

SEPTEMBER 2018

CLIFTON PARK

AN EXCLUSIVE MONTHLY PUBLICATION
FOR RESIDENTS

Neighbors



Dr. L. Oliver Robinson
Shaping a Brighter Future



Best Version Media
Cover photo by Mark Bolles

Dear CLIFTON PARK RESIDENTS

Ah, Back-to-School. This time of year always makes me smile: the hustle & bustle of getting school supplies and new clothes; the parents crawling out of their skins, practically pushing the kids out the door; the sparkling sneakers; the change in flowers and décor; a feeling of something new in the air. Maybe it relates back to all my years in school, but the fall has always been like the New Year for me. Even though I am no longer in school, it still feels like a fresh start – there's an anticipation of something new and exciting. It's a transition time and can be very invigorating.

This month's issue celebrates this special time of year. Our feature story, Shen superintendent Dr. L. Oliver Robinson (p 6), shows us what's to come for the school year, while JDog Junk Removal reminds us why now is a great time to start going through some of that household clutter (p 3). Be sure to check out some of the great charity events coming up too, like the Ride to Cure Diabetes (p 9) and Nick's Run to be Healed, featuring this year's Warrior, Ali Bawla (p 5).

And if your teens are not so psyched about going back to school and are struggling, they may be interested in the new teen empowerment program in the Capital District that can be joined either in-person or virtually (p 11).

Whatever the fall may bring for you, I hope you have a wonderful September!

Jenna



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ON THE COVER

Dr. L. Oliver Robinson



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Is Clutter Affecting Your Health?

By RJ Gagnon, JDog Junk Removal

Clutter is a health concern! I couldn't believe it either when we first started JDog. Everyone collects and holds on to things that have passed their useful days. After all, it is OUR stuff! But those extra boxes in the basement or old couch in the attic may actually lead to very serious health concerns, both mental and physical.

Have you ever heard of the "clutter effect"? This is a mental situation where the filled-up space in your house can lead to feelings that you're overwhelmed, stressed or unproductive. The excess volume of junk which clogs your living space will weigh down your mental performance because your mind feels the walls closing in!

Excess clutter also poses physical health concerns as well. Blocked exits in a fire emergency, trip hazards for people walking or simply old items which are on the verge of breaking and causing more damage are some of the reasons people have made the decision to get that old junk removed.

The biggest risk when assessing clutter's health risks are what you cannot see with your eyes. Old furniture and junk are a haven for mold, dust, bacteria and other little things which could be damaging to your physical wellbeing.



Carpets, couches, desks, chairs, old clothes and toys are just a few in a long list of household items that are known to be home to microscopic organisms. Individuals who work with these microscopic critters wear an abundance

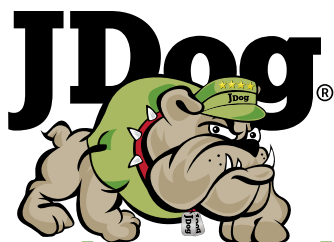


of Personal Protective Equipment (PPE) such as respirators, when handling them. However, individuals live with their old

couch or rug for years without such protection!

Luckily for everyone, it is easy to start living a healthier life! Just get rid of clutter and excess junk to free up your mental experience in your own home and your personal physical health. Don't let the unhealthy clutter win. Combat your clutter today! ■

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S. Saxon Fine Jewels

By Jenna Caputo

Stuart and Sandra Greenway decided to move to upstate NY in 2004 to raise their son, Saxon. Before moving, they sold their jewelry store in MA along with their kiosk in the Cape Cod mall and four antique co-op rentals. Once in NY, they added a new member to their family – Dixie, a sweet and loveable staff/pit-bull rescued from Kentucky.



Jewelry is in their blood. After being in the business for 37 years, they now offer their unparalleled experience to the Capital Region at S. Saxon Fine Jewels on Rt. 9 in Clifton Park. Stuart's experience working for five diamond brokers in NYC has come in handy, allowing the store to not only have a large selection and inventory of loose diamonds but also the most competitive diamond prices in the area.

