

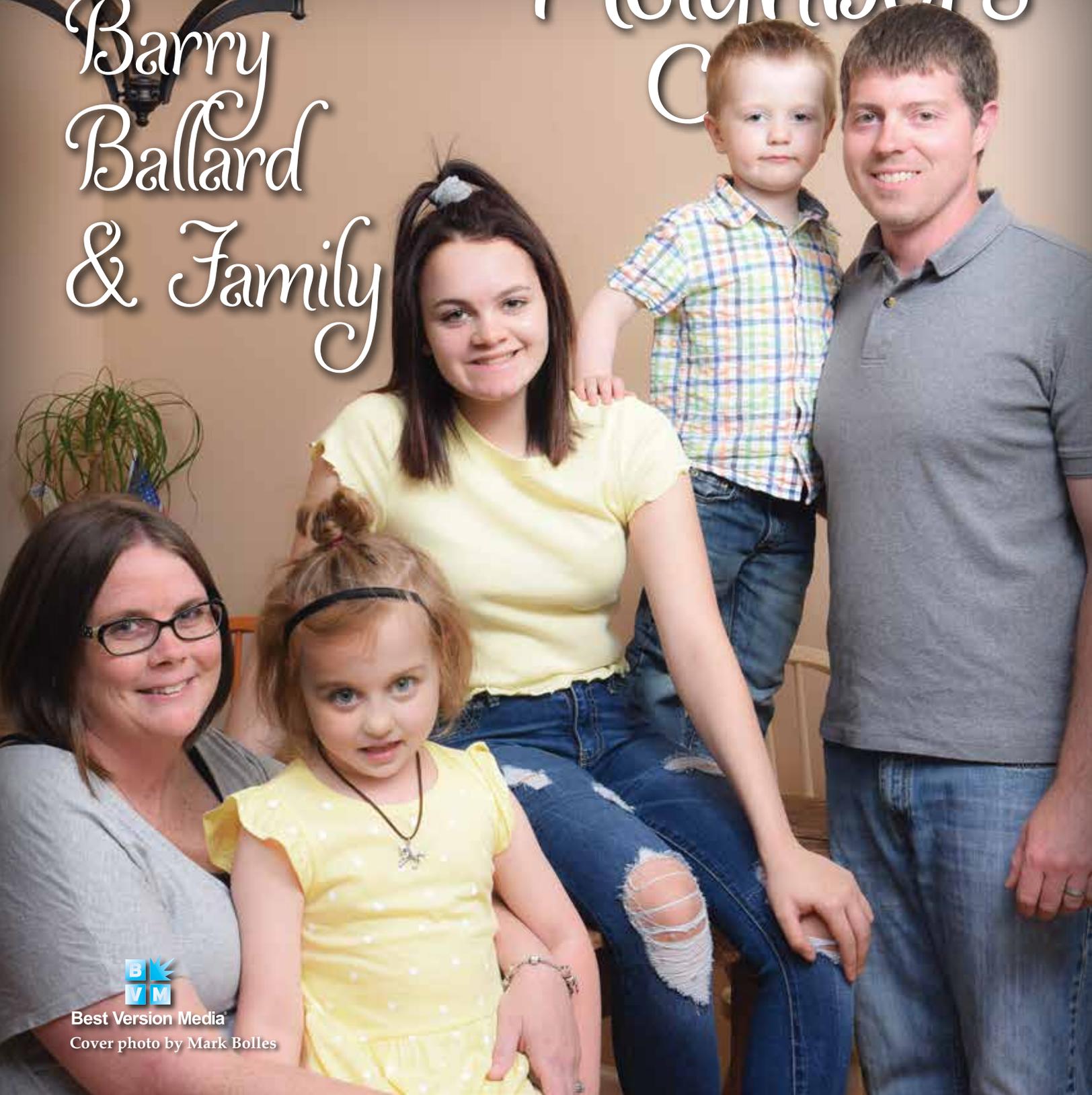
JUNE 2019

# CLIFTON PARK

AN EXCLUSIVE MONTHLY PUBLICATION  
FOR RESIDENTS

# Neighbors

# Barry Ballard & Family



Best Version Media

Cover photo by Mark Bolles

# Dear CLIFTON PARK RESIDENTS

Ahhh - June – the official start of summer! Probably my favorite month of the year! Everything is in bloom, the days are longer, the sun is warm, the pools open and the schools close! Graduations, weddings and Father’s Day are celebrated with music and dancing, parties and backyard barbeques. This area has so much to do and see – from art, music, strawberry and balloon festivals, to farmers’ markets and flea markets, car washes, bike races and fun runs for charity. There are parades for Flag Day and a Parade of Homes! You could stay busy 24 hours a day and not get it all in!

So, sit back and indulge in this issue where we introduce you to the Ballard Family and love at first sight as well as a local author and her first adult novel, *We Were Mothers*, for a good summer read. Enjoy the practical information on how to choose the right contractor to knowing if you have the right type and amount of insurance. Learn about some educational tips for the summer so as not to lose your learning edge and a unique Discover!Opera program that educates us on the reality of teen eating disorders today.

Then send us a note about what you like to do in summer. What do you do for the 4th of July or Labor Day? For your summer vacation? What day trips do you take? What are your favorite recipes? Remember, this is YOUR publication, so send us your photos and stories, your neighborhood garage sales and picnics.... Let us help you share this information safely with those around you and help build the community the way you want it to be.

Last but not least – don’t forget to let Dad know how much you love him! Clean his car, help with the yard, or take him out for brunch – but make sure he knows how much he is appreciated!

