thriving revitalization of the exit 9 area. Over the years, they have seen slow and steady improvement, filling the empty retail spaces and diversifying the economy to protect Clifton Park from the decline of brick and mortar retail in favor of online sales. Adding more healthcare business in the location has proven to be a successful move and they continue to encourage new complimentary businesses in the area.

For 2018, Phil's office is working on two long-term planning studies, including for the land on the east side of I-87 in the exit 9 area, as well as for the 37 acres recently purchased from Shen schools. They also are working on two large intersection improvement projects, adding two more new trail projects, and creating ways to save costs on lighting, including replacing the current lights in the ice arena with new LED technology and purchasing the streetlights in town and installing new LED technology in those as well.

While some of the federal and New York State policies can create headaches and make some changes hard, Phil continues to love his job. He enjoys the challenge of improving the operational integrity of a service or entity and most importantly, he loves being in a position to help the people of his community.

Although he has seen a lot of changes in Clifton Park over the years while watching it grow, he is proud that the



area has never lost the feeling of the close-knit community that has been here since the town was founded in 1828. "As a resident of Clifton Park it always makes me very proud that we have a tremendous amount of volunteers and organizations in town working to help people each and every day. That's what makes our town *great*," Phil says. "We've never lost that since 1828 and I pray we never do because it is what makes our town a great place to be."

His own family now includes his wife, Li, who owns a consulting business assisting children with educational needs, as well as managing a program at SUNY; his step-daughter, Jen, a licensed local real estate agent since she was 18; and sons, Philip, currently finishing his master's in accounting while working at GE in the accounting

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department; and Brandon, a rising sophomore at Shen.

Like their father, the kids all played sports growing up. Both boys specialize in soccer and Philip continued to play through his term on the Siena soccer team and is now a member of the Kingston Stockade semi-pro team based out of Kingston, NY.

Both Phil and Li have to work long hours for their jobs but it has forced them to treasure every moment and

prioritize what counts. Phil's biggest stress relief is his passion for singing. He sang with groups regularly off and on over the years, but now he sings for special occasions like the Elks Flag Day ceremony or for certain town events. "It brings me a lot of happiness and is calming for me," he says. "It's soothing in a lot of ways and is just fun!" He chuckles when people assume he doesn't get nervous when he says that because he is *always* nervous before a show. His favorite crooner of all time, Frank Sinatra, also used to have issues with nerves beforehand, but as Phil says, "Once you're up there the nerves go away completely and I'm actually comfortable to be there. It's fun and something I enjoy."

Part of the famous Barrett family work ethic is to get the most out of every day and to maximize each day to its fullest potential. Phil says that they don't strive to *try* their best – anyone can try. They strive to *do* their best every day.

That attitude has carried over into the town affairs as well and has benefited Clifton Park greatly over the years, with no signs of slowing down. "Clifton Park has a very bright future. We are now positioned well to continue to be strong both economically and socially," explains Phil. "Our goal here at the town is to have Clifton Park be a wonderful place for people to invest – to buy a home or start a business. We look at it as our job to do everything possible to give them the best opportunity to receive a return on their investment by having a community that is low cost to live and work or run a business, and having the amenities that bring value to a community as well as a good infrastructure, safe area and everything that makes a community desirable!" ■

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The Fourth of July in Clifton Park a Century Ago

By John L. Scherer, Clifton Park Town Historian

Independence Day has always been a major holiday in Clifton Park. As today, it was celebrated with parades, family picnics and hoopla. These two early photographs illustrate Fourth of July events of over a century ago in Clifton Park. One photograph dated July 4, 1891 shows picnickers on the bridge over the sluice-way to the Vischer Mill at Vischer Ferry. These visitors are on an outing from Schenectady. Perhaps they arrived on the excursion boat, Kitty West, a steamboat that plied the old Erie Canal between Schenectady and Vischer Ferry. Vischer Ferry was a popular tourist destination at the time.

