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# Organize room by room



*A closet organizational system can be a handy part of a person's plans to get organized.*

While resolving to lose weight or quit smoking are popular New Year's resolutions, many people decide the dawn of a new year is a great time to get organized.

The holiday season can interfere with one's ability to stay organized. The arrival of new gifts, decorations decking the halls and over-

night guests can make it seem like rooms have been turned upside down. But the end of the holiday season provides a great chance to sort through belongings and start organizing in earnest.

Men and women who want to get organized can consult with a professional organizer or tackle

the job on their own, potentially enlisting the help of others in the household.

## Step 1: Assess the damage.

It can be difficult to get organized without first taking inventory of your home. Go through all of the rooms in the house and decide what your goals for each room are, jotting those goals down as you go.

See if the rooms have more storage potential than you're utilizing, particularly those rooms that are overrun with items. Storage can include shelves on walls, new furniture or modified closet spaces. Again, jot down your ideas so you can refer back to them later on.

## Step 2: Set up a sorting plan.

Organizing may involve sorting through belongings and getting rid of things you no longer use. One of the easier ways to handle sorting is to purchase three different containers or make three different piles. The first one will hold items you will keep, the second includes items that can be sold or donated and the last will house items that you will discard or recycle. Separating belongings in this manner can help you stay on task and remove some of the

stress from getting organized. Simply move the containers that are no longer needed from the room when you're ready to organize the remaining belongings.

## Step 3: Schedule cleaning days.

It may take a couple of sessions to get certain rooms clean, so plan ahead for that. For example, you may need a day to sort and toss items, another day to prep the room with organizational enhancements and yet another to put everything back. Separating tasks into manageable sessions will help you reach smaller goals that eventually add up to your larger goal of getting more organized.

Plan project days when you can devote time with few, if any, distractions. You may want to ask a friend or family member to take care of your children or pets for a few hours while you are tackling your tasks. Organizing around the trash pickup schedule can help, too. This way discarded items are quickly out of sight and out of mind.

## Step 4: Prepare your day.

Have all of your necessary equipment on hand in advance of Day 1. This eliminates having to go on

the search for supplies, which can prove distracting. Make sure you are well rested and have eaten a hearty meal. Set an alarm for how long you want the organizational session to go. If you work until you reach the point of fatigue, you may not be inclined to finish on another day.

## Step 5: Reward yourself.

Every time you finish an organizational session or goal, treat yourself to something nice, such as a dinner out or a massage. Choose something relaxing that makes you happy.

## Step 6: Repeat the process.

When one room is organized, establish your plan for the next room. Once you see the success that comes from the first room, you can use that as motivation to do the others at your own pace.

Getting organized may take some time, but it can be well worth the reward when a home is clean and everything has a place. ■

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# Maitreya Loving Kindness Tour

– Buddhist relics

by Dyann Nashton

The public had a rare and unique opportunity to experience sacred Buddhist relics recently as part of the Maitreya Loving Kindness Tour. The exhibit displayed ancient historical relics from Buddha Shakyamuni and other Buddhist masters of Tibet, India and China, some 2,500 years old. The

free exhibit was hosted by the Unitarian Universalist Church of Utica.

The relics are often pearl-like fragments found in the cremation ashes of holy individuals. Buddhists believe relics embody the master's spiritual qualities of compassion and wisdom and are deliberately produced by the master at his death.

The significance of these holy objects was clear in the manner displayed. Each of the many relics had a small placard noting "Most extremely precious one..." and the name of the master to which the relics belong and the year of the master's lives.

Rev. Do'an Prajna, Zen Buddhist priest and abbot of Lotus Heart Zen, said, "As a Zen priest, it is a special honor to pay homage to the historical figure Siddhārtha Gautama, also known as Shakyamuni Buddha, and to many of his disciples and prominent teachers. It is quite a treat to have the exhibit come to Utica. Overall, the exhibit was a beautiful reminder of all that the Buddha, his disciples and the other Buddhist masters passed down to us and personally helps me strengthen my practice of compassion and loving kindness."

When entering the exhibit guests are invited to bathe



*Bathing Buddha; this tradition honors Buddha's birthday.*

a statue of Buddha with a dipper of fragrant, blessed water. This tradition honors Buddha's birthday as well as is meant to bring "all sentient beings together." From there, visitors proceed, counterclockwise, around the large display table. The exhibit concludes with an opportunity to have one of the custodians of the relics provide a blessing by

holding a reliquary on the guest's head.

Linda Mackos, a member of the church, helped organize the Utica event. "It is an anomaly to have these kinds of relics in such a small city like ours. I believe the Buddha is a blessing that opens the heart for everyone and everything," she said. Mackos even had her pet dogs

brought to the exhibit for a blessing. She said, "It calms the dogs down and brings them peace."

Janet Stemmer, another member of the church, said she first encountered this exhibit three years ago in Syracuse. The experience was so moving, she said, "As soon as I walked into the room, I started crying." When space was needed to house this year's exhibit, she decided to help and bring it to Utica.

The relics in the Maitreya Loving Kindness Tour are said to bring healing and energy with them and helps answer the question, "Is a universal blessing for humanity possible?" The exhibit is intended to transcend individual, religious and cultural boundaries.

The tour has taken the collection to 68 countries including places like Singapore and New Zealand over the past 15 years.

There are three Buddhist temples in the immediate Utica area with additional Buddhist communities meeting in Oneida and Cooperstown. ■

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## Decorating with cork

Cork is a versatile and relatively inexpensive material that lends itself well to different decorating and home-use applications. Cork grows as the bark of the Cork Oak tree, which is grown and harvested mostly in Portugal. Cork is harvested about every 9 or 10 years and is allowed to dry for 1 to 2 years. It is then boiled to remove any toxins and is cut and dried for use.

People use cork in various ways. Cork wine stoppers are some of the first things that come to mind when envisioning cork. Cork bulletin boards are another common use. However, cork is also used around the house, especially for flooring. Because the cork bark will regenerate on a tree naturally without damage to the rest of the tree, cork is an environmentally friendly material to use. The material is impervious to pressure, so it doesn't dent and the air trapped within the cork cell structure makes it strong, yet soft underfoot. Cork also is a good insulator and an effective heat/cold conductor. It also absorbs vibrations, making it an effective sound buffer.

In addition to using cork on a floor, individuals can use it for an accent wall. In a teenager's room, a cork wall can be used as a



*Shop antique shops for vintage frames to create bulletin boards for your home or office that fit your decor, unlike many of their modern counterparts.*

large bulletin board for photos and memorabilia. Some wine connoisseurs like to make serving trays or backsplashes out of cork wine stoppers, particularly from favorite vintages. Cork resists water and stains, which makes it a good material to use in kitchens and bathrooms as well. ■



# The Best Job Lora Ever Had

by Joe Parzych

My sister Lora was just a teenager, fresh out of high school, when she applied for work operating machinery at Greenfield steel stamp on Mead Street in Greenfield. She couldn't get a work card needed for operating machinery because she wasn't 18 years old. If she said she was 18, the company would have required her to get a work card. At 17, she was not old enough. So, to get the job, she listed her age as 21 on the job application, hoping they wouldn't ask for proof. They didn't, and she got the job.

She first worked on a shearing machine. Later she prepared wooden shipping boxes, drilling holes in blocks of wood to hold the stamps, then staining and polishing the boxes, filling orders and affixing labels. The job was O.K. but only paid \$29 for a 6 day week. And it was boring.