Barb



BARB SCHRADER,  
PUBLISHER



JENNA CAPUTO,  
CONTENT  
COORDINATOR



MARK BOLLES,  
CONTRIBUTING  
PHOTOGRAPHER



## Best Version Media®

### PUBLICATION TEAM

**PUBLISHER** Barb Schrader

**CONTENT COORDINATOR** Jenna Caputo

**DESIGNER** Kelly Anderson

**CONTRIBUTING PHOTOGRAPHER**  
SuperSourceMedia.com

### CONTRIBUTORS

Pete Bardunias, The Chamber of Southern Saratoga County

Jenna Caputo, Silverpen Productions

John L. Scherer, Clifton Park Town Historian

Rebecca Zeh, Saratoga Arts

Christine Matthews, The Brown School

Willie Miranda, Miranda Insurance Agency

Mark DiCocco, Precision Gate & Fence

Lawrence Edelson, Artistic and General Director, Opera Saratoga

### ADVERTISING

**Contact:** Barb Schrader **Phone:** (518) 926-0727

**Email:** bschrader@bestversionmedia.com

### COMMUNITY SUBMISSIONS

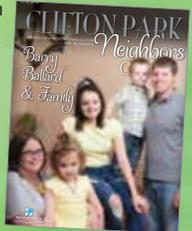
Have feedback? New ideas? We would be happy to hear from you! Please contact Jenna Caputo at jcaputo@bestversionmedia.com for information on how to submit ideas, articles, updates, reminders, events, high-resolution photos and more. We will do our best to include as much community information as we can within our space limitations.

### CONTENT SUBMISSION DEADLINES

Please submit your content by the 1st of each month. Any content, resident submissions, guest columns, advertisements and editorials are not necessarily endorsed by or represent the views of Best Version Media (BVM) or any municipality, homeowners associations, businesses or organizations that this publication serves. BVM is not responsible for the reliability, suitability or timeliness of any content submitted. All content submitted is done so at the sole discretion of the submitting party. © 2019 Best Version Media. All rights reserved.

© 2019 Best Version Media

**ON THE COVER**  
Barry Ballard  
and Family



**STUNNING GARAGE FLOORING AND EPOXY COATINGS** FREE ESTIMATES • FINANCING AVAILABLE

**BE PROUD OF YOUR CONCRETE FLOOR**

**GARAGE • PATIO**      **BASEMENT • LAUNDRY • WALKWAY**

**GARAGE KINGS**

RENOVATE YOUR SPACE WITH AN AMAZING NEW FLOOR!

**GET A FREE QUOTE**  
**1-518-545-0169**

- The most durable floor coatings on the market.
- Dozens of beautiful options to choose from.
- Incredibly easy to clean.

**PROTECT YOUR CONCRETE FLOORS AGAINST SALT • OIL • RUST • FUEL • UV RAYS • ICE • HOT TIRES**

Learn more at [GarageKings.com](http://GarageKings.com)    Like us on Facebook @garagekingsny    Follow us on Instagram @garagekingsny

# A FAMILY TRADITION

FOUR GENERATIONS OF THE HARADEN FAMILY ARE SERVING THE COMMUNITY THROUGH THEIR WORK AT MOHAWK HONDA AND THROUGH THEIR VOLUNTEER INVOLVEMENT



Mohawk Honda has its roots in the company founded a century ago by my grandfather, Joseph Haraden. Since then, our family has grown significantly, as has our family business. Today, Mohawk Honda is the Capital Region's #1\* Honda dealer, selling and servicing thousands of cars each year.

Much of our success is founded on what each Haraden generation has taught the next: treat the people around you with respect and dignity and everything else will fall into place.



To mark our centennial, Mohawk Honda is donating **\$10,000 to each of 10 local charities**. In addition, our employees – nearly 200 strong – will be serving **10,000 hours of community service** throughout the year.

Since 1919, we've been proud to meet the region's automotive needs, and proud to call this community home. And we look forward to serving you and our community for the next 100 years.

Jeff Haraden, on behalf of the Haraden family

## MOHAWK Honda

175 Freemans Bridge Road (at Route 50), Scotia • 518-370-4911 • mohawkhonda

\*BASED ON 2013/2014/2015/2016/2017/2018 NEW VEHICLE SALES PER AHM

# EXPERT CONTRIBUTORS

To learn more about becoming an expert contributor, contact BVM at BSchrader@BestVersionMedia.com or phone 518-926-0727.

<p><b>CONTENT SERVICES</b></p>  <p><b>Silverpen Productions, LLC</b> 518-330-3685 silverpenproductions.com</p>	<p><b>FENCES &amp; GATES</b></p>  <p><b>Precision Gate &amp; Fence LLC</b> Mark DiCocco www.PrecisionGateAndFence.com 518-384-4213 Mark@PrecisionGateandFence.com</p>	<p><b>GARAGE FLOORING</b></p>  <p><b>Garage Kings</b> Ty Rainsberg 518-545-0169 www.garagekings.com/ albany-ny</p>
<p><b>INSURANCE</b></p>  <p><b>Miranda Insurance Agency</b> 1480 Route 9, Clifton Park, NY 12065 williemiranda@allstate.com 518-373-1458</p>	<p><b>JUNK REMOVAL</b></p>  <p><b>JDog Junk Removal &amp; Hauling</b> 518-944-0901 www.JDogNY.com</p>	<p><b>PHOTOGRAPHY</b></p>  <p><b>Super Source Media LLC</b> 518-858-4248 SuperSourceMedia.com</p>
<p><b>PLASTIC SURGERY</b></p>  <p>Board Certified Plastic Surgeon <b>Lucie Capek, MD</b> (518) 786-1700 info@capekplasticsurgery.com <i>Specializing in cosmetic surgery of the face, breast, body &amp; advanced medical aesthetics</i></p>	<p><b>BUILD YOUR BRAND</b> Share Your Expertise BSchrader@BestVersionMedia.com 518-926-0727</p>	<p><b>REAL ESTATE</b></p>  <p><b>Miranda Real Estate Group</b> www.WillieMiranda.com 518-348-2060 WMiranda@MRGTeam.com</p>

**CERTIFIED INSTALLER**



**ALLEN ROOFING**

**518.301.6727**

www.allen-roofing-albany.com

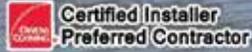
**ASPHALT  
METAL  
SLATE  
FLAT ROOF  
ROOF REPAIRS**

**FULLY INSURED - FREE ESTIMATES**

www.facebook/allenroofingsiding



**GAF Certified**  
Weather Stopper Roofing Contractor



**Certified Installer Preferred Contractor**



**ASPHALT PAVING**  
DRIVEWAYS PARKING LOTS ROADWAYS

**EXCAVATION**  
FOUNDATIONS SEPTIC SYSTEMS LAND CLEARING

**CONCRETE**  
FOUNDATION WALLS SIDEWALKS PADS

**CALL 518.857.4583 FOR A FREE ESTIMATE**

TO SEE MORE SERVICES VISIT  
[WWW.MORGANSCONSTRUCTION.COM](http://WWW.MORGANSCONSTRUCTION.COM)

# Choosing the Best Fencing Contractor for Your Project

By Mark DiCocco

Start with the end in mind -- you need to know what it is that you want before you can get accurate estimates. What is the purpose for this fence.... Security? Privacy? Appearances? Where do you want it to go? How many gates do you want and where? How high do you want it? What is your budget? How much maintenance are you willing to put in? These are all things to consider when planning for this purchase, and your contractor should consider these questions and more when giving you their estimate.