The other photograph is dated July 4, 1917, during World War I. It shows Clifton Park's Fourth of July parade at Clifton Park Village. The parade has just turned the corner from Old Route 146 (Fire Road) and is headed south on Route 9. The float in the foreground is carrying veterans of the Civil and Spanish-American Wars. A sign on the float reads: "Rally Round the Flag Boys." The building on the left is the store and post office (now Clifton Park Pizza). The sheds for the Clifton Park Hotel are in the center and on the right is a corner of the Clifton Park Hotel. The annual Clifton Park Fourth of July parade followed this route for many years. Other parade photos date from the 1890s into the 1920s. ■



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Welcome to the Neighborhood

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

A joyous celebration at **Bilingual Genius Academy** (509 Moe Rd, 518-930-0585, www.bilingualgenius.academy) as they dedicate the new Infant Room, with 8 cribs and special services for the youngest among our community. The Academy is



dedicated to helping young people not only learn two languages (English, Spanish) but also think in both languages from their earliest days. Director Katy Mejia (center, rear) and her team are proud of the work they do in providing tools that may help their students have a powerful advantage as adults. Also pictured are Clifton Park Town Supervisor Phil Barrett, (near center), Diane Suski representing Senator Jim Tedisco and the staff and volunteer Ambassadors of the Chamber of Southern Saratoga County.

Senator Tedisco joins CSSC President/CEO Pete Bardunias in celebrating a wonderful new open air addition to **Ravenswood Pub** (1021 Route 146, 518-371-8771, www.ravenswoodpub.com) with owners Stephanie ("Mama") Van Auken and her son, Scott Schreifels, in early May. Large doors can now be opened, bringing the outdoor landscape right inside, then closed again if weather threatens or the seasons turn cold. Ms. Van Auken and her family have owned multiple restaurants over the years and are well known in the community. Ravenswood serves pub fare, great chicken wings, is open daily from 11:30am, has Happy Hour Mon-Fri and offers live music every Friday and Saturday night. Located a short drive west of the Clifton Park Center.



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Ashlyn Bardack Sparks Action on the Mat and in the Community

By Caroline Boardman

Brown School 6th grader Ashlyn Bardack makes an impact in her school community as an engaged student and around the Capital Region through her philanthropic efforts and athletic abilities.

At just 12 years old, Ashlyn has already become an accomplished competitive gymnast and an impassioned advocate for community service.

Ashlyn thinks of Brown School as a very caring place and said that the teachers are really good with the students. "We know each other really well, so it's like being with family," she said. "Brown School is also fun because the students there get to learn new games, work on interesting projects and take special overnight field trips." This spring her class traveled to Philadelphia and in the fall they will visit Camp Chingachgook in the Adirondacks.

She said that so far, science has been the most interesting subject she's studied. "This year we learned about many things such as biology and ecology and I loved all of the topics." Outside of school, Ashlyn is involved in a number of fundraising activities for Ronald McDonald House, The Food Pantries for the Capital District and Mohawk Hudson Humane Society.

Ashlyn got her start in gymnastics back in second grade, after attempting some dangerous skills at home. Her mother, Susan Bardack, also a former gymnastics student, suggested that she try taking some classes.

"After a few years of working really hard, she was asked to move up and join the Junior Olympic program. She was incredibly happy and continues to be on that team traveling to meets

around the state," said Bardack.

Ashlyn is proud to say that one special person in her life that she really admires is her grandmother - aka "Nonny" - for being so present and helpful, and for not being afraid to stand up for what she believes in.

"I love that Ashlyn is someone who cares about her family, friends and community. I am also really impressed with her determination. I feel lucky she is in my life," said Susan Bardack.