The Greenways pride themselves on being a true professional in their business and always going the extra mile to make someone smile by their trademark attention

to detail and superior customer service in any facet of their store's services. Offering the largest selection of estate jewelry and the only provider of gold and silver bullion coins and bars in Clifton Park, Saxon's also offers:

- Jewelry & stone evaluation & appraisals
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- Custom jewelry design
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- An enormous estate jewelry collection
- Exclusive coin professional in Clifton Park

The Greenways are always happy to meet new neighbors – Be sure to come say hi and while you're there, browse the latest styles and fashions from Allison Kaufman, Rego Designs, Gems One, Bulova, designer silver, and more. Whether you're just looking for gift ideas; selling them your gold, coins or estate goods; or having a stone reset or repaired, your satisfaction is key and you can rest assured you will have the best care and assistance while you choose the right gift for the loved ones in your life! ■



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CLIFTON PARK *Neighbors*

9th Annual Nick's Run Warrior - Ali Bawla

By Janine De Tillio Cammarata

Nick's Fight to be Healed Foundation (NFTBHF) is hosting its 9th Annual Nick's Run to be Healed 5K on Sunday, September 30, 2018. This year we will celebrate a warrior who has a strong and united family to back him up. Seven-year-old Ali Bawla was diagnosed with B-cell acute lymphoblastic leukemia on May 22, 2017. Ali will be in treatment for the next three years. He will enter second grade in North Colonie School District.

Ali has three older siblings. In addition to being loving, Asma, Ahmed and Sara decided to get involved with Nick's Round Table, which is a teen advisory group of NFTBHF. They understand the need to emotionally support Ali and wanted to help other children who are battling.

Recently, the Bawla family participated in the annual July 4th parade in Clifton Park. Ali rode on the medieval float while his siblings handed out candy to children lined up along the streets. A large part of healing a child with cancer is reducing stress and bringing joy to their lives. His entire family strives to do this every day. They are a tight family unit who has appreciated the support various communities have provided.

What is always inspiring is the fact that despite the devastation cancer causes to a family, so many want to give back and immerse themselves into NFTBHF's family. Knowing they are cared for and supported is healing. Ali's family lives in the moment and has a deep love for one another. It shows in how they treat each other and connect with their community.

Ali receives his treatment at the Bernard & Millie Duker Children's Hospital's Melodies Center in Albany Medical Center. Approximately 90 children are diagnosed every year just in this area, and 900 are seen every year since their treatments last from under a year to three or more. Families from 25 counties travel to this clinic, and their trips can take up to two hours for daily treatment. Some children have relapsed and have been battling cancer for most of their lives. It takes a huge toll on the entire family.

NFTBHF was formed nine years ago in memory of Nick Cammarata, who passed away from leukemia when he was 13. There were many services his family wanted to bring into The Melodies Center to support children of all ages.



Photos by Elizabeth Fox Photography

Some of the ways NFTBHF reduces stress for children battling cancer are: financial support, Family Hope Bags (bags filled with essentials for emergency stays), Nick's Comfort Bags (provided to teens with personalized items), and Family Connections, an emotional support program that includes yoga, meditation and journaling for healing.

Ali and his family know it takes more than medicine to heal a child. It takes love, strength, patience and community. Nick's Run to be Healed 5K helps us to give back to families like Ali's. It's a volunteer run, non-profit event and all money remains local. Please visit www.fighttobehealed.org to register and find out how you can make a difference in a child's life. ■





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COVER STORY

By Jenna Caputo

Photos by SuperSourceMedia.com and from the collection of Dr. Robinson

Dr. L. Oliver Robinson is a natural born leader. As the superintendent of Shenendehowa Schools for the last 13 years, he has proven that time and again. Becoming an education leader wasn't originally part of his plan, though. It happened more by what he calls divine intervention.

Born in St. Elizabeth, Jamaica in the West Indies, Dr. Robinson was a natural outdoors kid, loving to explore nature as much as possible and living an idyllic life. "Life in Jamaica was wonderful. There was a true sense of community and deep family connection. People genuinely cared for each other and issues of racism were not existent. It was a simple way of life," he explains. "It was simply about working to fulfill your dreams and take care of your family. To this day, going back to Jamaica is an instant source of stress relief and an appreciation of the beauties of life (people) and nature (land and water)."

In 1977, his family decided to move to the U.S. to provide a better foundation for their future. His father took a job in Belle Glade, FL in Palm Beach County and the Robinsons were on their way to new dreams. "The United States of America is a country of immigrants, built on the backs of immigrants (many involuntarily so) and supported by immigrants many generations removed. The U.S. represented an opportunity to get a quality education... the power of our public schools... and to fuel your dreams, prepare yourself for prosperity," Dr. Robinson states.