## Before you decide who to call, you need to do your homework:

**How long have they been in business?** You need to know if they have the experience necessary to do the job right. Do they subcontract out or use their own workforce? **Are they licensed and insured?** Are they properly licensed in your area and do they carry insurance, including liability and workman's compensation, so if anything happens you are not liable? **Are they local?** Do they know and understand the topography for installation and weather conditions that your fence will have to withstand over the years. **Do they interact with the municipalities and utilities for you?** Will they discuss how to pull permits from your local municipality and call 811 so you have no surprises?

## Once they come out for the estimate, get to know them and their policies:

**Will their owners or foreman be on the job site?** You need to know you can trust that there will be someone in charge making sure the installation is done properly the first time. **Will they remove their waste and clean up?** Does the installation include the cost of removing and discarding the old fence or tree stumps in the way? Will they be sure to remove debris like stray nails or excess materials before they leave? You don't want a problem with your neighbor over their mess. **How will they set the posts?** Most fence companies recommend one third below and two thirds above ground, with concrete footings for long term stability. (Except with wooden fences.) **How will**

**they handle the slopes in the yard?** Will they use a step down method (that may leave gaps at the bottom, which is no good if you have pets) or will they follow the lay of the land? **What is their installation guarantee as well as the manufacturer's product warranty?** **How long is their estimate good for?** **What about payments and deposits?** You need to know all of this information up front in order to protect yourself and your property, and you need to get it all in writing!

You ultimately get what you pay for, so do your homework, make sure you get everything in writing and don't choose based solely on price. You want a fence that does the job and looks great for a long time to come, so make sure to do your due diligence and find someone you trust. ■

We **install** and **service** a full line of residential and commercial fence and gate operator systems and can **design** and **build** to meet almost any need and budget.



CALL US FOR YOUR  
**FREE**  
Estimate!

  
**PRECISION**  
GATE & FENCE, LLC.  
518-384-4213  
precisiongateandfence.com



# Homeowners and Property Insurance Made Easy

By Willie Miranda, Miranda Insurance Agency



For most people, their home is the most expensive asset they own and it contains all of their prized possessions. If your home is damaged or destroyed and you don't have enough insurance, you're not only left out of the comfort of your shelter, you've also lost the money you paid into the home (equity) and all of your personal belongings. Many types of damage happen every day, such as fires, wind damage and theft. Like most people, you probably borrowed money to buy your home from a bank. The bank insists that you insure your home, but deciding on what kind of coverage and how much to buy, can be confusing. **Get the coverage you need at a price you can afford by working with your insurance agent. The best way to get familiar with your homeowner's policy is to talk to your insurance agent. Your agent knows what insurance coverage fits your needs.** My team and I have specialized in the insurance needs of homeowners and their families for many years. We want to help explain the basics of

homeowners insurance to give you a better understanding so you'll feel more prepared, protected and informed.

There are six major types of coverage provided by a homeowners insurance policy: Dwelling, Other Structures, Personal Property, Family Liability, Guest Medical and



The Miranda Insurance Team: We're here to serve you!

Additional Living Expense. Saving money is important to us all, but we have to make sure we are protected. I won't avoid the facts. There really is more to homeowners insurance than saving money. In fact, while it's nice to lower your insurance cost, it's even **more** important to make sure you, your loved ones and your assets are covered adequately. It is not a pleasant thought, but **insurance is about worst-case scenarios. It is mostly about peace of mind and knowing that you have the worst-case scenarios covered.**

We want to let you in on the knowledge we have accumulated as an insurance industry professional and insider. We want to do this because we have found, time and time again, that generosity and the willingness to provide really great service comes back to us tenfold. In fact, that's how I have built my business.

*If you have not had your risks assessed by an insurance professional, you could be inviting financial disaster. Pick up your **FREE** copy of **Informed and Insured** by Willie Miranda and get a quote today! Call 518-373-1458 or stop into our office located at 1480 Route 9 in Clifton Park for more information! ■*

## Better together.



**The more you protect, the more you save.**

I can help you protect more than you'd expect. I also have lots of ways to help you save when you bundle your policies. Get the savings you deserve. Call me or stop by my office for a free quote.



**Willie Miranda**  
**518-373-1458**  
 1480 Route 9  
 Clifton Park  
 williemiranda@allstate.com



**Allstate**  
 You're in good hands.

Personalized service. Trusted advice.

Subject to terms, conditions and availability. Savings vary by state and product line. Allstate Vehicle and Property Insurance Co., Allstate Fire and Casualty Insurance Co., Allstate Indemnity Co., Allstate Property and Casualty Insurance Co., Northbrook, IL © 2015 Allstate Insurance Co.

100135322

# Albany Symphony 2019 American Music Festival, Sing Out! New York

By Lawrence Edelson, Artistic and General Director, Opera Saratoga

“ I love sweets, -  
heaven  
would be dying on a bed of vanilla ice cream...”

Does that sound like something you might say? If so, you might be surprised to find out that this is, in fact, the first thing that the character Ellen West sings in the new opera that bears her name. What unfolds next is quite unlike any work we have ever produced before at Opera Saratoga – and you will have the opportunity to experience the world premiere production of *Ellen West* this summer.