One day, when having lunch, outside, she caught a little grass snake, put it in her blouse pocket, and went back in to work. When a woman in the shop took one look at the snake poking its head out of Lora's pocket, she screamed bloody murder. Bedlam broke out. Everyone quit working and it was quite some time before things settled down and employees went back to work. The boss had tried to intimidate her, earlier. After the snake incident, he fired her.

Lora had heard that Pratt & Whitney Aircraft Company in Connecticut was hiring. Lora knew a woman who was able to direct her to the plant. This time she gave her real age, now 18. Connecticut did not require work permits for 18 year olds, but they

did require a birth certificate and FBI clearance. She got past both obstacles.

At Pratt & Whitney, Lora began working with lathes, drill presses, and milling machines. Here she, again, she ran into difficulties with her boss. At first, he was very friendly. He even invited her to go to his family's cottage at the beach for the weekend. When he came to pick her up, she asked, "Where's your wife and kids?"

"They're away, and they aren't coming. It's just gonna' be you and me," he leered.

"Like heck it is." She slammed his car door and went back in her apartment.

After she rebuffed his advances, her boss became hostile. He tried to stick her with new machines and difficult jobs. But, she found learning to use the various machines, fun, and difficult jobs a challenge. One of those difficult machining jobs was to salvage various scrapped pieces that other workers had spoiled, but she enjoyed creatively handling these difficult projects.

Lora's pay check far exceeded what her former boss at the steel stamp company earned. One weekend, home on a visit, she showed her former roommate her pay stub. The roommate was friends with a woman still working at the steel stamp company. The employee was only too happy to show Lora's pay stub to the former boss and inform him that Lora's present pay exceeded his.

One day a Pratt & Whitney executive came to talk to Lora. On her

application, Lora had listed algebra and geometry as subjects she had taken in high school. Her father had wanted her to take bookkeeping so that she'd learn something useful, but Lora hated bookkeeping. She loved algebra and geometry, never thinking she'd ever use them.

"It has come to our attention that you've been able to handle any machine and have accomplished everything you've been asked to do," the executive said. "How would you like to go to school to become a draftsman?"

Lora was overjoyed. She loved to draw and paint. She'd illustrated roller skate carrying cases for other kids at school to earn pocket money. Her high school art teacher had obtained a partial scholarship for her. But Lora had to turn it down because she didn't have the additional funds needed. Here, the schooling was free, and in addition, Pratt & Whitney paid her wages while training! The idea seemed too good to be true. She was so excited. What could be better, especially, since it would get her away from her lecherous boss? She immediately accepted the offer and eventually trained to become a detailed draftsman with an increase in pay. She enjoyed every minute of it, sometimes working on secret blue prints six feet long. Her supervisors treated her as a fellow professional and were appreciative of her fine work. But, when she married and began to have children, she had to give up drafting at Pratt and Whitney, the best job she'd ever had. ■

## Update your skills in a secure job industry

The last several years have seen a series of economic ups and downs. Managing careers amid such instability has been challenging for many individuals, but professionals looking for more security can take steps to find careers that promise more long-term stability.

Certain industries have better long-term employment outlooks than others, and men and women looking for more stability should consider these industries when pondering their next career moves.

### Accounting

Thanks to ever-changing financial policies and greater scrutiny placed on lending practices and bookkeeping, accounting jobs remain solid career choices. Jobs in accounting can range from entry-level to more advanced (and more lucrative) positions requiring

certification or a secondary education.

### Medicine

Financial health does not safeguard people against illness, and health services are needed regardless of the state of the economy. That makes medical careers some of the most coveted and stable around. Healthcare professions can be lucrative, and careers in medicine are not restricted to doctors or nurses. Clinicians, medical imaging personnel and medical laboratory technicians also are needed. The United States Department of Labor lists services for the elderly and persons with disabilities, home healthcare services and other health practitioner positions among the fastest-growing career opportunities.

### Computer Systems

Computer systems analysts

and programming experts are highly coveted in today's digital world. Many company operations are completely overseen by relatively autonomous computer systems. As technology keeps changing, employees who are able to stay abreast of the changes will only grow more valuable.

### Builders

With more money injected into the economy, homes and businesses can once again resume growth. Laborers with skills in construction, masonry and residential building, and structure contractors can count on steady employment.

### Environment

Clean-energy and other environmental jobs may currently make up a small percentage of employment, but reports from the Bureau of Labor Statistics

indicate jobs in this sector are growing much faster than other fields, including healthcare. Workers ready to get in on the ground level may benefit from opportunities for advancement and the stability of working in a field that figures to grow considerably over the next several decades. Green jobs include work that is primarily involved in the production of green goods and services, such as renewable energy, pollution reduction and recycling. Green jobs also are those that involve education and training related to environmental compliance.

Entering the job market for the first time or reentering it with a new career direction can be intimidating. Focusing education and skills on careers that are proven winners can be the security and confidence boost professionals need. ■

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## An Election Day to Remember

by Jack Gordon



Look at them clouds thickening to the southwest. I seen it a hundred times before, big northeaster coming up just rain off the coast. Anyway, temperature is up in the forties, no trouble with roads plugged with snow, everybody can get to the town barn to vote ok.

Well, not to worry, FDR and Harry Truman ain't runnin', just road superintendent and town supervisor. Taxpayers want to make sure they get the right man promise to shale their road and keep their taxes down. I guess by now local politicians are glad to be finished giving away candy bars to the women and kids, five cent cigars to the men. See you at the poles tomorrow morning at six am.

Oh my God, looks like sleet and snow been hitting the window glass all night, melting, then running down the pane as water. Just getting light enough to

see, must be a foot of snow on the hood of the car and still coming down hard! How the hell am I and the other poll watchers gonna get down to the town barn? Thank God, there goes the snow plow out on the state road. One thig for sure, lotta good republicans live on them back roads ain't gonna vote this election day.

What the heck? Dog! Git out from under my feet! Guess he has more sense than most humans. Stays inside sleepin', warm and dry in the town polling place. Look at that voting roll only the highway men and the poll watchers got through the snow to vote so far this second Tuesday of November morning.

Goin on nine o'clock and only a handful of cars have made it out to vote so far. They say even a Jeep got hung up on a snowbank out on the Keyserkill

Road. Look at that car just pulled into the parking lot. I'll be dammed ... only wet, no snow on it! I know that man, big politician from down to Schoharie. I heard it before, he's gonna say, "Board of Supervisors is awful close, they need that seat from Broome bad and they will pay cash money to get it ... "

I tell him even money ain't gonna get them back road Republicans to the polls today. He just jumps in his car and heads back to the flat valley where it is just rain, the windshield wipers pushing off the freshly fallen snow. Nearly two o'clock, milk truck come down off Kelsey Hill, only half a load of milk cans.

There goes the phone, the little snowplow run off the road and is in the ditch up on Gates Hill, snow is over two feet deep and ain't nuthin' movin'. Dam, the phone went dead ... All them back road voters are snowed in for sure.

Goin' on four o'clock, startin' to get dark already and the polls are open till ten tonight. Can't believe it, snow is letting up and the clouds are lifting to the northwest. No wind, nothing moving. I never seen anything laying so quiet, white, and clean as under the heavy fresh blanket of two feet of snow. Not even a car or truck motor moving on the state highway, not a breath of air stirring.