Ashlyn said she'd like to have a career in science because she wants to help people and cure diseases. It will be very interesting to see where she goes from here. ■



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@Clifton Common Stage, Clifton Park
Throughout the summer, Clifton Park brings professional entertainers to the outdoor stage for an evening of FREE enjoyment, rain or shine, unless otherwise noted. All performances are at the Clifton Common Stage (next to basketball courts). Lawn chairs are welcome. Alcoholic beverages are not permitted on the premises. Questions? Call Parks & Recreation Director Myla Kramer at 518-371-6667 or email parksrec@cliftonpark.org.
Time: 7pm | Cost: FREE

Sunday, July 1

SCHENECTADY GREENMARKET

@Near Schenectady City Hall, Intersection of Franklin St. & Jay St.
The Outdoor Market is located around Schenectady City Hall and is home to more than 70 vendors from around the area. It is a one-stop-shop for groceries, take-away meals, and artisan items. Customers can find farm fresh produce, meats and eggs in addition to baked goods, international foods and hand-crafted goods. EBT, credit and debit cards accepted.
Time: 10am - 2pm | Cost: FREE

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@Saratoga Winery
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Time: 10-11:30am | Cost: \$35

Every Monday, July 2-30

FARMERS MARKET

@Shenendehowa Methodist Church
Parking Lot, Clifton Park
Time: 2pm-5pm | Cost: FREE

Thursday, July 5

SKIDMORE JAZZ ALL-STARS

@Arthur Zankel Music Center, Saratoga Springs
Featuring Ray Vega (trumpet), Dick Oatts (tenor saxophone), Michael Dease (trombone), Bruce Barth (piano), Vic Juris (guitar), Doug Weiss (bass) and Matt Wilson (drums). For tickets: skidmore.edu/zankel/ticketsevents.php or call 518-580-5321.
*Time: 8-9:30pm
Cost: \$8 adults; \$5 seniors
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Every Thursday, July 5-26

BALLSTON SPA CONCERTS IN THE PARK

@Wiswall Park, Ballston Spa
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Time: 6-8pm | Cost: FREE

Every Friday, July 6-27

'80'S SUMMER MOVIE SERIES

@Clifton Park Halfmoon Public Library, Clifton Park
Stop by the library Friday mornings to enjoy a different classic from the '80's! Showings in order include: *Dirty Dancing*, *Raiders of the Lost Ark*, *The Great Outdoors* and *The Naked Gun: From the Files of Police Squad*.
Time: 10am | Cost: FREE

Saturday, July 7

PARKFEST 2018 AT GAVIN PARK

@Gavin Park
The Town of Wilton's annual July

7th Parkfest Celebration will take on a Bicentennial flair with period characters, crafters, games, music, photos and more. You won't want to miss this annual summer celebration "kicked up a few notches" in honor of their 200th birthday year. Highlights will include: Beatlemania Now, F&F Pig Racing, Amusement Rides, Pony Rides, Rock Wall Climbing and more!
Time: 11am-9pm | Cost: FREE

Saturday, July 7

TANG FAMILY SATURDAYS: MAGICAL MAPS

@Tang Teaching Museum, Saratoga Springs
We will look at the exhibition Dona Nelson: Stand Alone Paintings and how the abstract work can look like a map, with straight and curling lines suggesting roads and built up areas of paint and cheesecloth looking like topographical features. Then we will create our own magical maps, with stencils, yarn, plastic paper and coloring with a variety of pencils and watercolors.
Time: 2pm | Cost: FREE

Saturday, July 7

FREEDOM PARK SUMMER CONCERT SERIES: ALEX TORRES & HIS LATIN ORCHESTRA

@Schonowee Avenue, across the street from Collins Park, Scotia
Come enjoy an evening of flavorful live music with the sounds of Alex Torres and his band! Just bring your family, friends, a picnic blanket, some snacks and get ready to dance! For 2018 the concert series will run from June 20 through August 29 on a mixture of Wednesdays, Fridays, Saturdays and Sundays at 7:00pm at the FREEdom Park stage located on Schonowee Avenue in Scotia, NY.
Time: 7pm | Cost: FREE

Sunday, July 8

24TH ANNUAL SECRET GARDENS TOUR

@Saratoga County Saratoga Springs
The 10 gardens on the 2018 self-guided

Tuesday-Wednesday, July 3-4

SARATOGA'S ALL-AMERICAN CELEBRATION

@Downtown Saratoga Springs, NY
Celebrate 4th of July in Downtown Saratoga Springs at the 11th Annual All-American Celebration! Come enjoy a multitude of events over the following two days such as fictional retellings of the Battle of Saratoga, the Firecracker Road Race, the All-American Downtown Sidewalk Sale, BBQ & Dessert Fest, a Classic Car Show and a spectacular firework show to end the night.