*Ellen West*, an operatic poem by acclaimed composer Ricky Ian Gordon and Pulitzer Prize winning poet Frank

Capital Region’s largest provider of support services for those with eating disorders), to explore the important themes of *Ellen West* with the public. When presenting an opera with subject matter that touches the lives of so many people, we have a responsibility to provide our community with opportunities to explore these themes beyond the walls of our theater. Through our DISCOVER!OPERA program, Opera Saratoga will be visiting high schools across the region to explore the intersection between Bidart’s poetry, Gordon’s music and the reality of teen eating disorders today. Students participating in our in-school programs will also be provided with free tickets to the production at the Spa Little Theater. Prior to each performance, everyone attending is invited to our pre-performance talks as part of our *Behind the Spotlight* series, and after the curtain falls, to join us for a curated discussion with members of the cast and creative team. In addition, we will present a free public symposium at Skidmore College



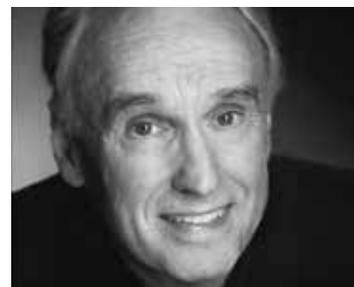
Jennifer Zetlan (*Ellen West*)



Keith Phares (*Psychiatrist*)



Ricky Ian Gordon (*Composer*)



Frank Bidart/*The Poet (Writer)*  
Photo by Sigrid Estrada

Bidart, explores the emotional, psychological and physical challenges of a woman struggling with perceptions of her body, her relationship with food and the world closing in around her. The opera is based on the story of a real-life woman who lived at the turn of the 20th century, but is truly a piece of music theater for today. *In the United States, 20 million women and 10 million men suffer from a clinically significant eating disorder at some time in their life.* One of the most important roles Opera Saratoga plays is to engage with important societal issues through the lens of opera. While opera entertains, the touching poetry and lyrical music of this opera also allow us to look at the world with fresh perspective and find common ground with others, fostering understanding and empathy.

Leading up to and during the 2019 Summer Festival, Opera Saratoga is partnering with HPA/Livewell (the

about *Ellen West* on Monday, June 17th. These programs have all been made possible through generous support from The Poetry Foundation, The Saratoga Foundation, MVP Healthcare and The Dake Family Foundation/Stewart’s Shops.

If you have never been to a contemporary opera before, the beautiful music and haunting poetry of *Ellen West* are sure to make you think about opera in an entirely new light. I invite you to join us for *Ellen West* this summer. The world premiere production will run from June 30th through July 12th as part of Opera Saratoga’s 2019 Summer Festival. Complete details about the production, as well as information about our free community and educational events, may be found at [operasaratoga.org](http://operasaratoga.org). ■



# Barry Ballard & Family

## COVER STORY

By Jenna Caputo | Photos by Super Source Media and the Ballard Family

Barry Ballard's life seemed to start falling into place for him at a very young age. Growing up on a small farm next to the Saratoga Battlefield in Schuylerville, NY, Barry started driving the tractors by around eight years old. His father originally owned an excavation business, then later switched and started building houses.

Barry spent many hours growing up helping his father and learning what would eventually be his own business as well.

When he was about 12 years old, his cousin brought her best friend, Kate, over to visit, and it was love at first sight. Barry ended up taking Kate to his prom and then eventually to the altar when they married. Kate is now a speech-language pathologist at the

Ballston Spa School District.

Barry first took a job as a pool installer before working with J&J Service out of Cohoes, providing soda machines for local McDonald's restaurants. In 2011, he decided to go back to his roots and start his own business – Ballard and Son Construction, Inc. Specializing in egress windows, he also pours concrete patios and sidewalks as well



**Willie Miranda**

Real Estate Broker/Owner  
Miranda Real Estate Group, Inc.  
wmiranda@mrgteam.com

**518-376-1073**

## Find Out What Your Clifton Park Home Is Worth Online!

**Visit: [www.518HomeValue.com](http://www.518HomeValue.com)**



This is not intended to solicit properties listed for sale.



as excavation work. He loves how this business has helped him meet new people and allowed him to assist them with their projects and dream visions

for their homes. He is also a member of the Capital Region Builders and Remodelers Association.

After they married, Barry and Kate moved to Clifton Park to raise their family in a good spot that was also located between both of their extended families. Their family now includes their three children – Talia (14), Stella (5) and Clayton (3), as well as their dog, Willow, and cat, Gracie. Stella and Clayton enjoy being involved with gymnastics at Spendwood Gymnastics in Cohoes, and Talia spends her time cheering both for Shenendehoa and Cheer Intensity in Albany.

Barry loves to keep busy. “My wife says I can’t just sit and do nothing. I have to stay busy. I try and do something seven days a week – even around the house.” He loves going to the area parks with his kids and also enjoys spending time at museums and antique shopping. His most recent

excursion was to the Henry Ford Greenfield Village in Dearborn, MI.

For 2019, they are looking forward to time spent together camping, motorcycle riding and taking a trip to Disney. Professionally, Barry is excited to grow his business and be able to help more residents in the Capital Region improve their homes throughout the upcoming years.

*For more information about Ballard and Son Construction, visit [ballardandsonconstruction.com](http://ballardandsonconstruction.com).* ■

Do you know a neighbor who has a story to share? Nominate your neighbor to be featured in one of our upcoming issues!

Contact us at [jcaputo@bestversionmedia.com](mailto:jcaputo@bestversionmedia.com).

RE-FINISHING YOUR  
BASEMENT?



WE SPECIALIZE IN  
EGRESS WINDOW  
INSTALLATION

FOR YOUR FAMILY'S SAFETY

CALL FOR A FREE ESTIMATE

518-926-8417

BALLARDANDSON@GMAIL.COM  
[WWW.BALLARDANDSONCONSTRUCTION.COM](http://WWW.BALLARDANDSONCONSTRUCTION.COM)

# JAY'S

## PRECISION POOL SERVICE

518-312-6000

www.jaysprecisionpools.com

JAY GOETZ - OWNER



Call for a free on site evaluation of your swimming pool. Featuring custom liners by GLI pool products.

# Best Bets To Make Summer Break Both Adventurous and Educational

By Christine Matthews

Just because it's almost summer and school won't be in session, that doesn't mean that students have to stop learning. Catching up on rest and relaxation is a major benefit of summer vacation, but there are loads of activities that kids can do on their own or with friends and family – at little or no cost – that will keep them mentally engaged and physically active.