For sure, it ain't gonna take long to count those ballots tonight, ain't gonna be a crowd hangin' around to see if their uncle got in, see if they're gonna get their road shaled for the next two years. One thing for sure, this is one election year to remember. ■

## Election Day

The first step to prepare for Election Day is to confirm your eligibility. Age, legal residency and citizenship status are just a few of the factors that may affect your eligibility to vote. County clerks, municipal offices as well as the Division of Motor Vehicles should have voter registration forms, and additional information is available online.

Voter registration may have to be filed several weeks to a month in advance of Election Day in order for you to be eligible. In the United States, when voter eligibility is in question at the time of an election, a person typically may cast a provisional vote, which will then be considered after other ballots are counted.

Once your eligibility has been verified, it is important to know the dates of key elections. Local newspapers often print schedules and this information can be found online as well. Various local and federal elections occur each year, and November is when national elections take place in the United States.

Before voting, voters should research the respective candidates for each election. To better understand candidates' platforms, visit their websites as well as those of nonpartisan political organizations, such as The League of Women Voters. Deciding who to vote for requires more than just siding with a particular political party. Read as much as you can on the candidates' beliefs, concerns and voter history. This will help you make the best decision possible.

In the days leading up to Election Day, confirm your polling location and voting options. USA.gov advises that if you need special assistance, contact your local elections office for information, advice, and educational materials about voting equipment and details on access to the polling place, including designated parking.

Understand that voter intimidation is illegal. Never feel obligated to vote for one candidate because you felt bullied into doing so. Your vote should remain private unless you want to share your choice with others.

Keep in mind that, in addition to voting for candidates, you may asked to answer additional questions about issues impacting your local community. These are called ballot measures. A voter guide also may include information about certain issues that will require your vote.

Elections are upon us and preparing now can help voters make educated and sound choices at the polls. ■



Our Cover Story

Linda Hale - Life Painter



Linda Hale, owner/artist at her new gallery LFH Gallery located in Frankfort. A gracious hostess, all are welcome to visit.

in many art forms, painting being only one.

Her resilience can be seen in the way she transforms tragedy into hope by putting paint to canvas. After 9/11, overwhelmed with fear and sadness; sensitive to the hurt and uncertainty of others, Linda created an introspective painting as a tribute to the dead, and a panacea for the suffering. The painting depicts a small girl holding the earth in the palms of her hands and is

desire this type of pictorial storytelling. They line walls with rivers of blue squiggles, square houses with sharp roofs; often minimal and abstract, without an inkling of self doubt. It is simply another way of talking. Linda Hale is comfortable with her art and she loves what she does. Although it's sometimes hard for her to make time she is an encouraging teacher with an almost therapeutic ability to unearth her student's hidden abilities. She teaches



"Solitude Sits by the Window", a painting by Linda which transformed the tragedy of 9/11 into an introspective painting as a tribute to the dead, and a panacea for the suffering.

by Lisa Lauritsen

Local celebrity artist, Linda Hale welcomes you to her new personal place of "peace and happiness" just outside of Frankfort, New York. Her gallery, simply initialed LFH, opened to the public this month. Guests are asked to make appointments in advance, in part because the gallery doubles as her studio, where she prefers to work in private, and because she's also a fantastic hostess who loves visiting nearly as much as creating. There is no entry cost and no obligation to buy, yet both original pieces and prints are sold at affordable prices. All are matted and some are framed.

Her open house was a huge hit with guests spilling into the different rooms to lounge, visit and enjoy the many pieces displayed. Some had traveled from hours away to meet with Linda and other collectors to dine on aperitifs made with produce from the local Holland Farms. Many stayed the afternoon. Several restaurant owners and bank

officials were in attendance and bought paintings for their private collections and for sale in their place of business. Chances are you're going to see a lot more of her work throughout the community.

Ms. Hale is a delight and her conversation is as colorful as her art. She is a world traveler who settled here with her husband Phil after years of wanderlust. Her paintings bear witness to some of her favorite places, among them the landscapes and people of Ireland, France, Alaska, and the United States. She's a confident woman, quick to laugh, and share the stories behind her paintings. Beyond the realism of people and places, seasonal colors, and things of this world, she seems also to have an affinity for abstract technique and subject matter. Blue angels and whimsical brush strokes create a feeling of light hearted introspection. There is very little sadness here. She seems to be a person who chooses to see the good in the world and express that vision outward

called "Solitude Sits by the Window". Unfortunately this particular piece is no longer available in print and the original was sent to President Bush, who accepted it with honor and sent thanks to Linda by way of a proclamation letter only months after it had been sent to him. Trauma can be too complex at times to articulate, but many have expressed some relief at having spent time among these wordless but telling pieces.

I was reminded while visiting Linda of our uniquely human need for art. I've never met a child that didn't love to color with paints or crayon. The world is their canvas, often at their parent's dismay. Every child seems to

children and adults privately in her Frankfort gallery. This space to her is imbued with creativity as it is her home away from home nearly 9

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**Many of Linda's pieces have won prizes at county fairs and other art contests.**

hours a day most days of the week while she paints. She stands before her canvas the entire time offering gratitude to her life's many great blessings, namely the silent expression paint has offered her since childhood. Also, the tireless support of her husband who gifted her the space to make another one of her dreams a reality.

Linda Hale can be commissioned to paint portraits of people or animals, places and abstract pieces. She works mostly in oil and on a twenty-four by thirty scale. She has won acclaim at a number of county fairs and boasts an extensive resume of public and private gallery shows. Currently her work can be seen and purchased at the Ithaca airport where it has been a popular fixture,

and throughout the Key Banks of Canastota, NY. Commissioned paintings typically take a few months to finish and there is often a waiting list.

While sitting with Linda there was a moment where she realized she was sitting down and



**LFH Gallery is filled with the beautiful art work created by Linda Hale. A visit is truly a refreshing experience.**

smiled with a sigh, "Well, this will give me a little time to unwind", and I felt the same. The space she's made is welcoming and comfortable. The binding nature of art where an inner world is somehow made apparent between human beings can be a refreshing past time and

unlike a museum this space has a feeling of home. For many of us a break from cell phones and computer screens is just the remedy we need to feel rejuvenated and more creative ourselves, which is exactly what Linda strives to provide in her gallery; genuine human connection;

a place where we can think deeply, and feel a sense of profound joy. Art is her healing medium to connect and nurture. Call Linda for an appointment to visit her private gallery, commission her work or arrange lessons at (315) 416-3383. ■

## Artisans Corner

by Al Dorantes

In the historic village of Clinton, at 1 College Street, you will find Artisans' Corner. Just off the village green, the 3,000 square foot shop offers "art from the heart of CNY." The artist's store is chock full of one of a kind gifts.

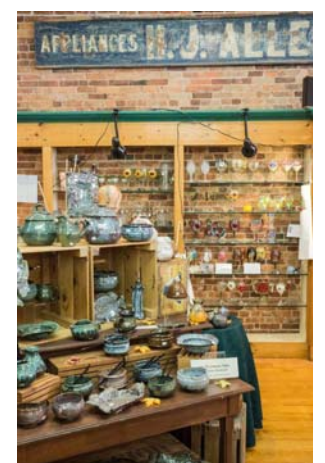
Owners Linda and Joe McHarris have approximately 30 artists in the former McHarris Gift shop building. It is still a gift shop but now with local artists providing the wares with affordable, one of a kind art. The store offers

jewelry, pottery, woodwork, stained glass, pen and ink drawings, photography, water color and oil paintings, hand loomed scarves, outdoor hypertufa, and more.