Dr. Robinson left Florida to attend college at Brown University where he met his wife, Dr. Tammy Ellis-Robinson. His studies through the years were largely in economics and organizational behavior and management, school finance and administration leadership. After graduation, he went home to Florida while waiting to start a job in a major corporation. A high school friend's father was a school principal nearby and asked Dr. Robinson to



be a substitute teacher for a few weeks while he was home. "Those few weeks changed my life and my outlook on what a job is supposed to be about," says Dr. Robinson. "I learned that I could make a profound difference in the lives of young people and impact generations to come. Being an educator became a calling and is even stronger now that I have the opportunity to make an even greater impact as superintendent of schools."

His passion for his job and the students in his care is evident in everything he does. He is very goal-oriented and tries to keep his eye on the big picture, helping those that work with him to do the same. "My leadership is about articulating a vision and inspiring others to follow. It is so critical that we have a similar focus, regardless if we take different paths to achieve it. Educating students necessitates constancy in purpose and an unwavering commitment to excellence. Kids on the educational journey don't get a do-over," he points out.

His experiences in a leadership position led to his book, *Naked in the Public Eye – Leading and Learning in an Era of Accountability*. The book provides a practical road map to success and illuminates the mental and emotional fortitude needed in educational leadership positions in the

sincere pursuit of excellence. A book meant to be read and absorbed instead of just sitting on a shelf, it has been called profound, inspirational, spiritual and intellectual.

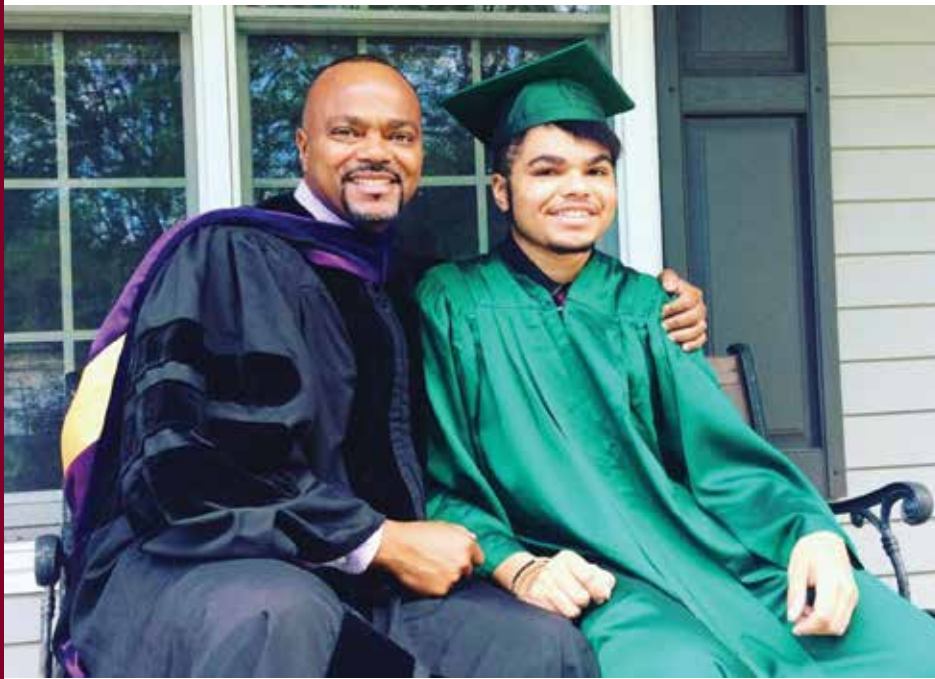
Educators have always had an important and challenging job, but the climate has changed over the past couple of years. The digital world has placed a new layer both within the classroom and the world the students face without. Bullying is on the rise and the media portrays one tragic story after another about school shootings, racism and the supposed decline of our schools. However, Dr. Robinson has a brighter outlook on the use of the digital world. "The 24/7 news cycle has dramatically changed the social landscape," he explains. "The throwing of mud and daggers from behind the online curtain has caused more issues of bullying and harassment, and seemingly an overall erosion of respect and simple kindness... the ugly side of things have been revealed. Thankfully, the same instant access to information (videos) has also allowed people to aggressively confront negativity, bias, bigotry and intolerance. In so many ways social media, as a close colleague described, is like 'sunshine and disinfectant.' Matters are brought to the light and forced to be reckoned with. The challenge now for schools is to cultivate good digital citizens who value and respect different people, ideas and experiences and use technology to define and solve problems, and address issues from a larger context."