 Reading over the summer is a wonderful pastime. Kids will have the time to check out some new authors or genres and join or even *start* a book club.

There are many new hobbies that can be started over the summer, such as cooking, photography, gardening, drawing, painting or writing. Take a trip to the local library and check out some books when looking for inspiration and guidance. Puzzles are

another great way to pass the time and challenge the brain. Try the popular Sudoku, crossword puzzles, a word search or begin a jigsaw puzzle that you can work on solo or with others.

Summer might also be the ideal season to learn how to play a musical instrument, or perhaps it's time to learn that new language or culture. There are many online (free) programs like Duolingo that offer the ability to select from numerous languages and move at a pace that works best for you.

Fortunately for us here in the Capital Region, there is a wide array of cultural offerings to take advantage of. Many of them, such as Albany's Shakespeare in the Park, Opera Saratoga's Opera to Go, and the Music Haven Concert Series at Central Park in Schenectady, are free and open to the public.

Rainy days and heatwaves are to be expected during the summer, so make sure to remain flexible with your plans and excursions, so you can stay dry and/or beat the heat. Some great ways to make the most of a day indoors include visits to Albany Pine Bush Preserve & Discovery Center, Schenectady's MiSci (Museum of

Science & Innovation), the New York State Museum and The Children's Museum at Saratoga, just to name a few.

For those who enjoy more physical activities, summer is a perfect time to explore local and national parks. Hike or bike the local trails, and if you really want to take on some serious hiking challenges, the Adirondacks offer numerous trails and peaks to explore. Geocaching is a new trend akin to a scavenger hunt that invites you to find some little treasures with your family and friends, while developing navigation skills and finding some unique places to visit that are off the beaten path.

And of course, there's always the option to go to your local town or city pool, or head out to some of the many beautiful lakes in this region. Swim, float and sail -- just don't forget the sunscreen.

However you choose to spend your days, the key is to remember that summertime is a great time to explore, learn and relax. Enjoy! ■

INSPIRING  
A LOVE OF  
LEARNING  
NURSERY - GRADE 10



150 Corlaer Ave.  
Schenectady, NY  
518-370-0366  
[BrownSchool.org](http://BrownSchool.org)



Professional Expert in:

- Organizing
- Downsizing
- Decision Making
- Real Estate Staging

OVERWHELMED?  
DISORGANIZED?  
TIRED of it ALL?

holly pajak's  
**seniormovesbydesignny**  
*we handle the details*

**Start Your Spring  
Cleaning Now!**

**Call 518-339-7361**

[www.SeniorMovesNY.com](http://www.SeniorMovesNY.com)





# Welcome to the Neighborhood

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

Senator Jim Tedisco tries out the cryotherapy machine, first of its kind in Saratoga County, at **iCRYO Clifton Park** in the Clifton Park Center Mall (309 Clifton Park Center Rd, Ste 2, 518-280-9327, [www.icryo.com](http://www.icryo.com)) for its grand opening back in March. iCRYO Cryotherapy is an affordable, convenient and professional cryotherapy center that offers whole body cryotherapy, iCRYO facials and local cryotherapy. Owner Aric Lemon has been working hard to bring this technology to our region, and the opening celebration was a very special one with customers, chamber volunteers and staff, area elected officials and distinguished guest Paige Hathaway, renowned fitness, health and lifestyle authority to over 11 million followers.



Owners Howard and Diane Vics (center, with scissors) cut the ribbon to celebrate their anniversary and business expansion at **Northeast Thermography Medical Imaging Center** (2 Chelsea Place, Clifton Park, 518-983-6564, [www.medthermography.com](http://www.medthermography.com)), joined by representatives of Senator Jim Tedisco, Assemblywoman Mary Beth Walsh, staff and volunteer Ambassadors of the Chamber of Southern Saratoga County. Medical thermography, or the mapping of temperatures throughout the body, is a method of early detection of potential health risks, diagnostic testing to manage or cure disease and helping to monitor overall health and wellness. Health and wellness concepts are very popular in Saratoga County these days, and businesses such as this are leading the way in exploring new, affordable ways to maintain high standards of health.

Meet other business neighbors at [www.southernsarotoga.org](http://www.southernsarotoga.org).

## RELIABILITY AT ITS BEST...

### TimeCutter®

#### SS SERIES ZERO TURN MOWERS

- Powerful engines from Toro® and Kohler®
- 18" Extra-tall and premium seats for superior comfort
- Smart Speed® Control System for optimal performance
- 42" Cutting Width  
TimeCutter SS4200  
Model 74711 Shown

# \$2399\*

PRICES STARTING AT

## ALL SEASONS EQUIPMENT INC.

"Buy Where Service Counts" (518) 372-5611  
60 FREEMAN'S BRIDGE RD., SCOTIA

**HOURS:**  
Mon.-Wed., Fri.: 8-6  
Thurs.: 8-7  
Saturday: 8-2  
Closed Sunday

MABEL MP CHENG MD, PLLC  
BOARD CERTIFIED OPHTHALMOLOGISTS

## TIRED OF YOUR GLASSES?

### Be glasses free with LASIK today

Accepting new patients & most insurances

Board certified eye physicians and surgeons offering comprehensive eye care with cutting edge medical technologies to the greater Capital District for more than 25 years.

3140 Troy Schenectady Rd,  
Niskayuna NY 12309  
518-782-7777  
[www.mabelchengmd.com](http://www.mabelchengmd.com)

MABEL MP CHENG &  
NICOLE A LEMANSKI

SPECIALIZING IN: No stitch small incision and bladeless cataract surgery with reduced or eliminated need for glasses, laser surgery for glaucoma and refractive surgery (LASIK and PRK), dry eye, glaucoma and macular degeneration management, diabetic retinopathy, and other diseases of the eye. Also performing cosmetic procedures such as Botox injections and Pelleve skin tightening for facial wrinkles.