Linda McHarris said, "My art is setting up this place." Linda organizes and manages the day-to-day operations at Artisans' Corner. Her efforts include all the normal workings of running a business like billing and receiving as well as making sure the shop is staffed. The shop is run by the artists whose work fills the store. Each artist works

1 day per month performing the retail chores.

Artisans' Corner's artists are juried. A 7 artist committee ensures that the quality of the crafts displayed and sold in the shop is up to snuff. Quality is paramount. Protecting that quality leads artists to want to protect each other; it builds a community. Another aspect of Artisans' Corner is variety. There are a variety of mediums and products. Linda McHarris explained that they need enough product to impress. "We want to be a gallery store for artists to sell their



wares." She said.

Artisans' Corner has an anniversary coming up. They opened in November of 2010 and the day after Clinton's Shopper's Stroll will see them start their 6th year. Artisans' Corner's consistency and hard work has resulted in 85% of artists since day 1 still being with them today.

Artisans' Corner is filled with unique items; from bird baths to Scherenschnitte, the art of scissor cutting designs from paper; to candles and soaps. Artisans' Corner is like a department store full of art. For more information follow them on Facebook: Artisans' Corner of Clinton, NY ■

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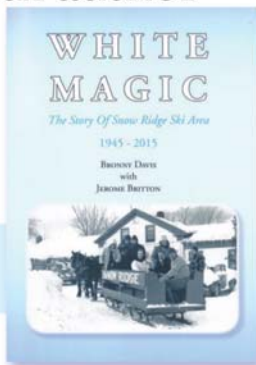
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# La Vie Boheme Jewelry

– a bohemian life



Artist, Alice Butonoi, captures her true spirit in her jewelry line. “La Vie Boheme”; a bohemian life. It is avant-garde; free spirited. It is Alice!

by Al Dorantes

La Vie Boheme Jewelry is tucked away in a quiet neighborhood in Clinton, New York. Owner, designer, and jewelry maker Alice Butonoi creates beautiful jewelry inspired by the free spirited lifestyle, La Vie Boheme, a bohemian life.

Alice’s artistic journey started in Romania, where she was born. Alice is architect by degree. She studied in a 6 year program in Romania, which is very different training from here in the USA. 23 years ago Alice and her husband moved from Romania to Denver, Colorado, then to Connecticut before finally landing in Clinton.



Alice uses techniques inspired by the woven friendship bracelet craze of a few years ago. She now creates wearable pieces of art that make an instant statement and are available globally.

Alice studied fine art, illustration program, at Rocky Mountain College of Art and Design from 1995-1997 in Denver. She had to go to work and found her first job as architect at DTJ in Boulder Colorado. Alice worked for 4.5 years

creating presentation boards, renderings, visual boards, anything that had to be done by hand. She learned graphic design for their newly formed in-house graphic design department.

Illustration is a hard and competitive field. Alice’s goal was to work for a graphic design or ad agency. She went to work for Miles Advertising where she applied for and became the art director for Miles brand, a niche of developers and builders in the Midwest focusing on high end master plan developments/communities. This combined her architect and design skills. When she moved to Connecticut she continued to work from home as their art director. When Alice’s

daughter, May, was born they moved to Clinton, NY.

Years later Alice started making friendship bracelets for her daughter and she became obsessed. Alice said, “I always had a love for jewelry. With the friendship bracelets that love came



Alice uses techniques inspired by the woven friendship bracelet craze of a few years ago. She now creates wearable pieces of art that make an instant statement and are available globally.

alive.” She started replacing string and yarn with metal and chain, began designing about 4 years ago, and La Vie Boheme Jewelry was born.

Alice explained that graphic design helped her develop the La Vie Boheme



By using elements that aren’t usually associated together, Alice creates unique statement pieces with a personality all of their own. Stunning.

Jewelry brand. She is brand conscious. “It’s like the jewelry has a personality.” La Vie Boheme means a bohemian life. It is avant-garde; free spirited.

Alice combines elements that are unassociated. She puts things that might not normally be together and she combines them to create something new. Her techniques include weaving, knitting, and crocheting but

done with metal. Her target audience is ageless

You can find La Vie Boheme Jewelry at Free People. Free People is an American bohemian apparel and lifestyle retail company that sells women’s clothing, accessories, shoes,

intimates, and swim wear. They are headquartered in Philadelphia, Pennsylvania. Free People is a part of Urban Outfitters, Inc. The brand is distributed globally via direct channels, including [www.freepeople.com](http://www.freepeople.com) as well as specialty clothing boutiques, top department stores, and the brand’s free standing retail locations in the U.S., Canada and Japan. Free People found Alice.

They ordered one necklace which Alice produced. It took her 2 days to make. Shortly thereafter they placed an order for 18 necklaces which was the maximum based on Alice’s production capabilities. Next came an order for 35 pairs of earrings. Alice has made more prototypes for Free People and is just waiting for the orders to

come across the transom. Alice’s La Vie Boheme Jewelry is hard to reproduce and is available in limited editions. Her one of a kind jewelry are like pieces of wearable art. For more information follow Alice on Facebook: La Vie Boheme Jewelry or check out her Instagram: [laviebohemejewelry](https://www.instagram.com/laviebohemejewelry) ■



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# Christopher Rice

– CNY Glass & Metal Works

by Al Dorantes

Up north in the wilds of Boonville at 12840 State Route 12, Boonville, New York you will find CNY Glass and Metal Works. In a small efficient 24 foot by 24 foot shop Christopher Rice uses tried and true methods along with cutting edge technology to create ornamental blacksmithing as well as modern welding and fabrication.

Christopher Rice started his artistic career in January of 2000 when he opened C.N.Y. Glass Studio. Chris created blown glass pieces and focused on the art of contemporary marbles. These small collectibles, one-of-a-kind, with intricate surface and internal designs are a delight to be seen. Each marble is as unique as a snowflake.



*Artist, Chris Rice, likes to use nature's beauty and infuses it in to many of his unique pieces. Each pine cone he fabricates takes over 90 minutes to create. Looking at this incredible detail. We can see why!*

In 2009, after the economy tanked, Christopher decided



*Massive, beautiful and more than just a light source. This chandelier is truly a focal point.*

to go back to college at MVCC in Utica, NY, to become a certified welder. Their welding program introduced him to various welding techniques. His first chance to hammer a piece of hot iron on an anvil was when he realized that



*Functional beauty. Twigs adorn this rail system. If you are looking for that unique statement in your home, office or vacation home, Chris is the man for the job. If you can imagine it, Chris can create it.*

his dream of being a full-time artist could continue. Once his certifications were earned and the course completed, he built a small forge, gathered up some tools, and started blacksmithing.

Christopher's ornamental metal work includes; railings, gates, fire place doors, lighting and chandeliers, and fire pits; the possibilities are endless. His work is infused with a sense of nature, incorporating leaves, boughs, and pinecones. Each pine cone is made from individually forged "petals" which are hammered and textured one at a time and then welded in place. One pine cone takes over one and a half hours of time and labor.

Christopher admitted that some of his techniques are self taught. He explained that he takes heat + muscle + ingenuity = art. Christopher said, "If you want something



*Intricate, one of a kind pieces for your home. Any fireplace would welcome an entry way this beautiful.*

that is going to stand out and be different then I'm the guy to see."

The other side of the coin for Christopher Rice is general fabrication. He can weld aluminum, stainless steel, and steel using mig, tig, or stick welding techniques to meet your specifications. Christopher said, "Ornamental blacksmithing is what I enjoy the most but can't turn down work," which is why he will travel to anywhere in Central New York to fabricate or install his creations.

