

OCTOBER 2019

# CLIFTON PARK

AN EXCLUSIVE MONTHLY PUBLICATION  
FOR RESIDENTS

# Neighbors



*Barbara Bird*  
Creating Universal Smiles



Best Version Media  
Cover photo by Mark Bolles

# Dear CLIFTON PARK RESIDENTS

To everything there is a season, a time to be born, a time to die, a time to laugh and a time to cry... and so the song goes, depicting the seasons of life. What I love most about these seasons is that they never change quietly. Winter storms in but covers us in pristine white snow, spring pours down, allowing the bright green of new leaves and grass to grow, the summer sun bakes the land bursting with bright flowers to show and then autumn explodes in color when the winds start to blow.

Our October issue is like this too - showing you how to prepare before buying a new home to highlighting new ways to showcase your floors to sharing the ins and outs of rhinoplasty and how to change your look. We all change and prepare and "dress up" ourselves and our homes to make an impression and make a difference.

One gal that does that especially well is Barbara Bird. Throughout her life she has learned and changed, always striving to be her best and take the next step. Her journey has led her to "dress up" with Clowns on Rounds and bring humor to patients and caregivers to lessen their pain and help improve their health.

In this month we also get to enjoy make believe when we dress up for Halloween! We celebrate by putting on costumes and pretending to be another persona for a day - to express ourselves in a way we rarely get to do as adults and just have fun with it! So go out, enjoy the cool breezes and colors of fall, go apple picking or pumpkin chucking, run, walk, dance, eat and drink for charity and if you're up to it, take a trip on the wild side and visit one of the fields or farms of horror for the fright of your life! Then send us your photos and share your stories so we can all learn from each other about this great place to live!

P.S. Speaking of change, we are actively looking for Account Executives and Publishers as we continue to grow in the area. So if you know of anyone who is looking for a change and a challenge, I would love to hear from them! Thanks!

Barb



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# 6 Things You Must Know Before Buying a Home

By Willie Miranda

With interest rates remaining low, now is the perfect time to start looking for your dream home. Please consider the following before purchasing a home!

**1. Have you met with an agent?** Finding the **RIGHT** real estate agent is one of the most important items to consider before you purchase a home. Not only will they help you navigate this journey, they will provide you with knowledge and experience along the way, while representing you (the buyer) only!

**2. Commission.** A lot of buyers I've worked with have mentioned they're very hesitant to purchase a home because they have to pay commission. Great news for buyers, you actually don't pay your agent's commission. In real estate, the seller is always the one who pays the commission.

**3. Have you met with a lender?** Before you start looking for your dream home, it's imperative to meet with a lender to see what you can actually afford. A lot of home buyers tend to look for the home first, which often leads to them falling in love with a home that is out of their price range and budget. Speak to at least 3 different lenders to see what you are preapproved for.

**4. Types of mortgages.** Which type of mortgage do you qualify for? Depending on your income, credit score, interest rates and down payment, you will need to speak to a lender to see what is the best type of mortgage for you. To see which type fits best for your

current situation, please contact your lender today.

**5. What's the market like?**

When you decide it's time to purchase a home, this may be the last thing you think about. However, understanding the current market is critical in helping you decide when the "best" time to purchase will be. If it's a seller's market, supply is low and demand is high. This means, multiple offer situations, which could lead to you paying more for your home. If it's a buyer's market, the supply exceeds demand and this could be the best time for you to purchase a home.

**6. Paying for inspections?** If you're looking to purchase a home, getting inspections is key to ensure you aren't stuck with any expensive issues down the road. Inspections are chosen and paid for by the purchaser. This is done in a 1-3-hour span, depending on the size of the home. Items to be inspected include but are not limited to structural, pest, radon, mold, well and septic.

*If you're thinking of buying a home and would like a FREE copy of my book, **What Every Person Needs To Know About Buying A Home in The Capital District**, please visit [www.518BuyerBook.com](http://www.518BuyerBook.com) or call 518-376-1073. ■*



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# RHINOPLASTY: Basics and Newest Trends

By Dr. Lucie Capek

Plastic surgeons have always been fascinated with noses. Your nose is at the center of your face and gives it much of its unique character and beauty. When we reshape a nose, most often it's with the goal of making it more attractive in the eyes of our patient. What bothers one person, may be of no consequence to another.