## Saturday, Jun 1

### BUS TRIP TO COOPERSTOWN

@Clifton Park-Halfmoon Public Library, Clifton Park

Join the Friends of the Clifton Park-Halfmoon Public Library for an exciting day in nearby Cooperstown, NY. On arrival you will have a choice of visiting the Fenimore Art Museum or the Farmers' Museum. The afternoon features a visit to the National Baseball Hall of Fame. In between museums, enjoy a buffet lunch at the Otesaga Hotel on the shore of beautiful Otsego Lake. Rhona Koretsky at busplus1@gmail.com or call or text her at 518-505-1303.  
*Time: 8am-6pm*  
*Cost: \$85/\$90 or \$65 age 12 and under*

## Saturday, Jun 1

### BERNARD & MILLIE DUKER CHILDREN'S HOSPITAL CAR WASH FUNDRAISER

@1482 Rt 9, Clifton Park, OR, 1801 Altamont Ave., Schenectady  
 The Miranda Real Estate Group is hosting a car wash with all proceeds benefiting the Bernard & Millie Duker Children's Hospital at Albany Medical Center. Please help us help the children!  
*Time: 10am-2pm*

## Saturday, Jun 1

### SPRING INTO SUMMER MALTA MARKETPLACE

@The Malta Community Center, 1 Bayberry Drive, Malta  
 Spring Into Summer Malta Marketplace is an indoor/outdoor Market of 50+ vendors selling art, crafts, seasonal products and more.  
*Time: 9am-3pm | Cost: FREE*

## Saturday-Sunday, Jun 1-2 & 8-9

### CAPITAL REGION PARADE OF HOMES

@Various Homes Throughout The Capital Region, Albany  
 Spectacular new homes from award-winning builders will be on display

throughout the Capital Region. A self-guided tour offering an opportunity for established, prospective residents and visitors to see what is new and innovative in the home building industry. Exhibitors will be located in the garages of the homes displaying the latest home products and related services.  
[www.capitalregionparadeofhomes.com](http://www.capitalregionparadeofhomes.com)  
*Time: 11am-5pm*

## Sunday, Jun 2

### CANTINA KIDS FUN RUN

@Congress Park, Saratoga  
 The Cantina Kids Fun Run is held each year on the first Sunday in June. It's the only run in Saratoga that's designed especially for kids! Since its founding in 2008, the event has raised more than \$409,000 and made a difference for every pediatric patient treated at Saratoga Hospital.  
*Time: Registration 8am; Race 9am*  
*Cost: \$20*

## Sunday, Jun 2

### 2019 FESTIVAL OF YOUNG ARTISTS

@Saratoga Performing Arts Center, Saratoga  
 A free event for the community, the Festival of Young Artists will celebrate the collaborative creativity of more than 400 of the Capital Region's brightest young dancers, musicians, singers, poets and visual artists.  
*Time: 2pm | Cost: FREE*

## Tuesday, Jun 4

### ELECTRIC CITY CHORUS IN ROUND LAKE

@Round Lake Auditorium, 2 Wesley Avenue, Round Lake  
 A barbershop concert at the Round Lake Auditorium – Singing barbershop since 1944!  
*Time: 6-7pm | Cost: \$5 Donation*

## Friday-Sunday, Jun 7-9

### 17TH ANNUAL POLISHFEST

@Blessed Virgin Mary of Czestochowa Church, 250 Old Maxwell Road, Latham

The Capital District's PolishFest is a celebration of Polish heritage – the food, music, art, language, customs and the culture of the Polish people.  
*Time: Fri: 4-7pm; Sat: 12-9pm; Sun: 12-6pm*  
*Cost: \$5 per day; Kids under 12 FREE*

## Friday-Saturday, Jun 7 & 8

### CONCERT CELEBRATING THE MUSIC OF CHUCK MANGIONE & SARATOGA-WILTON ELKS FLAG DAY PARADE

@Lake Ave. Elementary School Auditorium, 126 Lake Avenue, Saratoga  
 Local High School Jazz Ensembles and the Avant Garde Alumni Drum Corps will be performing the music of Chuck Mangione. Proceeds from this Concert will benefit the Saratoga County Youth & Arts. Visit [avantgardealumni.com/concert-info/concert-tickets/](http://avantgardealumni.com/concert-info/concert-tickets/) for more information. To continue the celebration, the 52nd Annual Flag Day Parade honoring all active members and retired veterans from all branches of the Military Service. In addition, they will be giving special recognition in honor of the American Legion's 100th Anniversary.  
*Time: 7pm*

## Saturday, Jun 8

### LIFESONG DASH 5K

@Halfmoon Town Park, Clifton Park  
 Join us for our annual 5k and kids fun run to benefit the programs of LifeSong, Inc. We support Individuals with Intellectual Disabilities striving to become independent in their community. For more info, visit [lifesongdash.com/](http://lifesongdash.com/).  
*Time: 9am-12pm*

## Saturday, Jun 8

### ART ON LARK

@Lark Street, Albany  
 Art on Lark is an annual summer street festival that celebrates local art and artisans in Albany. One day each year in June, the city's historic Lark Street is shut down to traffic and transformed by artists' displays

including painters, photographers, jewelers, sculptors, ceramicists, live performances and music. There will also be a Kid Zone provided by Christ's Church and City Church. With an average yearly attendance of almost 10,000 people, Art on Lark is the second largest street festival in upstate New York and has been voted the Capital Region's Best Arts Event by both the Times Union Readers Poll and Metroland.

*Time: 11am-6pm | Cost: FREE*

**Sunday, Jun 9**

**2019 CAPITAL REGION TOUR DE CURE**

@Saratoga County Fairgrounds, 162 Prospect Street, Ballston Spa

The Tour de Cure is an event where no matter what road you take, you will be joining thousands of people from around the country who have the same passion as you to fight diabetes and its burdens. Tour de Cure is for people of all abilities, featuring five well-marked cycling routes with safety marshals and safety vehicles, and fully stocked rest stops to fuel your journey! The 5K run and walk routes are a great way to get out and have fun.

*Time: 7am-7pm | Cost: \$20-\$35*

**Sunday, Jun 9**

**ONE SPIRIT, ONE VOICE - BURNT HILLS ORATORIO SOCIETY**

@Church of the Immaculate Conception, 400 Saratoga Rd., Glenville

"One Spirit, One Voice" captures the power of choral music to promote health and well being and to strengthen community. Experience an array of choral traditions, including aCappella singing, in the music of Rutter, Whitacre, Gjeilo and Lauridson.