*Heat + Muscle + Ingenuity= Christopher Rice Art!*

The coming months will see Christopher Rice's return to glass work. He has teased the glass work on his Facebook page with pictures of intricate floral marbles and more.

Christopher can make branches and acorns grow on your railings. Add a piece of nature inspired metalwork to your home. For more information go to: [www.cricmetalworx.com](http://www.cricmetalworx.com) or follow him on Facebook: CNY Glass & Metalworx ■



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# Clare Rieben

– painted glass



*Clare Rieben, artist. No stencils for this artist, she free hands all of her designs.*



*Designs for all seasons and all reasons. Have an idea? Let Clare bring it to life for you or someone special on your holiday gift list.*

by Al Dorantes

On the wall in Artisans' Corner in Clinton, New York is an entire section filled with painted glassware. Wine glasses adorned with sunflowers and tumblers with lemons and limes that seem to dance mischievously. This is the work of Clare Rieben, local artist, who has found a niche painting on glass ware.

Clare Rieben started painting on dumpster dived furniture. She is self taught and has evolved to painting on glass and stemware. Sunflowers, cardinals, and pines trees are all themes in her work. Rieben explained that painting on glass takes a lot of layers. She said, "It takes a lot of time to get

the effect I want."

Clare further explained her process. It starts with a design. Once the design is determined the paint goes on the glass. Clare does not use stencils. All designs are painted free hand. Once the paint is applied the glassware cures with



a 24 hour dry time before moving to a heat setting which bonds the paint permanently to the glass. Lastly the finished pieces are ready to sell.

Clare explained that sunflowers, ladybugs, and loons are her best sellers. She will take custom orders for weddings, showers and more. Clare will monogram glasses or add your monogram to stemware. She explained that she has done likenesses of dresses and enjoys painting, "funky stuff." Clare added, "I try to sell in pairs. Who wants to drink alone?"

Weekends are studio time for Clare. She likes to produce usable art and would like to do more with furniture which is where she started. One of her newer items is lighted bottles. The bottles are adorned with outdoor scenes and lit from within. Clare also makes ornaments at Christmas time and will soon offer pet portraits on stem ware.

Clare said that painting is a good outlet for her artistic side and, "I paint with reckless abandon."

Clare said, "If you stand still long enough around me you'll end up with something painted on you." Her painted stemware will add life to even the most mundane task. For more information follow her on Facebook: Clare Rieben ■

## Kissing Dog Designs

by Al Dorantes

In a studio in the tiny hamlet of Hubbardville, New York, Lisa Oristian designs and makes beautiful jewelry from metal, Lucite and more. She works and sells her jewelry as Kissing Dog Designs.

Lisa Oristian has been making jewelry of some kind or another for 15 years. It began with beads. In the summer of 2000, her husband, writer David Hollis, bought her the gift of a class, "beginning jewelry." It was the gift that changed her life. She took class 3 or 4 times with instructor Chris Irick.

Oristian explained that her signature pieces are metal hollow beads. The hollow beads, handmade and textured sterling silver and 24K gold are used in various jewelry pieces. The beads can also be made with holes large enough to fit Pandora pieces. Beads can be sold individually as well as in finished jewelry.

Lisa Oristian said that she fabricates, builds, her jewelry. She generally works with a 22 gauge sheet of either sterling silver, gold, bi-metal (an alloy with gold on one side and silver on the other).



*Kissing Dog mixed media- acrylic- sterling silver- amodized aluminum & gold.*

She also works with Lucite.

Her process begins with a design and after cutting the necessary metal she will layer the metal or Lucite. The different layers are cold connected (riveted) together. She also uses an acetylene and ambient air torch as well as other tools like a jeweler's saw, files,

and other hand tools to make kissing dog designs; earrings, belt buckles, beads, sugar skulls (made of metal), and more.

Kissing Dog Designs, according to Lisa Oristian, is all over the map. She explained that momentary obsessions seize her attention and from those snippets of time Lisa builds limited edition collections. Lisa has created a series of Lucite guitars, a "wild wild west" series including bolo ties, a celestial series featuring the moon, stars, and sun, and more.

Lisa said, "It's not about the cost of materials; it's usually the time and energy."

Lisa Oristian does not do craft shows. Kissing Dog Designs are available and sold mainly through galleries or through their online platforms. Oristian explained that she likes to put on home parties to show and sell her jewelry and would enjoy throwing a party for you. Kissing Dog Designs' jewelry is available on Etsy and in the following galleries; Munson Williams Museum Shop, Village Crossing in Clinton, Oneida Community Mansion,

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# 4 Elements

## – the art of teaching art

by Al Dorantes

*Painting is easy when you don't know how, but very difficult when you do. ~Edgar Degas*



**Vartan Poghosian, owner of 4 Elements Studio and artist. His first love, "clay, anything with clay".**

4 Elements Studio is a place where art and teaching come together. Located at 714 Washington Street (with an entrance from Broadway) in Utica, New York 4 elements is a place where artists can grow.

Owner Vartan Poghosian immigrated to the United States 20 years ago. His first stop was Maine where he was to attend a clay workshop. After Maine he traveled to Pennsylvania and Kutztown University. After

Pennsylvania there were stops in Amherst, Massachusetts and San Diego, California before finally landing in Utica in 2002. When discussing his travels and tribulations Vartan said, "Art shouldn't come from a cushiony place; there should be a struggle."

Vartan explained, "Every place I went I found a studio to work at."

Vartan works with ceramics. He explained that he sculpts and throws the clay on a potting wheel. Sometimes he will combine the 2 processes. "I'll do anything with clay," Vartan said. "I push the clay as much as I can." Currently Vartan is fascinated with glazes. He has been studying chemicals and their effects on glazes. Vartan explained that the 4 elements; fire, air, water, earth are, "perfectly balanced in clay." An artist cannot make ceramics without the 4 elements.

*"It's like people were waiting for something like this."*

Vartan said, "I had a vision of this school where artists come together; teach classes and do my work." The 4 Elements Studio draws its name from the 4 components necessary to create ceramics; fire, air, water, and earth. The studio boasts classroom space, studio space, gallery, communal space, and a library.

4 Elements opened their door in February, 2015 and classes filled rapidly. Every class in the September brochure is going strong. Those classes include many clay classes, silk painting, and figure drawing as well as a number of classes for children. Wednesday nights, from 6 to 9pm is figure sculpting. The figure sculpting course will focus on creating clay sculpture from observation



of the human figure. Students have the opportunity to express their ideas of the human landscape, learn the foundations of anatomical gesture and form, and also be given the opportunity to discuss their work with the instructor and other class members. Students will also be assisted on the techniques to prepare their pieces for firing. This class is open to all levels of experience. Thursday nights, from 6 to 9pm, is "drop-in" figure drawing. This figure drawing class focuses on short poses and gesture drawing with emphasis on form through light and shadow. Participants draw

from a life model.

Vartan has been pleasantly surprised with the reception Utica and the area has given 4 Elements. "It's like people were waiting for something like this."

Whether you are a child just starting out, an intermediate artist, or experienced master, 4 Elements and Vartan Poghosian are the element to add in order to advance your art to the next level. For more



information go to: [www.4elementsonline.com](http://www.4elementsonline.com) or follow them on Facebook: 4 Elements Studio ■

## Kissing Dog continued

Evergreen Gallery in Hamilton, and the National Ornamental Metal Museum in Memphis where they feature Lisa's series of flying pigs.