Rhinoplasty surgery is one of the most common cosmetic procedures performed each year on both men and women in the United States. It is the gold standard for reshaping the nose. More recently, non-surgical rhinoplasty



performed with facial filler injections is gaining popularity and can be a lower cost, no-downtime alternative for some patients.

Surgical rhinoplasty includes reshaping the cartilage and bones that give the nose

structure, like tent-poles under fabric. This doesn't always mean we make everything smaller, but rather it's an intricate balance of reducing, repositioning and rebalancing for a more refined, natural-looking and *functional* nose. It's equally important to be able to breathe! Sometimes a cosmetic rhinoplasty is performed in conjunction with a medically necessary procedure like septoplasty. Plastic surgeons are well-trained to perform both types of nasal surgery.

Rhinoplasty is usually performed under general anesthesia and you can go home later the same day. Depending on the specifics of your operation, you may have a splint on your nose for a week, stitches and sometimes packing inside your nose. In my practice, I rarely use internal splints or removable packing even with septal surgery, as techniques have evolved toward more patient-friendly alternatives. Internal sutures dissolve on their own and in some patients, a few outside stitches near the base of the nose are removed one week after surgery.

What's the recovery like from a rhinoplasty? You can expect to look swollen, and bruises "blossom" in the under-eye area within a day or two after surgery. Within a week, facial swelling and bruising is resolving, your splint comes off and you can wear make-up. In some cases, we don't need to break the nasal bones, there's no splint and bruising and swelling may be minimal. You do need to avoid strenuous activity for 3-6 weeks and you can expect a stuffy nose for a few weeks to months. Although your new

nasal shape will be noticeable within the first month, final results and refinement with rhinoplasty surgery take about a year to fully emerge!

Non-surgical rhinoplasty is an exciting, newer technique using facial fillers to reshape the nose. Results last 1-2 years. It's an advanced treatment that can be very effective at camouflaging a bump, making the nose look straighter, improving your profile or correcting minor flaws after a previous rhinoplasty. I perform non-surgical rhinoplasty awake in the office in about 20 minutes. While it's virtually painless and has little to no downtime, it can be risky in the wrong hands. Expert knowledge of the anatomy of the nose and underlying blood vessels is critical. Choose a plastic surgeon certified by the American Board of Plastic Surgery who has experience with surgical rhinoplasty. ■

 Lucie Capek, MD Plastic Surgery

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# Dress Up Your Floors with Decorative Epoxy!

By Garage Kings

Designer flooring has reached a new level. You can truly have what you want at a reasonable investment. You can have an elegant, decorative floor finish for your entire home or condo. You'll be able to create a custom look combining the exact colors you want for your individual taste and decor! Subtle and timeless. Bold and extravagant. Marbled or metallic.

## Epoxy Floors with Glitter

A recent and noteworthy trend has designers and homeowners adding metallic flakes to epoxy coating in order to create a shimmering, glitter effect. You can choose any color to create the look you want. Adding glitter to epoxy floors can actually create a surprisingly subtle look. While most people don't associate glitter with understatement, the end result can be more of a sheen than an over-the-top look. Epoxy floors with glitter also provide some practical advantages. They are affordable, easy to clean and maintain, and the reflective properties can help brighten a dark room.

## Epoxy Floor Patterns

Epoxy is an incredibly versatile material that can be used to create any number of color combinations and patterns. While most people typically associate epoxy floors with the popular swirl patterns that can be achieved, epoxy coating can also be used to create very precise patterns. The coating can dress up a room that is usually more utilitarian and not given a whole lot of decorative attention. It also

provides a durable surface for DIY homeowners and mechanics who may spill chemicals and drop tools as they work. Yet even the garage or basement can incorporate fun patterns. The classic checkerboard design along with the red highlights creates a retro feel.

## 3D Epoxy Floors

3D epoxy floors represent the next level in unique floor design. These images are being used in every room in the home to create a truly impressive look. Underwater scenes that incorporate all sorts of marine life are especially popular. It can look and feel like you are walking on water. This is a great way to bring some of nature inside and create a calming space. As you might imagine, water scenes are also a great choice for the bathroom. How would you like to take a bath or brush your teeth with a dolphin playing nearby?