He urges us all to remember that school shootings are not as constant as the sensationalism of the media would have us to believe. He says that schools are just as safe as any large organization, venue or even many homes. "The death of a young person is particularly devastating, leaving a lasting sting on families and communities," he says. "To that very end, the safety of our children, of our schools, is everyone's responsibility. There is a lot to the mantra of 'See (know) something, say something.' Everyone needs to see it as their responsibility."

Dr. Robinson is the 2013 New York State Superintendent of the Year, but his service does not end just with the school



district. His drive to make a difference and contribute to leading our youth has led to multiple roles that are helping to shape the futures of the next generation. When his kids were younger, he coached youth football, not only directing them in the art of playing on the field, but in life survival skills as well, such as learning to be team players, having confidence in yourself, determination and to not fear failure. For over a decade now, he has served as the guest speaker at the GED graduation for inmates at two of our regional correctional facilities. "It is my honor to be a source of inspiration to them," says Dr. Robinson. "It is also extremely disheartening when you see and hear the stories, knowing that with better guidance, better role modeling, better educational opportunities, many inmates would have traveled the path of prosperity and not imprisonment. This all shows that as a society we have work to do. Every life needs to be valued more, respected more, supported more, matter more."



He is a guest speaker at many events besides and also serves on the Macedonia Scholarship Committee, the NYS Teachers Retirement System Board of Directors, is Co-Chair of the NYS Council of School Superintendents and serves on the boards of the Ronald McDonald House and the Double H Ranch. These two organizations have afforded him the opportunity to contribute to two important missions that support children and their families during the trials of childhood disease. Speaking of what he has witnessed through his recent work with the Double H, Dr. Robinson states that it is "clear and evident that this organization is the epitome of being socially responsible. It is amazing to see and hear the stories of wonderful young people with debilitating, even life-threatening illnesses, being able to go to camp and have the times of their lives.

The volunteers and donors are remarkable."

The Robinson talent also extends throughout his family. Tammy is now a professor in the School of Education Special Ed department. She is also a writer and has published multiple articles about teaching and learning. Their sons, Oliver (21), a senior at Howard University, is a philosopher and a rapper, and Erik (19), is a talented artist specializing in cartoon and animation, while their daughter, Geneive (16), is a fantastic ballet dancer. Their household also contains their 13-year-old dog, Teddy, as well as two guinea pigs and a gecko lizard. Working out to remain physically sound is important to Dr. Robinson and their family regularly attends church to remain centered. They also enjoy camping and boating on Sacandaga Lake. "I like the quiet things in life," says Dr. Robinson. "Opportunities to be in tune with my mind, body and soul."

That centeredness has been important in helping him

with his pivotal role in the community – one he is honored to have. "It is a tremendous honor and privilege to have been the superintendent of Shenendehowa for the past 13 years. I'm beyond fortunate to have a tremendous team of professionals who are committed to excellence."

He is excited for this new school year as they will be able to build upon the successes of previous years and incorporate challenging new practices to enhance the educational atmosphere and address emerging challenges. This new focus on innovative practices and the effective use of emerging technology and informational sources has redefined teaching and learning. He says the goal is to make the learning experience and the whole educational journey more engaging

and dynamic in the months to come.

Dr. Robinson's job is a true passion for which he is immensely grateful. "I love the fact that every day, with every decision, I can make a positive difference for a child, an employee, a family, for the community," he says. "I love the ability to interface, interact and engage with people from varied and diverse backgrounds. I love the ability to help contribute to shaping a brighter future for thousands of children. It is a privilege to help bring out the genius in every child!" ■

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.