*"Jewelry making is dirty, loud, and sometimes bloody but the end result is beautiful."*

In 2004 Lisa Oristian started teaching beginning jewelry, the very class her husband gifted her a few years earlier. Classes cost \$375 and run 12 weeks with 1 class per week for 3 hours per class. Classes are open to the public and museum members receive a discount. In the class students will learn the basics of metalworking for jewelry. They will learn about hand tools, how to cut, form, and texture metals, how to finish and solder, how to make a cabochon setting, how to

make a stone setting, how to create bezel setting and more.

Lisa Oristian said, "Jewelry making is dirty, loud, and sometimes bloody but the end result is beautiful." For

more information go to: [www.kissingdogdesigns.com](http://www.kissingdogdesigns.com), follow Lisa on Facebook: Kissing Dog Designs or Etsy: [www.etsy.com/shop/KissingDogDesigns](http://www.etsy.com/shop/KissingDogDesigns) ■



**Another beautiful piece by Kissing Dog Designs. Silver and Gold hollow beads.**

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# Potato Harvest



by Anthony Bagnick

My potato crop this season was not as good as last year's crop. I managed to cultivate the garden only once and was just able to hill the potatoes right before the heavy rains in early July. Then when the sun returned to many cloudless days, the ground baked into nature's concrete. It was a wonder the potatoes grew in this concrete like soil, yet the potatoes did manage to grow. I have more little potatoes than usual this season, but that is fine. They taste just as good as the larger ones.

I dig my potatoes this way. I use the same hiller that I used to hill the potatoes last summer, but now I have it mounted in a different position on the tractor. I have an angle iron bolted to my tractor drawbar and the hiller is bolted to this angle iron. My tractor is an old tricycle type tractor so the tractor wheels go between the rows. The hiller is bolted to this angle iron which extends to the right of the drawbar so it digs the row between the front wheels and right rear wheel. When I finish digging a row I must return to the beginning of the rows to start the second row, but first I must gather the potatoes from the first row I dug or otherwise the tractor tires would make mashed potatoes of the row I just dug.

Gathering the potatoes is the fun part, especially if your back doesn't like the idea of bending over. I had

to compromise. I keep my back as straight as possible by getting down on my knees in the dirt. In that position I shuffle along reaching and collecting all the potatoes I can find. The hiller not only digs the potatoes loose, but it also covers come of then with soft dirt as it digs along. You got to swish your hands through the loose dirt to find some of them. When I finish gathering the first row, I climb on my tractor to dig out another row.

My young neighbor boy came to help me. Bending over is no problem for this spry young lad. He keeps teasing me. He said, "Do it like this." He just bends over and plunks the potatoes into a small pail I let him use. He continued, "I don't know if you are praying or digging potatoes. Why don't you get off your knees and bend over like I do. You would get done faster."

I replied, "Wait young fellow, your day is coming. But I do envy your agility. I was that way once, but I guess nature caught up with me." We continue filling our pails and then dumping them into a small trailer I have hitched to another tractor.

He asked, "What are those things you have on your knees?" I explained that they are knee pads. I told him that they protect my knees from the damp cold dirt. I find them very useful. I told this young fellow that someday when he can't bend over he will use them

just like I am.

As we worked along we got into several conversations. He asked me if he could borrow that old hay rake that can make it rain. I asked, "Why do you want it now?"

He said, "This winter I would like to make it snow so I could get out of school."

I asserted, "That is not a good idea because you have to make up any days you lose because of a storm. Isn't it better to go every day in the winter and get out earlier in the spring time? Besides, you have too many vacations as it is."

He replied, "Uncle Tony--- he calls me Uncle Tony---you are right but I want to see if that old hay rake will make it snow this winter if I lay it upside down on the grass. One snow day made by that old rake would be fun."

I spoke, "What? Our schools have too many snow days as it is now. Do you know that when it snows three snowflakes way out in Montana, they start letting schools out early around here or call school off for the day. What more do you want?"

It is conversations like this that makes the work easier. We were soon on another row. We finished four rows one day and the last four rows the following day. I left the potatoes in the garage on the trailer. On subsequent days when I was "resting" I went into the garage to sort the potatoes. Sometimes my

young buddy came to help sort. Little ones went into several boxes. The larger ones which were Yukon Gold, went into other boxes. I also planted Kennebec but they didn't do so well. Many were scabby. I threw the worse ones away. I also grew russets. Many were on the small side but at least they are not scabby. Next spring I intend to plant more Yukon Gold and Russets. I get good results with them.

As we picked potatoes on the second day we got into a conversation about the extremely large potato I grew one year. I explained to my young helper that I had to use the big tractor to yank that potato out of the ground. Of course he didn't believe me until I showed him a picture of that large potato chained to the tractor.

He started laughing, "Are you sure that tractor can handle that potato?"

I replied, "Of course. I never saw a potato my tractor couldn't handle."

When we finished sorting all the potatoes, I told my

young buddy to take some potatoes home, and that I will bring him a full box later. He put some potatoes in a plastic bag, and he started down the driveway. He said, "Uncle Tony, can we plant potatoes next summer?"

I smiled at my young helper, "Of course we will. I need you to help me. You are a great helper."

He approached the end of

my driveway and said, "Do you remember last spring when I asked you how to start the hoe? I knew it didn't have a motor. I was just teasing you like you are teasing me now about that big potato."

I gave him a wave and said to myself, "He is a good lad. The world could use more boys like him." ■

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## Holiday hosting how-to: Party pointers from three of Napa's premier winemakers

(MS) — The holiday season is about to hit full swing. This special time of year is synonymous with many things, including gatherings with family and friends.

Each year, holiday hosts face the challenge of setting their seasonal soirées apart from all the other parties guests attend between Thanksgiving and New Year's Day. Such a challenge is nothing three of Napa Valley's top winemakers ha-

ven't faced before. Each year, Chimney Rock Winery's Elizabeth Vianna, Markham Vineyard's Kimberlee Nicholls and Rutherford Hill's Marisa Taylor play host to family and friends and each have their own unique take on holiday hosting.

### Break free from first-time jitters

It's common to feel pressure when hosting a holiday get-together for the first

time. Many families have traditions that date back several decades, so being tasked with carrying on those traditions can sometimes be daunting. But Taylor, a wine country native and veteran host, notes that honoring family traditions while simultaneously creating a festive and fun atmosphere is nothing to be afraid of.

"People are sometimes intimidated by holiday entertaining," says Taylor, whose

Rutherford Hill Merlot has long been a benchmark for Napa Valley varietals. "But the truth is, just a few small touches can create an ambiance that elevates the whole experience. I think it even makes the food and wine taste better!"

Taylor incorporates family history with her own unique hosting touches by bringing out vintage family photos and heirlooms that guests can pass around her stylishly decorated dinner table.

### Let new traditions take root

Another way for hosts to set their holiday parties apart from the masses is to try something new at the dinner table. Each year, Vianna, who presides over the production of the popular Stags Leap District Cabernet Sauvignons, hosts a special kind of dinner for friends who help her get through the often exhausting harvest season. Dubbed "Friendsgiving," the celebration takes place at the end of autumn harvest season and includes friends, family and colleagues who contributed to another successful harvest. Vianna even encourages "Friendsgiving" guests to bring a postcard from somewhere around the world to use as a dinner table place card. This simple, yet creative idea inspires interesting conversation at Vianna's holiday table, and hosts can incorporate their own creative touches to make their parties more memorable and enjoyable. For example, each year, Nicholls, whose award-winning varietals at Markham include Merlot, Cabernet Sauvignon, Chardonnay and Sauvignon Blanc, assembles a graceful tablescape using marble and wood serving



Graceful tablescapes add creative flair while inspiring conversation around the holiday dinner table.

trays, vintage tablecloths and a tiered cake stand to create an elegant display guests won't soon forget.