Applying 3D images to concrete floors and finishing the surface with epoxy coating provides a fun and creative way to express yourself and make your home a space that truly reflects your personality and interests. Unlike other materials, there are no limits to what you can achieve with epoxy floor coatings. From glitter floors that create a fun and reflective look to 3D images that bring animals and the outdoors to life, you can create a truly unique feel in any room, home or building. Basically, if you can dream up an image or pattern, you can make it come to life with epoxy floors. ■



# Mallari Ottati Balances Ballet and Hitting the Books

By Christine Matthews

After finishing her first full year at Brown School, Mallari Ottati, age 12, was eager to rejoin her classmates and enter the seventh grade this fall. Ottati transferred to Brown School last year after attending Paige School in Schenectady.

Her favorite subject in school right now is science. She said that she enjoys conducting various experiments. "Wits End," which is very similar to study hall, is Ottati's favorite part of the school day. It gives her the opportunity to get homework done or go to another class and/or teacher and work on something she may need to finish or have extra help with.

"I love how all the teachers and staff at Brown School are all so supportive and helpful. They do so much to make sure everyone is involved and happy and having fun," said Ottati.

Outside of school, she's involved in a number of extracurricular activities. "I play the flute and the guitar. This past year I also played volleyball and participated in the ski club. Outside of school, I dance four days a week participating in ballet, tap and jazz."

Her mother, Maureen, said that her daughter has been dancing at Orlando School of Dance in Schenectady since she was four years old. This past March there was a casting call to audition with the New York City Ballet at SPAC this past summer. The auditions were held at the dance museum in Saratoga. More than 200 girls auditioned, and they only chose approximately 40 girls. Ottati appeared

in Coppélia for two performances. "I had an amazing opportunity to dance with the NYC Ballet this past summer, which I did for three weeks. I also took a master class at my dance studio and a week-long workshop," said Ottati. Ottati has also danced

The Nutcracker for the Albany Berkshire Ballet, and twice for Moscow Ballet.

During summer break, Ottati says that she tried to keep busy. Outside of dancing, she holds a part-time job walking and pet sitting for pets in the neighborhood. "I love animals, especially dogs and cats. I have two dogs, including a German Shepherd named Willow, who is very special to me." While at home, she likes to spend time swimming and with family and friends. ■



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# Barbara Bird Creating Universal Smiles

## COVER STORY

By Jenna Caputo

Photos by Super Source Media and from Barbara Bird

Barbara Bird knew from a very young age that she wanted to help people feel better. Little did she know that someday she'd be wearing a red nose to do it!

Starting life in the Midwest, Barbara was born in LaCrosse, WI. During her early years, she also spent time in Wisconsin and Illinois. After her parents' divorce, Barbara's mother took a teaching position at a private school and decided to work her way up the career ladder. She worked toward her master's degree while teaching, and once she completed that, they moved to Muncie, Indiana for

her first college faculty position when Barbara was in fourth grade. They settled there until Barbara went away to college herself.

At five years old, Barbara knew she wanted to be a nurse. She adopted to the culture of Indiana and grew a passion for basketball, car races and local tomatoes and corn. She also played the violin. Once she was old enough, she took a job as a candy stripper and was a nurse's aide by the age of 15. She graduated from the University of Michigan with a Bachelor of Science in Nursing, became a lifelong member of her sorority, Alpha Chi Omega, and worked her way to becoming a Nurse Practitioner (NP). She felt she had landed in the right

place at the right time, becoming one of the early NPs in 1973, and took her new role very seriously. "Being a nurse practitioner gave me the expertise and opportunity to bring excellent health care to a greater range of patients. I appreciated the license to make decisions based on knowledge and training in an expanded role. When it was a newly emerging field of health care it was also important to me to prepare for and pass a national certifying examination that demonstrated that I had the knowledge and skill required for the professional practice that I lead."

She worked for a while at a clinic in Catskill before accepting a position as a consultant nurse for the NYS

Department of Health. It was the mid 1980s and she was living in Red Hook, NY with her three children, one in college and two in high school. The hour plus commute each way was getting to be a bit much, so after the youngest entered college, she found a lovely new development here in Clifton Park/Halfmoon that had a townhouse style that appealed to her, and she has been a resident of Clifton Park ever since.

In 1995, she formed her own consulting practice in health care management, which she ran for 20 years, helping her health care clients to create practices that ran smoothly and efficiently. She also had an interest in humor therapy, and when a colleague informed her in 1993 about clown school classes at Schenectady County Community College, it seemed natural for her to give it a try.