Ride to Cure Diabetes

By Ed Parham

JDRF's (formerly Juvenile Diabetes Research Foundation) Ride to Cure Diabetes, one of the nation's top type 1 diabetes (T1D) cycling fundraisers, returns to Saratoga Springs Sept. 13-16. One of six Ride to Cure Diabetes events held nationwide, the event will bring together up to 700 cyclists of all ages and skill levels representing 80 JDRF chapters from around the nation and Canada, as they fundraise for JDRF, the global leader in T1D research. Denise Nicastro, director of development at JDRF Northeast New York chapter and a Clifton Park resident, shares an overview of the prestigious event.

What is the Ride to Cure Diabetes?

JDRF's Ride to Cure Diabetes is a charitable bike ride that raises money for T1D research. The JDRF Ride gives new and experienced cyclists — and their friends and families — the opportunity to fundraise for life-changing T1D research along with the entire ride community. Participants choose from one of six ride locations, train with their local coach to achieve their mileage goals and use guidance from their local chapter to meet and exceed their fundraising commitments.

Who can ride?

We have riders as young as 13 and as old as 89! You must be at least 13 years old and meet your fundraising commitment in order to participate. If you are between 13 and 18 years of age, you must have a signed parental/

guardian consent and be accompanied by a participating parent/guardian at all times.

What are the routes offered?

We offer 25, 60 or 100 miles starting and finishing at the Saratoga Springs City Center. All routes follow an "out and back" course north up the Hudson River. Riders can refill water bottles and stop for snacks at rest stops every 10 miles. Riders on the 100-mile route will pass through Corinth, Warrensburg and Pottersville where they will be greeted by JDRF staff and volunteers at aid stations and given food and drinks. Professional mechanics will attend to all bike issues that arise.

How much did the 2018 event raise?

Last year's Spa City ride raised \$2.7 million, which made our event the nation's top revenue-generating ride of the year! It also pumped more than \$500,000 into Saratoga's economy, which earned an award from the Saratoga Convention & Tourism Bureau.

What's the fundraising minimum, how are the dollars used and how can I sign up?

There is a \$2,000 fundraising minimum to take part in the ride. Reaching that requirement isn't hard since we have fundraising experts who can help you reach and exceed your fundraising goals. Those who complete their fundraising receive a commemorative JDRF Ride to Cure Diabetes jersey. T1D riders also have the option to receive a special T1D version of the jersey instead. To date, JDRF Ride events have raised more than \$47 million for research on 70 human clinical trials of potential T1D therapies. Proceeds from the Saratoga ride will also support an array of educational programming and support groups for those suffering from the disease living in the 15 counties served by JDRF's Northeastern New York chapter. To learn more and register, please visit jdrf.org/ride, call 518-477-2873 or email dnicastro@jdrf.org. ■



Welcome to the Neighborhood

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



It was "Bon Voyage" in Burnt Hills on July 6 at **Boatworks Marine** (768 Saratoga Rd (Route 50), www.boatworksmarine.com, 518-584-2628). Standing aboard a Godfrey pontoon boat to help owner John Summers (2nd from right), General Manager Dan Broderick (holding scissors) and staff cut the ceremonial ribbon were Chamber of Southern Saratoga County (CSSC) President/CEO Pete Bardunias, Assemblywoman Mary Beth Walsh and Jonathan Pirro representing Senator Jim Tedisco. With locations in Burnt Hills and Plattsburgh featuring boat sales, service and parts department, Boatworks Marine stocks top brands like Polar Kraft, SeaFox, Sweetwater, Aqua Patio and Sanpan. The CSSC now boasts over 50 marine members, the largest in New York State.

It was a full house at **Re/Max Solutions** in Clifton Park's Town Plaza to celebrate their grand opening on June 27. On hand to wish Ferdinando Bruno, Faye Falvo Rispoli, Howard and Deanna Rubinger and the rest of the Re/Max team success were Clifton Park Town Supervisor Phil Barrett, Senator Jim Tedisco, Samantha Torrey representing Assemblywoman Mary Beth Walsh, plus staff and volunteer Ambassadors of the Chamber of Southern Saratoga County. Re/Max is recognized as one of the leading real estate franchise companies with the most productive sales force in the industry and a global reach of over 100 countries and territories. Re/Max Solutions (www.realestatesolutionsny.com, 518-318-3800) is located at 800 Route 146 Ste 120, near downtown Clifton Park. Photo courtesy SuperSourceMedia.com.