*Time: 4pm | Cost: \$15-\$25*

**Thursday, Jun 13**

**10TH ANNUAL ROUTE 50 MILE**

@Route 50, 818 Saratoga Road, Burnt Hills

Join us on June 13th for this USATF-certified one-mile race fundraiser in support of CAPTAIN Community Human Services. The race begins at 6:50pm at the intersection of Kingsley Road and Route 50 in Burnt Hills and finishes at Designer Interiors of Ballston.

*Time: 6:50pm*

**Saturday, Jun 15**

**CURTIS LUMBER'S PETAPALOOZA 2019**

@Curtis Lumber, 885 Rt 67, Ballston Spa

Hundreds of animals from over 80 shelters and rescue groups will be available for adoption including cats, dogs, rabbits, birds and more. There will also be pet service providers in attendance such as local veterinarians, groomers, pet sitters and trainers offering valuable discounts off their services. Other events include pet related vendors, 50/50 raffles, food and much more. You may also bring your own pet to PetAPalooza. Due to large crowds, we ask that your pet be leashed at all times with a regular leash. No retractable leashes please.

*Time: 10am-3pm | Cost: FREE*

**Sunday, Jun 16**

**ALBANY'S DAD FEST**

@Washington Park, Albany

Now in its fifth year, Dad Fest is the City of Albany's celebration of all the fantastic fathers out there. Featuring our newly added Classic Car Show, live music, great food, vendors, kids' activities and more family fun, it's a chance to kick back and enjoy an early summer afternoon at one of the Capital Region's most picturesque parks, surrounded by good folks, good tunes and good times. *Special ground rules in effect: No glass containers, no recording of performances, no animals or pets (excluding ADA-defined service animals). All City of Albany parks are now tobacco-free.*

*Time: 1-6pm | Cost: FREE*

**Friday-Sunday, Jun 21-23**

**SARATOGA BALLOON & BBQ FESTIVAL**

@Saratoga County Fairgrounds, 162 Prospect Street, Ballston Spa Don't miss the 6th Annual Saratoga Balloon and BBQ Festival. This family-friendly event celebrates the best of the capital region with food, live entertainment, shopping, 6 BBQ chefs, 30 hot air balloons and 75 Exhibitors in the Marketplace Prices. Visit [balloonandbbq.com](http://balloonandbbq.com) for more information.

*Time: Times Vary*

**Saturday, Jun 22**

**THE RIVERVIEW RUN 5K**

@Riverview Orchards, 660 Riverview Road, Rexford

The 1st Riverview Run 5k will feature lots of prizes, fresh air and donuts! Proceeds will help support the local Arthritis Foundation. Join us on seventy-five beautiful acres of orchard in Clifton Park. Walk or run!

*Time: 8:30-11:30am | Cost: \$25-\$30*

**Saturday-Sunday, Jun 22 & 23**

**ROUND LAKE ANTIQUES FESTIVAL**

@Round Lake

The Round Lake Antiques Festival on the parks and village greens near the center of the charming and historic village. This annual festival hosts an average of more than 100 vendors from around the USA and Canada. Dealers bring their treasured antiques and collectibles. Rain or Shine.

*Time: 9am-5pm*

**Saturday-Sunday, Jun 29 & 30**

**2019 FREIHOFFER'S SARATOGA JAZZ FESTIVAL**

@Saratoga Performing Arts Center, Saratoga

The 42nd annual Freihofer's Saratoga Jazz Festival, one of the most celebrated and longest running jazz events in the world, will feature over 20 Jazz artists. For more information, visit [www.saratoga.com/summer/jazz-festival](http://www.saratoga.com/summer/jazz-festival).

*Times and prices vary.*

# Barney Road Pool

By John L. Scherer, Clifton Park Town Historian

**Barney Road Pool, Clifton Knolls, c. 1964.** This early photograph features one of the many amenities offered by Robert Van Patten in his new Clifton Knolls development. The opening of the Northway to Clifton Park in 1959 made commuting to Albany possible, and Robert Van Patten was the first to take advantage of this prospect. He acquired the land from four farms to create Clifton Knolls, featuring such amenities as a golf course, swimming pools and a club house to lure urbanites to country living. Doing business on a handshake, Van Patten, rather than leveling his building lots, preserved mature trees and the natural landscape.



He also incorporated the ponds created by Vincent Secada the former owner of the land that comprised the southern section of the Knolls in the Barney Road area. Secada had created the ponds and had stocked them with fish, inviting folks from the city to fish for a fee. One of these ponds can be seen in the photograph. Secada, a native Spaniard, was invited to name the roads that would wind through the new southern portion of the Knolls; hence such names as Par Del Rio, Casablanca and Eldorado. Van Patten constructed 800 homes in Clifton Knolls and then went on to create Country Knolls, Country Knolls West and Country Knolls South. ■

## CREATIVE CORNER

# We Were Mothers

By Jenna Caputo

Capital District native, Katie Sise, already has three successful young adult novels on the shelves (*The Boyfriend App*, *The Pretty App*, *The Academy*) but *We Were Mothers* is her first adult novel. This novel, reminiscent of *Big Little Lies*, is a perfect book to add to your summer reading list, all while supporting a hometown author!

You know that feeling when you are surrounded by your girlfriends, sharing secrets and confessions, worries and fears, and above all, laughs over a sparkling glass of wine? That feeling of support – that you have a clan that's got your back?

That's the feeling you get as you dive into reading *We Were Mothers* by Katie Sise. A celebration of motherhood and all the complicated feelings and decisions that go with it is woven into a twisty suspense story with all the drama, secrets, scandal and lies that lure you into this seemingly idyllic neighborhood and make you forget all about being a mom in the first place.

This is a story that celebrates the complex nature of relationships – both romantically and among our neighbors. Told from the point of view of four different women, with a ticking time clock as chapter headers, the reader is pulled instantly into the pages as the story unravels itself and smacks us with revelations the same time as the characters.