Time: Fireworks 9:30pm approx.;
Other events vary according
to schedule
Cost: Free

Wednesday, July 4

NEW YORK STATE'S 4TH OF JULY CELEBRATION

@Empire State Plaza, Albany
Price Chopper and Market 32 have presented this Albany tradition since our country's bicentennial celebration in 1976. The annual event features live music and fun for the whole family. Each year, more than 20,000 people gather on the Plaza and in the surrounding neighborhoods to enjoy the day, which includes a naturalization ceremony, dozens of food and craft vendors and live entertainment leading to the big fireworks show. The use of sparklers and fireworks is not permitted at the Empire State Plaza. All bags and backpacks will

be subject to search. No animals or pets (excludes ADA-defined service animals) will be allowed.
Time: 3-10pm | Cost: Free

Wednesday, July 4

JULY 4TH CELEBRATION

@Clifton Common, Clifton Park
Bring your family, friends and neighbors as we mark the birth of our nation in small-town America style! Clifton Park's July Fourth Celebration culminates with great entertainment and the Capital Region's largest locally-sponsored fireworks display! Live music featuring Hellcat Maggie and The New York Players!
Time: 7pm | Cost: Free

Friday, July 13

SCHENECTADY COUNTY SUMMERNIGHT 2018

@Schenectady, NY
This family-friendly block party will feature live musical performances, games and delicious food from vendors and downtown restaurants. The GE Main Stage on State Street will rock throughout the evening with the sounds of Schenectady County's '16 and '17 winners, Lucy and Bendt. Along with the popular sand sculpture building and the 4th Annual Cannoli Eating Contest sponsored by Villa Italia. This block party will end with a spectacular fireworks show.
Time: 5-10pm | Cost: FREE

Saturday, July 14

11TH ANNUAL TROY PIG OUT

@Riverfront Park, Troy

One of the most loved events in the Capital Region, the Troy Pig Out is a full day of fun where culinary competitors duke it out for best BBQ and people flock to Riverfront park to taste some of the area's best food. Entertainment includes Sly Fox & The Hustlers, Patrick Sharrow, Victory Soul Orchestra, Tom McWatters and more, plus a hot dog eating contest with Hembold's and Famous Lunch, a pie eating contest with the Troy Boys and Girls Club, as well as children's activities throughout the day.

Time: 10am- 9pm
Cost: Open to public

Saturday, July 21

NYC BALLET GALA LAWN PARTY

@SPAC, Saratoga Springs
The 2018 New York City Ballet Gala Lawn Party: The Four Seasons hosted by SPAC's Junior Committee and Action Council will be honoring and celebrating the 100th anniversary of the births of both Jerome Robbins and Leonard Bernstein. The Four Seasons theme will traverse onto the beautiful park grounds showcasing the seasons with immersive pop-up performances and sensational tastings sprinkled throughout the lawn, with a firework show.

Time: 5:30pm
Cost: Tickets sold @ spac.org/event/new-york-city-ballet-gala/

tour offer plenty to interest both experienced and casual gardeners. Imagine city gardens transformed into lush, secret oases. Picture yourself in the English countryside, wandering along shady paths, discovering

vegetables and herbs blended with perennial gardens bursting with color. The event is an all-volunteer fundraiser presented by Soroptimists of Saratoga County, the local branch of an international

nonprofit public service organization of business and professional women working to improve the lives of women and girls locally and throughout the world. Tickets can be purchased at all retail Cudney's

Cleaners locations, Northshire Bookstore, Saratoga Heritage Area Visitor Center, Faddegon's Nursery, or sroptimistsaratoga.org.
Time: 11am-5pm
Cost: \$20 in advance; \$25 day of the event.