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Teen Empowerment for the Capital District

By Jenna Caputo

Today's teenagers experience more stress, anxiety and depression than any other generation on record. Recent research by psychologist Jean Twenge and the National Institute of Mental Health demonstrated this growing epidemic, reporting that depressive symptoms in teenagers increased 50% in girls and 21% in boys between 2012-2015. The 50% of college students experiencing "overwhelming anxiety" in 2011 increased to 62% in 2016 and the numbers continue to climb.

Capital District teens now have a new source for help. Simple Heart HealthSM, a Clifton Park-based company that offers health and wellness services for all ages, now has a Teen Empowerment Program. Their mission is to help our teens reduce stress, anxiety and depression through education, support, connection, self-care and purpose. This program offers a safe and loving space for teenagers



to acquire life-long skills that foster improved self-esteem and confidence, acquire an action plan, and help reduce these increasing feelings of stress and anxiety through a variety of modalities. The teens that participated in the summer program raved about the techniques they learned and reported through rating of feeling intensity that their feelings of depression and anxiety were reduced by 60% and stress was reduced by 76% after attending just one week of the summer program!

"I have been struggling with my mental health for years," says one high school participant. "I have dealt with anxiety, depression, suicidal ideation and lack of self-esteem. At the beginning of the summer, I had recently gone through a major life change with which I was struggling to adapt. On the first day of camp I realized

what a comfortable and safe space it was. Throughout the weeks of the camp, I have noticed a definite difference in my mood, one I had before believed to be unattainable. I no longer wake up wondering what the point is and if I should get up at all. Instead, I feel much more motivated, positive and peaceful. This camp has taught me many things, but the most important of all is to be happy."

Another participant agreed with the confidence the group instilled. "It's a safe haven away from the world that just doesn't get it. The people leading the group have shown us it isn't wrong to open up about our pain and hurt. They are making a difference. I felt like I always had to keep to myself because no one knew the struggle I had gone through but that has changed. I have found people with similar struggles and experiences that I can understand and relate to."

Two programs are offered throughout the school year for both middle and high school students. Scholarships are available for families based on need. *Space is limited so pre-registration is required.* Visit www.SimpleHeartHealth.com/teen-empowerment for more details. ■

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Delilah Finds Fun in Learning

By Samantha Coons

Brown School third grader, Delilah Griffin, embodies the school's tradition of well-rounded students. Whether it is inside the classroom, playing piano or at Lego League, Delilah is always looking for the next activity to dig into.

Delilah participates in several math enrichment courses, and next to reading, it is her favorite subject. She says that the best part about reading is getting to know the characters. Delilah likes a lot of books, but is currently enjoying her summer vacation reading the *Diary of a Wimpy Kid*.

It is clear that Delilah loves to learn, especially when it comes to dinosaurs. When asked if she could write about anything in the world what would it be, she declared that it would be about a dinosaur coming to life. "First, it would start as a baby, then it would go to Dino School where it would learn the dino alphabet. Once he's grown up he would be a paleontologist and make dinosaur skeletons come

to life." Delilah is proud of her interest and says that it is one of her favorite things about herself - to like and know a lot about dinosaurs.

Brown School encourages students to be "active citizens of our increasingly complex world," a concept Delilah has already taken to heart. Recently at her summer camp, the seniors chose to raise money for the Disabled American Veterans and the Mohawk Hudson Humane Society. Delilah was very excited to give back and volunteered at their car wash fundraiser, which raised over \$200. "Delilah was helpful and enthusiastic about our fundraising activities," says Amanda Keil, second grade teacher at Brown School.



As Delilah is always eager to learn, she used this opportunity to learn more about how the Mohawk Hudson Humane Society works. "I learned that sometimes people who work at the Humane Society take home animals because there is not always enough room in the building," said Delilah.

Whether it's learning to solve a math problem or learning about the Humane Society, Delilah is never afraid to ask questions. It's through Brown School that Delilah has found her love for learning and has grown a curious mind. This empowers her to ask questions and better interact with the world around her, even at a young age. ■

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Letter to My Parents, From College

By Samantha Garcia

Dear Parents,

We are stepping into a new world with boundaries wider than our backyard. We will be easily fooled into thinking that we have all the autonomy and freedom afforded to adults. This also means we think we have a handle of things we know nothing about. Adulthood is new territory. The TV shows and movies we watched growing up could only teach us so much. You could only teach us so much. What we are about to learn in the next phase of our lives and as we continue into our careers is the clever skill of improvisation. As an adult and parent for quite some time now, you may feel well versed in this skill, easily able to do back bends and cartwheels at the drop of a hat to accommodate the active lifestyle of adulthood. Now it is our turn to learn those roles and hopefully do them as gracefully as you have.