### The more the merrier

Family always make the holiday dinner guest list, but Nicholls notes that holiday hosting is about opening our homes to people, whether those people share our last names or not. Inviting some fresh faces can stimulate engaging conversation and lift the spirits of someone who might not be able to make it home for the holidays.

"I've been known to invite people I meet at Markham winery who might not have

anywhere else to go for the holidays," says Nicholls. "Somehow there's always enough food."

To enjoy a Napa Valley holiday of your own, Chimney Rock, Markham and Rutherford Hill wineries are offering a chance for two lucky winners to visit Napa Valley complete with airfare, lodging, behind-the-scenes vineyard tours, VIP lunches with scenic views overlooking the Valley and even the chance to blend your own Merlot. Visit the Napa Valley

Holiday Pinterest page at [www.pinterest.com/NVHoliday](http://www.pinterest.com/NVHoliday) for more information. ■



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The holidays stress people out so much.

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-Giada De Laurentiis



# Belly Dancing



Belly dance troupe, courtesy of Treva Purcell

by Dyann Nashton

When I called an old high school friend recently, I was greeted with his old nickname for me, "Swivel!" We live only a town away from each other and seldom run into each other outside of class reunions. "Oh my God, I forgot you used to call me that," I said. "Swivel" is short for "Swivel Hips" and I assume had something to do with my post-disco-era dance ability. No one else has ever called me that and I don't think I felt one way or another about the strange term of endearment.

This was not always the case. I remember my parents commenting as my sister and I, teens at the time, danced together to a live band at a restaurant in the Adirondacks. "Christi dances from the waist up and Dyann dances from the waist down," my father noted. It pained me to be in contrast to my graceful older sister; a ballet and jazz dancer, who minored in dance at college and was invited into college musical theater productions for her ability.

It calls to mind the uncomfortable look on my mother's and teacher's faces when I begged to go on pointe shoes at ballet classes. I remember feeling self-consciously chubby and pigeon-toed in my leotard and perhaps it appeared that way to those who saw me dance. I dropped dancing altogether right about then.

Now, thirty-five years later, you might call what I'm about to say a mid-life crisis. Call it my bucket list. Call me crazy. You wouldn't be the first to

do so. Call it what it is: I'm a belly dancer.

I discovered the art a few years ago with some introductory lessons at the place where I take yoga classes. It looked like a good aerobic complement to yoga's strengthening and stretching. It turned out to be a workout for body and mind. My first class left me breathless, dripping sweat and struggling to remember if grapevine steps start with the foot behind or in front.

And let's just get this straight, this isn't simply some come-hither, titillating activity akin to what might be found at a gentleman's club. Belly dance is a historical art with numerous styles (American Tribal Style, Turkish, Cabaret, Egyptian, Fusion, etc.) Some scholars note that belly dance was originally performed by women for women as a way to pass the time or celebrate the milestones of femininity, such as coming of age and childbirth. Our dance troupe practices primarily American Tribal Style (ATS), a form that borrows from a rainbow of different folklore and cultures. It is often improvised and a leader gives subtle cues for particular dance steps or sequences.

Sorry to disappoint you, but there are no "I Dream of Jeannie" transparent pink chiffon harem pants here. The ATS costume generally has numerous layers on the lower half to include harem pants, an enormous long, full skirt (borrowed from flamenco), followed by a hip scarf and a coin, fringe or tassel belt. It is a dance style and costume that feels tailor-made to disguise my saddlebags and heavy thighs.

The top half of the costume is something similar to an Indian choli or crop shirt, often open at the back since this makes it easier for us to pick up on our leader's nearly-imperceptible dance cues. This is topped with an embellished bra, decorated with seashells, coins or other adornments. Originally, turbans were worn, but our dance troupe abandoned the stifling headpieces long ago in favor of flowers in our hair. Our midriffs are bare. However, when not on stage, it is proper belly dance etiquette to keep covered up with some sort of mumuu, veil or sarong.

As with the above cardinal rule, there are other shared aspects of an actual unifying belly dance culture found in the many styles of belly dance. A universally understood form of applause, called a zaghareet, is a high-pitched, trilling ululation performed while hiding the mouth with the hand. Performers and audience participants will often do this as a way of shouting "bravo!" during and following performances.

Stage names are common in the belly dance community as well. Often, they are symbolic. With my fellow troupe members, I'm known as Artemis, the Greek translation of the Roman goddess Diana. It is a nod to my own family's Greek heritage.

Pieces of jewelry in the belly dancer's attire are chunky and countless. Makeup is applied heavily and in the case of ATS, frequently features black drawn on tribal marks around the eyes or chin. There is usually plenty of permanent makeup as well: tattoos and piercings are common. And so, this is how this small-town soccer mom and grown up Catholic school girl got some "ink" in recent years. My tattoo is in a very discreet, although not vulgar, location. You would never know it was there unless you attended one of our troupe's performances. Even then, it hides under the beads and assorted baubles.

Belly dance came naturally to my lower half, but my upper torso has come a long way and worked hard to be where it is today. My naturally slouched spine had to, well, grow a backbone. While I'd spent much of my life hearing my mother say, "Pull your shoulders back and stand up straight!" It wasn't until

belly dance, seasoned with a little yoga, taught me that my "heart center" was really the problem. Think about it: What good is pulling your shoulders back if your chest remains concave? "Opening your heart space" is a physical adjustment as well as a state of mind. In the end, training myself to lift and isolate the muscles of my upper torso was as much an achievement as opening my heart to a new experience.

So, yes, I do still have swivel hips. But, now I'm old enough to celebrate them. Mom and Dad were right: I am freakishly proficient with dance moves below the waist. These hips can pop, drop, do figure eights -- vertically and horizontally -- and, of course, shimmy ten ways to the moon.

But after all these years of living with this body of mine and learning its potential, the best movement it makes is not below or above my belly button. My best move is the smile on my face as I give a banshee-like zaghareet behind my hand at the end of a performance.

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Hosting a business dinner is both an honor and a responsibility. Employers typically entrust only their most valued employees with the responsibility of hosting a business dinner, and such opportunities are not to be taken lightly.

The desire to impress is there whether you're hosting your first or fiftieth business dinner, but those with experience hosting existing or potential clients know that no two business dinners are ever the same. What works for one client won't necessarily impress

another, and the responsibility of impressing the clients falls on the host, which adds to both the excitement and the anxiety of hosting a business dinner. But even though hosting a business dinner may inspire a few butterflies to dance in your stomach, the following tips can ensure the night goes as smoothly as possible.

\* Know your client. Clients tend to have vastly different needs and personalities, so while the ambiance of one restaurant might appeal to some clients, that same atmosphere might not be so impressive to others. When choosing a restaurant, consider its ambiance and how well that matches up with the client you will be taking out to dinner. Some clients may prefer to make deals in more laid back locales, while others may prefer the five-star treatment. Taking the latter to an all-you-can-eat buffet will hurt your chances of making a deal, while the former may take your willingness to spend lavishly on a meal at a five-star restaurant as an indicator that your company spends lavishly

and ultimately passes such spending off on its clients. Understanding your client's personality should help you choose a restaurant that's likely to impress.