Humor therapy, also known as therapeutic humor, involves finding a way to bring smiles and healing to patients using humor to relieve the pain and stress that accumulate during a diagnosis and improving the patient's sense of wellbeing. Barbara quickly took to this new style of caring for others and developed four clown personas. She is most known for "Sparky" and "Dr. Nose-A-Lot." Since completing her initial classes in 1993, she has attended many workshops, conventions and competitions. She naturally excelled and won the Clown of the Year, 2011 through the Clowns of America International.

She expanded her reach throughout the years and is now actively involved with the Electric City Clown Alley, which is a wonderful source of sharing and continuing education for the members. Barbara explains that, "A clown alley is a club, called that because in the circus days, clowns were not given dressing room space, so they had to drag their trunks into the space between the tents, called alleys, to change and put on makeup."



The membership of the Electric City Clown Alley stretches from Oneonta to Saratoga Springs. Barbara served on the executive committees when they hosted the regional clown convention in 1999 in Albany and an international convention in Saratoga in 2002. She also participates in the Caring Clown unit that visits area nursing homes and assisted living facilities and is often seen doing face painting at local events. As Dr. Nose-A-Lot with Clowns On Rounds, she visits patients at Ellis Hospital, Ellis McClelland and Sunnyview.

A natural born leader, she was a founding member of the Red Nose Response following Hurricane Katrina. The Responders use their compassion and comic relief to help after natural or manmade disasters occur. Through this organization, she has had the opportunity to help at a shelter in neighboring Waterford and travel to Prattsville twice after Hurricanes Irene and Lee. She was also one of the clowns invited to the event in Newtown, CT two weeks after the horrific shooting at Sandy Hook Elementary School. Right now, Red Nose Response is restructuring the organization to reflect the current

needs of responding and organizing trained teams of responders with full background checks so they will be prepared for the next event.

Barbara wishes she could do more but is so grateful for the role she has been able to play in bringing smiles to people's faces. Her favorite aspect of her job? "Being able to meet people and help them smile and forget, even for a moment, what is bothering them. That beneficial effect is experienced by patients, staff, visitors and volunteers at the hospitals."

Besides clowning, Barbara enjoys spending time with her family when she can. She lives with her husband, Alan Sternstein. Her children, Elizabeth Lincourt and William Bird live with their families in W. Lafayette, IN and Ann Arbor, MI respectively. She has four grandchildren ranging in age from 20-29.

Barbara loves to cook and enjoys taking cooking classes when available. She also enjoys travelling and is hoping to continue her international adventures soon. The next few places on her wish list are New Zealand, Australia, Norway and Costa Rica. In the meantime, she loves all four

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seasons right here in the Capital District and all the fun activities the area has to offer during each one. This fall she is looking forward to heading to Northampton, MA for the Paradise City art show and to a trip to Rochester Institute of Technology for their homecoming/ family weekend. 2020 is shaping up to be an exciting year in her family with her sister celebrating a milestone birthday, her oldest granddaughter getting married in April, and her younger granddaughter graduating from Indiana University in May. Barbara will also be attending this year's clown convention in Niagara Falls, NY.

She believes that the way to live a long and happy life is to stay active and involved. A long life definitely runs in her family! Her great grandmothers on her mother's side lived to be 90 and 85. Her grandmother lived to 99 and her mother lived to be 106! Barbara's favorite mantra is "What made you



happy today?" Her next goal is to get and train a therapy dog and to remind people what a positive thing clowns are despite the challenges that the scary clown movies have provided. "Because of that type of characterization, we have to be ready at all times to demonstrate that we are real clowns, not nasty people who wear a mask, that we do no harm and we have the very big heart of a clown."

Clowning has brought many rewards both for Barbara and for her

patients. "My years of clowning have given me what I like to call a mini vacation because I put on that face, the costume, my red nose and my shoes to have a new me emerge and a playful one. I find that the red nose is universal. I was able to experience that firsthand in China, at a small school in the High Atlas Mountains of Morocco, in Germany and, most recently, at an indigenous village in Costa Rica. Everyone, young and old, knew what to do with the red foam noses I handed out. And they laughed a lot. You see, a smile is also a universal language."