I can imagine it must be difficult to watch us go. To have the peace of mind of knowing you can be there for us in a heartbeat may no longer be true. Regardless of how much space we feel we need, you are still the glue keeping us together. We may not admit it, but we still need you more than we think. We might not know when, but we do.

Check in on us. If we have not called you in a few weeks, we may be busy with school work, our social lives or quite honestly just napping. It is when we get lost in the hustle and bustle of school that we need a grounding point to center ourselves the most. Call us if we have not called you. We probably miss you but just do not have the time to know it.

Trust us. We know you are going to ask the big questions and we have rehearsed the answer multiple times. During a stressful semester we want to feel like you are proud of us, that you believe in us. There will be many moments when we do not believe in ourselves. Nothing bogs us down more than knowing that you too may not be certain about our future. We might not know where we are going at first, but we'll learn that it's okay because we'll find the people and opportunities that lead us to where we want to be. So, believe in us even when we are not certain. Reassure us that what we are going through is valid, despite the challenges we have faced and will face.

All we need in the end is the security of knowing that we are loved and will continue to be loved despite our setbacks. The preschooler you dropped off at the school many years ago is not as distant as it may seem. No matter where we find ourselves, it is your guidance and love that will carry us through challenging moments.

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Friday, Sept 7

CLIFTON PARK JAZZ FEST

@MochaLisa's Caffé, Clifton Park
Clifton Park Jazz Festival brings Hot Tuesday front & center. Saturday is full of live music with Peter Van Keuren, Kitchen Jazz and Andrea Scow Band. Enjoy beer, wine & real treats while you sit back, relax and take in these dynamic musical talents! We're kid friendly as well!
Time: 7pm Friday; 4pm Saturday
Cost: FREE

Saturday, Sept 8

2018 INSANE INFLATABLE 5K RUN

@Ellms Family Farm, Ballston Spa
The Insane Inflatable 5K is coming to your neck of the woods! 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 and the last at 11:30pm. For more info, visit <https://insaneinflatable5k.com>.
Time: 8:30am | Cost: Varies; \$10 parking

Saturday, Sept 15-16

CLIFTON PARK'S ANNUAL FARM FEST

@Farms throughout Clifton Park
Tour Bowman Orchards, Riverview Orchards, Double B Farm, Predel's Ranch, Shepherd's Hey Farm and much more. Ride a horse, pick apples, take a hayride, eat country food and lots more!
Time: 10am-5pm | Cost: FREE

Saturday, Sept 16

THE 11TH ANNUAL GREAT AMERICAN PET FEST & HOME SHOW

@St. Edwards Church, Clifton Park
Bring your pet for some fun!
Time: 10am-3pm | Cost: FREE



Wed, Sept 19th

AMERICAN RED CROSS BLOOD DRIVE

@American Legion Post 1450, Clifton Park
Donate at this blood drive running every other month.
Time: 1-6pm

Thursday, Sept 20-23

ADIRONDACK BALLOON FESTIVAL 2018

@Crandall Park, Glens Falls & Floyd Bennett Memorial Airport, Queensbury
There will be over 100 balloons of all shapes and sizes, craft fair, kids activities & food vendors. 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! This is a great photo opportunity for budding photographers.
Time: Thur/Fri/Sat 5:00 pm lift off Sat/Sun 6:30 am lift off | Cost: FREE

Thursday, Sept 20

ALFRED KAHLER SCHOLARSHIP GOLF TOURNAMENT

@Mohawk River Country Club & Chateau, Rexford
Join us for a beautiful day of golf for a great cause! For more information contact Nancy at mckiernann@bapthealth.com.
Time: 8am | Cost: Varies