July 13-15 & July 19-22 PERFORMING ARTS AT THE COMMON: THOROUGHLY MODERN MILLIE

@Clifton Common Stage, Clifton Park
Thoroughly Modern Millie tells the story of a small-town girl, Millie Dillmount, who comes to New York City to marry for money instead of love – a thoroughly modern aim in 1922, when women were just entering the workforce. Millie soon begins to take delight in the flapper lifestyle, but problems arise. *Thoroughly Modern Millie* is one of the many performances offered this summer. For more events in this series visit cliftonpark.com.
Time: 8pm | Cost: FREE

Sunday, July 15

YOGA ALONG THE TRAIL

@Woodcock Preserve, Clifton Park
 Join yoga instructor, Martina Zobel, for an energizing and meditative series of "yoga along the trail" hosted at Saratoga PLAN's Woodcock Preserve. Pre-registration required. Class size limited. Suitable for all levels. No mats needed. Attire: sneakers and stretchy or comfy clothing. To pre-register or for more information, contact: Maria at Saratoga PLAN, 518-587-5554, info@saratogaplan.org.
Time: 10-11:30am | Cost: \$15 per class

Tuesday-Wednesday, July 17-18

2018 REGAL SUMMER MOVIE EXPRESS: THE LEGO NINJAGO MOVIE & FERDINAND

@Regal Clifton Park Stadium, Clifton Park
 The Regal Cinema in Clifton Park Center will host the Regal Summer Movie Express on Tuesdays &

Wednesdays at 10am for 10 weeks this summer! Movie admission is just \$1 and a portion of the proceeds will benefit the Will Rogers Institute. Tickets are available on a first come, first served basis. All movies are rated G or PG. For more information, visit cliftonpark.com.

Time: 10am | Cost: \$1

Wednesday, July 18

PERFORMING ARTS AT THE COMMON: ANDY THE MUSIC MAN

Andy mingles traditional and original songs and novelty, delighting and involving kids through sing-a-longs, dancing, play-acting and storytelling.
Time: 7pm | Cost: FREE

Friday, July 20

SARATOGA RACE TRACK OPENING DAY

@Saratoga Race Track, Saratoga Springs
 The highlight of summer in Saratoga is the summer racing meet, featuring world class thoroughbred horse racing! Live music adds to the ambiance at the Saratoga Race Track, and near the front gates, there are vendors that sell beautiful pictures of the horses, jockeys and the grounds. Another feature the Race Course offers is a chance for you to view your favorite horse. Before the horses run out on the track, they are brought to the paddocks where they can be viewed and admired.

Time: 11am
Cost: Single day passes \$5 in advance; \$7 at the gate; children 12 and under are FREE with adult. Season passes can be bought at nyra.com/Saratoga/tickets/season-passes

Wednesday, July 25

PERFORMING ARTS AT THE COMMON: CATSKILL PUPPET THEATER – SISTER RAIN AND BROTHER SUN

This musical nature-tale features lots of audience participation and Brother

Sun, a huge, talking sun face seven feet in diameter with movable mouth and eyes! The story is acted out by large, animated rod puppets with finely chiseled features and colorful sets and costumes.

Time: 7pm | Cost: FREE

Thursday, July 26

JANET JACKSON AT SARATOGA PERFORMING ARTS CENTER

@SPAC, Saratoga Springs
Time: 8pm
Cost: \$24, tickets sold at spac.org

Tuesday- Sunday, July 24-29

177TH SARATOGA COUNTY FAIR @Saratoga County Fairgrounds, Ballston Spa

The 177th Saratoga County Fair will take place July 24th to the 29th at the Saratoga County Fairgrounds. You can expect all the traditions you've come to love at the fair with agriculture, competitions and live music, with some brand new additions! For more information, visit saratogacountyfair.org.