To hire Barbara for your next event, contact her at [bbird2@nycap.rr.com](mailto:bbird2@nycap.rr.com). ■

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

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# Welcome to the Neighborhood

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



General Manager Felicia Rennick (holding scissors) and owner Saam Arshad (white shirt) cut the ribbon as **Club Pilates** (15 Clifton Country Rd, 518-423-9220, [www.clubpilates.com/cliftonpark](http://www.clubpilates.com/cliftonpark)) opens in downtown Clifton Park, alongside staff and volunteer Ambassadors of the Chamber of Southern Saratoga County, supported by representatives of Assemblywoman Mary Beth Walsh and Senator Jim Tedisco. Attendees included area wellness vendors and others interested in a fit lifestyle. The Club, in one of the newest buildings just across from Hannaford, offers low-impact, full body workouts, classes to challenge mind and body, and a path to a richer, more fulfilling life. Free intro classes are available. Club Pilates has nearly 600 studios nationwide.

**The Red Roof Inn Clifton Park** (41 Old Route 146, 518-373-0222, [www.redroofinncliftonpark.com](http://www.redroofinncliftonpark.com)) celebrated new ownership and a makeover with lunch and a ribbon cutting hosted by both the Chamber of Southern Saratoga County and the Saratoga County Chamber of Commerce on July 29. Located just across from Exit 9 on the Northway (northbound), this hotel is known for offering a solid value and comfortable, enjoyable accommodations. Free continental breakfast and coffee is offered, and this non-smoking hotel is pet-friendly. Free WiFi and expanded cable including HBO. Assemblywoman Walsh and Senator Tedisco joined volunteer Ambassadors and staff of both chambers. 2019 ribbon cuttings are sponsored by First New York Federal Credit Union, and Lucas Fiedler, Manager of Membership Development, is at far right.



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

## HISTORY



# Van Vranken, Undertaker, Riverview Road

By John L. Scherer, Clifton Park Town Historian

**Van Vranken, Undertaker, Riverview Road, Vischer Ferry, c. 1905.** Garret and Brower Van Vranken were funeral directors for Vischer Ferry. This wagon served as a hearse, and provided one's last ride to the cemetery.

**The public is invited to meet undertaker Garret Van Vranken on Sunday, October 27 at 1 PM at the Jonesville Cemetery for a tour of the cemetery.** The tour will feature visits with some of the residents portrayed by members

of the Not So Common Players Theatre Group. Garret will also discuss tombstone styles and symbolism popular during the Victorian era.

The Jonesville Cemetery, established in 1864, is Clifton Park's only rural cemetery and is listed on the National Register of Historic Places. Its rolling hillside, meandering carriage paths, and diverse monuments are one of Clifton Park's treasures! ■

## FALL Family Fun on the Farm

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*Cost: Varies*

### Liberty Ridge Farm

@29 Bevis Rd, Schaghticoke  
Experience fall fun with the family from the corn maze and tunnel slide to the giant gerbil wheels and jumping pillows to pedal carts, pig races and trolley rides. Pet the farm animals and watch the pumpkin cannon show and more.  
*Time: Closed Tuesdays, Open 10am-3pm weekdays, 10am-6pm weekends  
Cost: Varies*

## HAUNTED FUN

### Fridays & Saturdays, Oct 4-26

#### HAUNTED MAZE AT SCHUYLER FARMS

@Schuyler Farms, 1124 Route NY-29, Schuylerville  
Haunting is from dusk until 10pm (last ticket sold 9:15pm – no exceptions).  
*Time: Dusk-9:15pm | Cost: \$15*

### Fridays-Sundays, and Halloween, October 4-31

DOUBLE M HAUNTED HAYRIDES  
@Double M Haunted Hayrides, 678 New York 67, Ballston Spa  
Double M Haunted Hayrides has

been creating fear for over 25 years in Upstate New York! The Haunted Hayride weaves through the haunted woods on a tractor-drawn wagon. Each wagon has a narrator on board to guide the way through the darkness. Around each and every corner there's a frightful scene and behind each and every tree lurks an uninvited guest waiting for you!  
*Time: 7pm | Cost: \$27*

### Fridays & Saturdays, Oct 4-26

#### ZOMBIE ZIPS AT MOUNTAIN RIDGE ADVENTURE

@Mountain Ridge Adventure, 300 Weatherwax Rd, Schenectady  
This tour is not for faint of heart. Your nightmare begins with a corpse-guided tour along a serial killer infested forest to then be hauled into the trees among complete, utter horror. Once in the trees you will be launched in complete darkness - alone, afraid and vulnerable - along a screaming steel cable hundreds of feet along Mountain Ridge Adventure's awesome Zip Line Park.  
*Time: 7-10pm | Cost: \$39.95*