Friday, Sept 21

7TH ANNUAL PETER B. DESROCHERS MEMORIAL GOLF TOURNAMENT

@Van Patten Golf Course, Clifton Park
As part of the Air & Waste Management Association (AWMA) annual fundraising efforts, we would like to invite you to support this year's event as an event sponsor and/or to participate in the golf tournament in support of Peter B. Desrochers Earth Day Grant Program founded in 2002, which grants money to schools with projects focused on scientific environmental studies. The tournament is open to anyone who would like to play. There are several sponsor options including multiple

financial levels, donation of a raffle item or providing us with "goodie bag" items with your company logo are also welcome. For more info, visit www.awmaneny.org.
Time: 9am | Cost: Prices vary upon registration

Saturday, Sept 22nd

SHENENDEHOWA NEIGHBORS CONNECTING "A VILLAGE IN DEVELOPMENT"

@Christ Community Rd Church, Clifton Park
Shenendehowa Neighbors Connecting presents Meg Curley-Haff, M.S., P.T. on behalf of St. Peter's Health Partners, who will discuss fall prevention to improve safety and balance in activities of daily living at home and in the community for people 55 and older. Villages are membership-based, nonprofit organizations serving older residents of the Shenendehowa School District with educational/social programs and community services.
Time: 2 pm | Cost: FREE

Sunday, Sept 30

9TH ANNUAL NICK'S RUN TO BE HEALED 5K

@Clifton Common Court, Clifton Park
September is Childhood Cancer Awareness month and what better way to support local childhood cancer patients than to participate in the Nick's Run to be Healed 5K! This year's run is in honor of Ali Bawla, one of approximately 90 children who are diagnosed every year from our area.
Time: 10am-3pm
Cost: \$25 pre-registration by 9/26; \$30 day of the event

Saturday, Sept 29

CAPITAL REGION PET EXPO

@93 West Campbell Road, Schenectady
The Capital Region Pet Expo is an exciting event in the Capital District that is dedicated to everything for your pet from food, accessories, grooming, demos and more! Pets are allowed; no retractable leashes.
Time: 11am-3pm | Cost: FREE

Back to School in the "Good Old Days"

By John L. Scherer, Clifton Park Town Historian

Today school is very different from our grandparents' and great-grandparents' generation. Thousands of students are bused from a distance to an enormous central campus with multiple buildings. Just 65 years ago, children in Clifton Park attended small one-room schoolhouses within their own neighborhoods.



District No. 5 School, southwest corner of Moe and Grooms Roads, 1952. The teacher is Mrs. Edith Adsit Allen, a student at the same school in 1910. The school is now a nursery school.

By the mid-nineteenth century there were 16 school districts in Clifton Park, each with their own schoolhouse. In the federal census for 1840, Clifton Park is listed as having 2,719 people, of whom 750 above the age of 20 could not read or write, a rate of illiteracy of about 28%. The occupational breakdown included seven people in the learned professions, most of whom were teachers.

The typical one room schoolhouse had an entrance that led to a coatroom containing many hooks. From the coatroom the students entered the classroom. There were four rows of double desks and benches facing the front of the room where the teacher's desk stood on a raised platform. The desks were graduated in size with the smaller desks in front. The two outside rows were longer, since the inside rows had to stop short to accommodate a large nickel-plated pot-bellied stove in the center of the room. There was a blackboard in back of the teacher's desk and a high stool next to her desk for any mischievous student. A bench used for lesson recitation, with room for at least 12 students, was also up front near the teacher's desk. Benches along the walls were used for visitors during graduation and special events. The walls were decorated with maps.

The rest rooms were "out back" near the woodshed, and a bucket of water was obtained from a neighbor every morning. A single dipper was used for thirsty students. Some schoolhouses were not electrified until 1938. Kindergarten through eighth grade was taught at the schoolhouse. The number of students at one time ranged from 25 to 30. School was held from 9 AM to 4 PM with an hour for

lunch and a 15-minute recess in the morning and afternoon. Students ate their lunches at their desks and generally had enough time to go skating on the millpond, or play a game of Fox and Geese, Duck on the Rock, or One Old Cat, before the teacher called them back to school at 1 PM by ringing the bell in the cupola at the top of the schoolhouse. The new centralized campus of Shenendehowa School opened in 1953 and the one room schools in Clifton Park became history. ■

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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 Plaza	518-371-6668	Receiver of Taxes <i>Rose Savallo</i>	518-371-5720
Animal Control Officer	518-371-6756	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 Officers	518-369-6651
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.

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Contact Nancy McKiernan,
518-370-4700 x193
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for registration information.

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