The thoughts of the characters provide an honest insight into the intricate emotions of women as they face their

day-to-day lives, the outcomes of their life decisions and their longings for something more as they grapple with the betrayal that surrounds them and their fierce devotion to their families.

Katie Sise's first adult novel provides an entertaining story great for the upcoming summer days at the beach or lounging on the couch with a big bowl of popcorn. An intriguing page turner that keeps you guessing right up until the very last page!

Buy at your local bookstore or on Amazon.

*Do you have something creative to share? Send us your releases, art, photography, original recipes, news of your projects to be included in the Creative Corner. Send submissions to [jcaputo@bestversionmedia.com](mailto:jcaputo@bestversionmedia.com). ■*

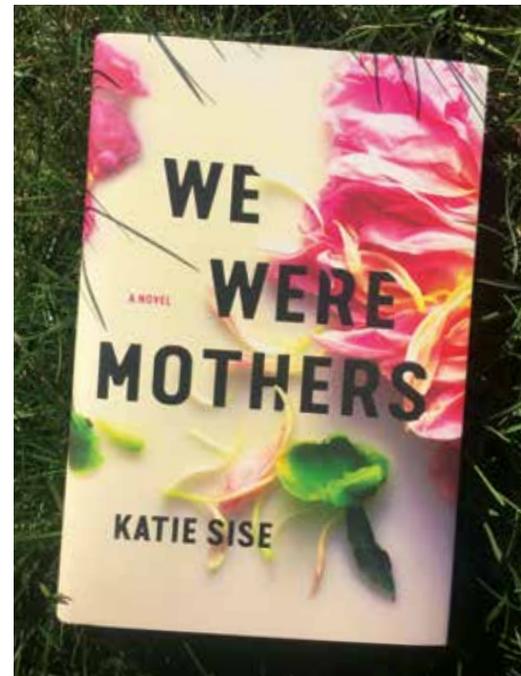


Photo by Silverpen Productions

# Saratoga Arts

Contributed by Rebecca Zeh, Saratoga Arts

## At the Library...

On display at the Clifton Park-Halfmoon Public Library artwork is by Saratoga Arts Member artists Thomas Casey and Beverly Skoll from Wednesday, May 29th - Monday, July 1st. These exhibitions are on the second floor of the library and should not be missed!!

## At the Gallery...

Visit the Arts Center Gallery at Saratoga Arts to view *Passing Time* artwork is by Paul Chapman, Rebecca Flis and Harry Wirtz. The exhibit will be on display from May 11th - June 15th.

Coming up after *Passing Time* in The Arts Center Gallery is our annual 10x10 show! This show will be on display



from June 29th - September 7th.

Participation in this exhibition is open to everybody: new artists, veteran artists, young and old

artists, artists who are showing their work for the first time and artists who have been showing their work for years. For more information about our 10x10 show and the artist submission guidelines, visit [saratoga-arts.org](http://saratoga-arts.org).

All are invited to the opening reception of *10x10* on Saturday, July 6th, from 6-8pm. Meet the artists and celebrate

our most popular show of the year! Also enjoy refreshments and craft beer provided by Druthers Brewing Company.

## Art in the Park...

Are you interested in applying to be an artist vendor at our Annual Art in the Park event? This year Art in the Park will be held in Historic Congress Park in Downtown Saratoga Springs on Saturday, September 21st from 10am-4pm. This year we are also co-promoting the event with the Saratoga Native American Festival, which is also in Congress Park on Sunday, September 22nd. For more information about the Saratoga Native American Festival, visit [saratoganativefestival.com](http://saratoganativefestival.com). For the artist submission guidelines and application for Art in the Park, visit [saratoga-arts.org](http://saratoga-arts.org). ■

GET **SAFE** FLOORS,  
wet or dry!

Don't risk dangerous and costly slip and fall accidents. Treatments are fast & cost effective, making prevention the easy choice.



Call us at  
**518-221-3271**  
for a no obligation  
solution assessment

[www.SlipStoppers518.com](http://www.SlipStoppers518.com)

Like us on Facebook @SlipStoppers  
Instagram @SlipStoppers518

**SERVING THE UPSTATE NY AREA**



**Junk Removal  
& Hauling**

**Locally Owned &  
Operated by Veterans  
& Military Family  
Members**

**Respect, Integrity, Trust**

**New Delivery & Small Moves • Furniture  
Exercise Equipment • Appliances  
Mattresses & More!**

**Residential & Commercial Clean-outs  
Single Items to Multi-Trailer**

**518-944-0901**

[www.JDogNY.com](http://www.JDogNY.com) | [JDogCR@JDog.com](mailto:JDogCR@JDog.com)

**JAY'S  
PRECISION POOL  
SERVICE**

**518-312-6000**  
[www.jaysprecisionpools.com](http://www.jaysprecisionpools.com)  
JAY GOETZ - OWNER

Call for a free on site evaluation  
of your swimming pool.

**Super Source  
MEDIA**

Photography that  
suits your personality

Now Booking  
**Senior Portraits**

(518) 858-4248  
SuperTeam@  
[supersourcemedia.com](http://supersourcemedia.com)

grow your own  
memories

**Kulak's**  
NURSERY & LANDSCAPING

1615 Route 146 Rexford  
[www.kulaksnursery.com](http://www.kulaksnursery.com)  
518-399-2404

**\$5 off \$30 Plant Purchase!**  
Not valid with any other offers. Must forfeit coupon and present Garden Rewards Card to qualify for discount. Not valid on previous purchases.  
Valid through 6/30/2019

HELLO  
*June*

**LUCIE CAPEK, MD**  
*Plastic Surgery & Med-Spa*

*Boutique Aesthetic Practice*  
**Board Certified Plastic Surgeon**  
**Advanced Cosmetic Surgery • Progressive Medspa**

**Face, Breast & Body Cosmetic Surgery**  
Botox - Fillers - Lasers - HydraFacial - Peels - Skincare  
Micro-needling - PRP Vampire Facial - CoolSculpting

Follow us  
@DrLucieCapekNY  
Lucie Capek, MD Plastic Surgery

**518-786-1700**  
713 Troy Schenectady Rd #308  
Latham NY, 12110  
[www.capekplasticsurgery.com](http://www.capekplasticsurgery.com)