### Saturdays, October 5-26

#### NIGHTMARES AT LIBERTY RIDGE FARM

@Liberty Ridge Farm, Schaghticoke  
At Nightmares you will find a variety of haunted attractions, all full of the scariest monsters and creepiest creatures you can dream up. Trolley of Terror, Fort HuntD, Field of Screams, Farmer's Haunted House, 3D McCobb Manor, Underworld Tunnel, Psychic Sideshow and Forest of Fear.  
*Time: 7-10pm | Cost: \$29.95*

### Fridays & Saturdays, Oct 4-26

#### FIELD OF HORRORS IN TROY

@Field of Horrors, 100 Farrell Rd, Troy  
Field of Horrors offers several different attractions for the price of one! Check out Toxic Terror, Return of the Mummy's Curse, Trail of Terror Hayride, Death Trap and Insanity.  
*Time: 6pm*

### Thursday, Oct 3

#### SENIOR HOUSE CRAWL/ SARATOGA SENIOR CENTER

@Saratoga Senior Center, 5 Williams St, Saratoga  
The Senior Housing Crawl consists of tours at Home of the Good Shepherd (Wilton and Saratoga); Wilton Commons; The Summit and Embury Apartments, Wesley. Starting with iced coffee and cider donuts at the Saratoga Senior Center at 10:30am and culminating in a farm-to-table meal and wine tasting at Home of the Good Shepherd at 5pm.  
*Time: 10:30am-5pm*

### Thursday, Oct 3

#### SARATOGA GOOD SCOUT DINNER HONORING COUNTY SHERIFF MICHAEL ZURLO

@Saratoga Springs City Center, Saratoga  
We're celebrating in recognition of Saratoga County Sheriff Michael Zurlo's career of outstanding community service and demonstration of the Scouting values of character, leadership and service. The inaugural Larry Gordon Community Leadership Award will also be presented. This event supports Scouting across Saratoga County. For more info: saratogascouter@kochny.com  
*Time: 6-9pm | Cost: \$125*

### Friday-Saturday, Oct 4-5

#### 2019 SARATOGA WINE & FOOD FESTIVAL

@Saratoga Springs Saratoga Performing Arts Center is pleased to present a weekend destination event with gourmet tastings from top chefs, a new farm-to-table dinner, art and performance, chef demonstrations on sustainability and VIP experiences. SPAC.org for more info  
*Cost: Varies*

### Friday-Saturday, Oct 4-5

#### CAPITAL REGION GUITAR SHOW - FALL EDITION

@Saratoga Springs City Center, Saratoga  
Saratoga Guitar presents the fall edition of The Capital Region Guitar

Show. Dealers from all over the Northeast will be on hand to buy, sell, trade & appraise new, used and vintage guitars and music gear.

*Time: Fri 4-8pm; Sat 10am-5pm*

*Cost: \$5.00/\$7.00*

### **Saturday, Oct 5**

**WARRENSBURG GARAGE SALE - THE WORLD'S LARGEST GARAGE SALE!**

@Warrensburg, NY

With over 500 vendors stretching the length of Main Street and throughout many of Warrensburg's residential neighborhoods, the Warrensburg Chamber of Commerce presents a huge sale offering antiques, memorabilia, clothing, furniture, electronics, etc. For more info: warrensburgchamber.com

*Time: 7am-6pm*

### **Saturday, Oct 5**

**CHICKEN BBQ FUNDRAISER FOR THE SCOTTIES BACKPACK PROGRAM**

@Brookside Museum, 6 Charlton St, Ballston Spa

The Rotary and Brookside Museum is partnering with the BSCSD for this Chicken BBQ with sides provided by area restaurants, to raise money for the Scotties Backpack Program, which helps food-challenged children on the weekends. Music & Kids activities.

*Time: 12-4pm | Cost: \$15*

### **Saturdays-Sundays, Oct 5-27**

**OKTOBERFEST AT HUNTER MOUNTAIN: COLORS IN THE CATSKILLS**

@Hunter Mountain, Hunter

Our FREE Oktoberfest, features authentic German and American live music and great food surrounded by lush fall foliage. Many vendors, free crafts for the kids and much more. The second weekend of Oktoberfest will no longer feature the Motorcycle Rally, however, we are excited to announce that we will now feature off-roading!