Time: 9am-12am
Cost: \$12 general admission

Sunday, July 29

PERFORMING ARTS AT THE COMMON: MORIAH FORMICA @Clifton Common Stage, Clifton Park

Standout powerhouse 17 y/o singer/ songwriter/ musician from Season 13 of *The Voice*. With a rocker soul much older than her years, Moriah's rich voice will bring out the love of Rock in everyone!
Time: 7pm | Cost: FREE

Monday, July 30

SYLVAN ESSO WITH IAN CHANG @Upstate Concert Hall, Albany

An electronic pop duo from Durham, North Carolina. Known for their debut single "Hey Mami". Their concerts are electrifying with their rhythms and captivating stage chemistry giving you the feeling of euphoria.

Time: 8pm | Cost: \$41

Saratoga Arts Events

Contributed by Emma Huneck, Saratoga Arts

You're Invited! 10x10 OPENING RECEPTION

Saratoga Arts | 320 Broadway,
Saratoga Springs NY

**Saturday, July 7
6-8pm**

Craft beer & light refreshments
provided by Druthers Brewing
Company



Join us for the opening reception of this fabulous, annual exhibition! Featuring over 700 pieces of artwork by over 300 artists, this exhibit has something for everyone - and most pieces are priced at \$100! Meet the artists, enjoy

refreshments by Druthers Brewing Company and take in the artwork that hangs floor-to-ceiling in The Arts Center Gallery. The exhibition is open June 30 - September 8.

On Display at the Clifton Park-Halfmoon Public Library....

Works by Eva Marie Loucks and works by Kristine Kelly - both located at the top of the stairs and are a must see!

Save the Date!

Art in the Park 2018

Saturday, September 22 | 10am-4pm | Historic
Congress Park, Saratoga Springs.

Albany | Saratoga | Chatham

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IMPORTANT TOWN PHONE NUMBERS

Town Supervisor <i>Phil Barrett</i>518-371-6651	Town Clerk <i>Pat O'Donnell</i>518-371-6681	Planning Director <i>John Scavo</i>518-371-6054
Town Board Members.....518-371-6651	Town Court, 5 Municipal Plaza518-371-6668	Receiver of Taxes <i>Lorraine Varley</i>518-371-5720
Animal Control Officer518-371-6756	Storm Water Management Technician	Director of Safety and Security
Town Attorney <i>Tom McCarthy</i>518-371-6651	<i>Scott Reese</i>518-371-6054	<i>Lou Pasquarel</i>518-348-7311
Assessor <i>Walter Smead</i>518-371-6460	Director of Communications & Tech	Town Security Officers518-369-6651
Building & Development Director	<i>Mathew Andrus</i>518-371-6651	Sewer Director <i>Mike O'Brien</i>518-348-7313
<i>Steve Myers</i>518-371-6702	Highway Superintendent <i>Dahn Bull</i>518-371-7310	Transfer Station Supervisor
Building & Grounds Director	Parks and Recreation Director	<i>Jeff Vedder</i>518-371-6669
<i>Dan Clemens</i>518-371-6651	<i>Myla Kramer</i>518-371-6667	

If the person you wish to reach is not on the list above, please call 518-371-6651 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.

FIVE WAYS TO RULE THE LEADERBOARDS

1. **Post great content**

(at least once per day. Twice is best.)

2. **Request citizenship with many people**

(and they will often request it back).

The more citizens you have in your Myopolis, the more exposure you will build. Exposure, interaction, comments etc. increase the likelihood that you will trend higher.

3. **Interact with many posts.**

Comment, share, pingworthy, agree etc. The more interactions you have the more you will increase interest in people becoming your citizens. The more citizens, the more exposure for you and your brand.



4. **Invite people to Myopolis.**

The more people you invite from other social media sites, or people who are new to social media, the larger your base. Remember, people don't need to leave their current social media communities (although once they experience Myopolis they may make that choice).

At first, it's harder to take someone away than it is to get them to add Myopolis.

5. **Build your own communities that matter.**

Get four or five close friends, colleagues or clients to use Myopolis as their primary means of connecting. Even small groups begin to carry heavy influence and motivate people to remain active.

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