

CLIFTON PARK *Neighbors*

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COMMUNITY SUBMISSIONS

Have feedback? New ideas? We are always 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.

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Dear Readers,

Spring is here, and I think we're all itching to get outside and get moving!

Our cover story, **Carol Pingelski Hotaling**, certainly knows how to get moving. She has been tirelessly fighting to support our current troops and their families. Known as the Yellow Ribbon Lady, she's spreading her message not only throughout New York State, but throughout the country as well, as she continues to advocate making April 9th a national day honoring our current troops. Check out her story for all the fun events happening in our area on **Yellow Ribbon Day!**

If you're ready to get moving, our **Sports** section has info on motivating yourself to run and how participating in sports can instill virtues in our children. This month's Non-Profit Spotlight features **Eden's Rose Foundation**. They are working hard to keep Albany beautiful and well-fed with their community gardens and outreach programs. And our sponsor, **Razzano Law**, offers **time management tips** to keep our stress level down and productivity time high (more time outside? Yes, please!). Our **Family Corner** this month features **tips for teens** who are beginning their college search, and our **Recipe** page offers a fun pairing for an Easter or **spring brunch**. We also would like to welcome our new sponsors, **Geovanny Granite and Marble, LLC** and **JNC Contracting** to the *Clifton Park Neighbors* family!

As much as spring can signify new growth, sometimes it's a reminder of everything we haven't yet achieved. The last couple of years have been a source of frustration and heartache, but times of darkness do eventually lead to light, and it's important to remember that a "no" is really a "not yet." Be sure to check out this month's **Inspiration** article for a reminder to keep pushing for your goals!

I don't know about you, but I'm looking forward to getting out and seeing more of my neighbors, family, and friends this spring—April showers or not! I'm ready for new adventures, new acquaintances, and new dreams fulfilled. Wishing you all much joy as we break free from winter and turn towards the sun!

Happy April!



Jenna

CONTENT COORDINATOR