*Time: Saturdays 11am-6:15pm;*

*Sundays 11am-5:15pm*

### **Sunday, Oct 6**

**WATERFORD KNIGHTS OF COLUMBUS - ALL YOU CAN EAT BREAKFAST**

@Waterford Knights of Columbus

Hall, 76 Grace Street, Waterford  
Our buffet featuring our famous omelet station, eggs cooked to order, pancakes (plain and blueberry), French toast, sausage, bacon, home fries, toast, bagels, pastries, coffee, tea, orange and apple juices, hot chocolate

*Time: 8:30-11:30am*

*Cost: \$8 Adults; \$4 Children 4-12;*

*FREE Under 4*

### **Saturday, Oct 12**

**THE 19TH ANNUAL GREAT PUMPKIN CHALLENGE**

@Saratoga Spa State Park, Saratoga Support Saratoga Bridges! This event features a 5K (walk or run) and 10K (run) through the beautiful and historic Saratoga Spa State Park. The day also includes a 1 Mile Fun Run for kids 12 and under. Register @ <https://saratogabridges.ejoinme.org/GPC>.

*Time: 9:30am-12pm | Cost: Varies*

### **Saturday, Oct 12**

**HARVEST FEST 2019**

@Upper Union Street Business District, 1598 Union Street, Schenectady We'll have vendors, food, kids' activities & live music (corner of Union and Dean Streets).

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

### **Sunday, Oct 13**

**17TH ANNUAL "THE WAY WE WERE" CAR SHOW**

@Front Street, Ballston Spa The Ballston Spa Business & Professional Association (BSBPA) invites the public to come stroll our historic village, check out the hundreds of cars and trucks on display and enjoy the live music, vendors and downtown businesses.

*Time: 9am-4pm | Cost: FREE*

### **Sunday, Oct 20**

**48TH ANNUAL FESTIVAL OF NATIONS**

@Empire State Plaza Convention Center, Albany

The 48th Annual Albany Festival of Nations represents 28 countries, with each country celebrating their culture through food, crafts and performances. The festival is presented by ethnic groups from Afghanistan, Argentina, Armenia, Bangladesh, Burma, China, Dominican Republic, Ethiopia, Greece, India, Indonesia, Israel, Italy, Korea, Liberia, Lithuania, Mexico, Morocco, Nepal, Nigeria, Pakistan, Poland, Puerto Rico, Russia, Scotland, Taiwan, Turkey and Ukraine.

*Time: 11:30am-5pm*

*Cost: \$5 Adults, \$2 Children (3-12)*

### **Sunday, Oct 27**

**JONESVILLE CEMETARY TOUR**

@Jonesville Cemetary, Jonesville The public is invited to meet undertaker Garret Van Vranken on Sunday, October 27 at 1 PM at the Jonesville Cemetery for a tour of the cemetery. The tour will feature visits with some of the residents portrayed by members of the Not So Common Players Theatre Group. Garret will also discuss tombstone styles and symbolism popular during the Victorian era.

*Time: 1pm*

### **Sunday, Oct 27**

**HALLOWEEN SPOOKTACULAR 2019 AT NYSM**

@New York State Museum, 4th Floor Terrace, Albany

Join the New York State Museum for an afternoon of Halloween fun! Create creepy art projects, play ghoulish games, see spooky science experiments, go wild on the dance floor and so much more! Costumes are encouraged – there will be a children's costume parade at 3pm. Note: This program does not provide any candy or snacks. Donations are encouraged and will benefit the museum's after school programs. For more information, please visit [www.nysm.nysed.gov/education/afterschool](http://www.nysm.nysed.gov/education/afterschool).

*Time: 12-3pm*

# What's Behind the Pumpkin?

By Jenna Caputo

The American word “pumpkin” originated from the Greek word *Pepon*, which means large melon. The word gradually changed through the years by the French, English and then Americans to the pumpkin we know today. It is believed that pumpkins and squash originated in ancient America, even before the prevalent use of corn. Based on early documents, it appears that pumpkins were a major source of survival for the Pilgrims, especially during the winter months. Pumpkins were first documented as served at the second Thanksgiving celebration.

There are multiple theories as to the origins of what we now know as jack-o-lanterns and our modern Halloween celebrations. Early jack-o-lanterns from the Irish and Scottish were actually carved from potatoes and turnips for their Celtic celebrations. The English used beets and added lit lumps of coal inside the hollowed-out vegetables. As the European immigrants settled in to America, the tradition transitioned to the better-suited pumpkins.

The use of pumpkins for Halloween and Thanksgiving was not the only thing that seems to have originated with the Celtic tradition. In fact, it seems that our Halloween traditions in general can be traced back to early Celtic celebrations. Samhain (pronounced sow-in) was an ancient Celtic festival from over 2000 years ago. At the time, their new year was celebrated on November 1, marking the end of summer and harvest with the beginning of the dark and cold winter that was usually associated with human death. They believed that the evening before the new year was when the boundary between the worlds of the living and dead were blurred and the ghosts of the dead returned to earth.

The Celts believed that these spirits could damage their crops and cause trouble in general. They also believed that their presence made it easier for the Celtic priests to make predictions about the future. They built large bonfires and

the people would gather to make sacrifices to the Celtic gods, usually burning crops and animals. They wore costumes out of animal heads and skins and would attempt telling each other’s fortunes. When the celebration was over, they re-lit their own personal hearth fires from the bonfire to help protect their homes and families from the coming winter.

After the Roman empire conquered the Celtic lands, the celebration began to incorporate some of the Roman traditions. The Romans had two fall festivals - Feralia, commemorating the passing of the dead, and a day to honor Pomona, a Roman goddess of fruit and trees. Her symbol is the apple and this likely is the background of the popular tradition of bobbing for apples. By the 9th century, Christianity was spreading into the Celtic lands and the Catholics blended their celebrations of All Souls’ Day and All Saints’ Day (also was called All-hallows or All-hallowmas, derived from the Middle English word *Alholowmesse* and meant All Saints’ Day). The night before, the traditional night of Samhain, began to be called All-Hallows Eve and eventually morphed into the Halloween we now know.

In America, while Halloween was fairly common in the southern colonies, it was initially very limited in colonial New England due to the rigid Protestant beliefs. But as other European ethnic groups came to America and meshed with the Native Americans, the festivities began to expand, and included parties, fortune telling, dancing, singing, ghost stories and mischief-making. They also included the Irish and English traditions of dressing in costumes (mainly to avoid being recognized by the ghosts that crossed over into our world) and would go door to door asking for food or money, which evolved into the trick-or-treat custom we know today. ■



# Saratoga Arts

By Rebecca Zeh

## At the Library...

(Site A) *All Kinds of Weather*, oil paintings by Ruth Crotty  
(Site B) photography by Joelle Fingerhut

Both of these shows in the second floor mezzanine of the Clifton Park-Halfmoon Library and are not to be missed!

## In the Arts Center Gallery...

**Our first-ever Student/Faculty Show!**

**Student Work / Faculty Work: On Display in The Arts Center Gallery at Saratoga Arts**

**September 21 - November 2, 2019**

**Gallery Hours: Monday-Friday, 9am-5pm and Saturdays, 11am-5pm**

This fall, Saratoga Arts invites past, present and future students and faculty to participate in our first-ever exhibition dedicated to showcasing the artistic achievement of Saratoga Arts' students and faculty. The exhibition, Student Work/Faculty Work, is a show imagined to reflect our talented and diverse student and faculty base, while simultaneously celebrating the fine art and creative energy that is generated by our education program.

## Grants Programs...

Founded in 1977, the Decentralization Program (DEC), known locally at Saratoga Arts as our Community Arts Grants, was developed to ensure New York State's cultural funding reached every part of the state. In 1993, The New York State Council on the Arts (NYSCA) appointed Saratoga Arts to administer the DEC program in Saratoga County, then in 2011 appointed us to administer the grants

in Fulton and Montgomery Counties. Since 1991, Saratoga Arts has awarded just over \$1,305,000 for community-enhancing and life-enriching arts programs!

Saratoga Arts' Community Arts Grants provide funding for arts and cultural programming through three categories: Project Grants, Individual Artist Grants and Arts Education Grants (that take place in the community or in schools).

**For more information about our Saratoga Arts Grants Programs and to apply for a grant, visit [saratoga-arts.org](http://saratoga-arts.org).**



## Fall Classes and Workshops...

For nearly 15 years, Saratoga Arts has been dedicated to offering quality fine art and craft classes, taught by regional artists, to students of all ages and at all artistic levels. In that time we've grown our program to its current capacity, where it now serves over 950 students a year and works with nearly 50 art teachers. Located in the Arts Center at 320 Broadway in Saratoga Springs, Saratoga Arts has several fine arts classrooms, a weaving studio, a 110-seat theater and three gallery spaces. We have on occasion, when our facilities can not accommodate a class, offered classes off-site as well.

**For the fall class schedule, visit [saratoga-arts.org](http://saratoga-arts.org). ■**

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