\* Don't go in blind. Unless a client requests a specific restaurant, try to choose a restaurant you have visited in the past. This is beneficial in a variety of ways. When visiting a restaurant you frequent, you're in position to make recommendations with regard to the menu, and that insight can increase the chances that your client will enjoy his or her meal.

When choosing a restaurant you're familiar with, you're also choosing one where you know the service is exceptional. If it wasn't, you would not keep going back. No one wants a business dinner to be overtaken by poor service, which, fairly or unfairly, will reflect negatively on you.

\* Avoid restaurants with gimmicks. Restaurants with gimmicks, such as those where the staff sings to customers celebrating a birthday, might be fun to visit with friends or family members, but such establishments are best avoided when hosting business dinners. Gimmicks can interrupt a meal and make it difficult to make any headway on a business deal, so stick to restaurants where you won't be interrupted by celebratory staff members or drowned out by live music.

\* Don't just show up. Nothing is more awkward or unprofessional than taking a client to dinner and being

forced to wait for a table. If you can't get a reservation at your preferred restaurant, then choose another establishment. Do not wing it and decide to wait for a table near the hostess or at the bar.

\* Avoid exotic restaurants. Unless your client requests a particular type of cuisine, avoid exotic restaurants with relatively limited menus. Clients may have certain food allergies or aversions to particular types of food, so opt for a neutral restaurant with a menu that appeals to diners of various palates. If taking a client out for the second time and you remember the client mentioning a love of a particular cuisine, then the second dinner is a great time to indulge the client's love of that unique or exotic cuisine, especially if it's just the two of you.

\* Don't overindulge. Overindulging, whether it's eating too much or enjoying one too many glasses of wine, won't impress the client. Resist the temptation to order the biggest steak on the menu and, if you choose to enjoy a cocktail, drink it slowly. A full stomach may make you drowsy and less attentive to your client, while a client will understandably question your judgement if you appear to be overindulging in alcohol.

Hosting a business dinner is a significant responsibility not to be taken lightly. But hosts can employ a few simple strategies to calm their nerves and make sure the night goes smoothly. ■

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Guess Who?

I am an actress born on June 4, 1975 in California. My father is a famous actor and I followed him into the business. I won an Academy Award, but some might say my biggest accomplishments are my six children.

Answers: Angelina Jolie





# What Would Your Mother Say????

## -things modern kids will never experience

By S.D. Shapiro

*In the fast paced  
21st century we've  
traded common sense  
for the ability to  
quickly look up information  
on the internet.  
We've forgotten our manners  
and civility.  
How do we get  
back to our roots?  
Can we get back?  
Food for thought . . .*

With all our modern bells and whistles there are some things that modern teenagers will never experience. The electronic bits and bytes have replaced out inter actions and we may not be better off because of it. Modern teens will never experience calling a girl on an old fashioned land line and having her father answer. The initial fear and trepidation any prepubescent teen felt while dialing (sometimes on an actual dial phone with a cord) was instantly and exponentially magnified when Mary Jane's dad said, "Who's this?"

Terror. Pure, unadulterated terror, ran through your veins like wildfire. If you could manage any reply, the phone would be handed off and your conversation closely monitored, an unhappy father audibly grumbling in the background. Any confidence you might have had drains out of your body.

Modern kids never experience this because every kid over the age of 5 seems to have their own smart phone. Their phones chirp and buzz with notifications while parents

have to contend with pass codes to see what is going on in their children's digital world.

Passing notes has also fallen to the digital age. Before the age of smart phones kids would have pockets full of notes to pass to their best friends. Now it is all done with texts. A push of a button sends their messages, bits and bytes of electronic data and pictures, zipping off through cyberspace.

The smart phone has eliminated many other things. Looking up anything has been relegated to a push of a button. Rifling through card catalogs or doing research at a library is something our ancient ancestors did before they discovered the internet. Using a dictionary has been taken over by spell check and autocorrect. Kids today cannot even remember phone numbers; everything is saved in their phones.

When is the last time you looked up a phone number in a telephone directory? It has probably been years, especially if you have a smart phone. Yet companies are still cutting down forests to make telephone books. They are delivered to your doors in plastic bags. And they hardly get a second look in modern America. If they are lucky the yellow books will go from your doorstep directly into the recycling bin. Unlucky telephone books get left in the elements, soaking up the rain and the snow while modern kids look up telephone numbers on their smart phones.

Maybe the smart phone has simplified our lives. Maybe it has made it more complicated. Sure, we are all more connected. But is it better? I still remember my phone number from high school. And I



still remember my friend's numbers. Sadly they're all disconnected. Some things like calling that girl for the first time might not happen today but in the past we never had to deal with selfies. When it comes down

to all the things modern kids will never experience stop and think, "What would my mother say?" She would say, "Quit Snapchatting and keep a dime in your shoe for the pay phone." ■

## Include good fats and carbs in a healthy eating plan

Come the end of the holiday season, many people resolve to rest, recharge and get back to healthy eating habits.

Time magazine reports that losing weight and getting fit are the most popular New Year's resolutions, but also the ones that people are most likely to abandon after a short time. That may be because New Year's dieters are too often choosing diets that are impractical and not conducive to long-term success. Some may stop eating certain foods or ingredients entirely, while others look to diets that require a level of commitment beyond busy adults' capabilities.

Many fad diets target fat and carbohydrates, but dieters may not know that fat and carbs are necessary for a healthy metabolism. According to Dr. Walter Willett of the Harvard School of Public Health, low-fat diets don't work for many people. In fact, dozens of studies have found that low-fat diets are no more healthy than moderate- or high-fat diets and may, in fact, be worse. Foods that are low in fat may be full of ingredients that can be detrimental when eaten in high amounts. Processed low-fat foods can be made to taste better with copious amounts of salt or sugar. Some low-fat foods are actually high in simple carbohydrates, which can cause spikes in blood sugar and increase bad fats called triglycerides in the blood.

Simple carbohydrates are generally those that break down fast and do not provide much value beyond the initial energy burst. Although some simple carbs, such as fructose and lactose, can be beneficial and are generally found in healthy foods, it's best to avoid simple carbs.

Eating healthy doesn't mean avoiding carbohydrates and fats altogether. The key is to find good fats and carbs that provide a host of benefits. Good fats, such as monounsaturated fats, polyunsaturated fats, and omega-3 fatty acids, help to manage mood, maintain mental acuity, fight fatigue, and control weight. Good fats are largely found in olives, nuts, legumes, soy, and fatty fish. Keep total fat intake to 20 to 30 percent of your calories.

Good carbs are complex carbohydrates. They're starches that take a longer time to metabolize in your digestive system. Good carbs will raise blood sugar, but they will keep it at a stable level for an extended period of time. Complex carbs usually contain a lot of fiber, which can help keep a person feeling full for long periods of time. Plus, they help keep digestion moving smoothly to help you avoid constipation. Fibrous vegetables, fruits, whole grains, and beans are high in fiber and are good carbohydrate choices. Some foods contain both good carbs and good fats.

Eating healthy means finding a balance that includes the right fats and carbohydrates. ■

## Matter of health: Talking to children about alcohol

Many kids and their parents are not overly concerned about alcohol, which does not carry the same stigma as illegal drugs. When consumed in small amounts, alcohol may not seem very dangerous, but even small quantities can affect the body.

Alcohol is a depressant, which slows down the body and makes a person feel relaxed. With more alcohol, movements become clumsy and uncoordinated. It also interferes with decision-making abilities and could lead

to risky behavior. As alcohol slows reaction time, driving under the influence can be deadly.

The liver is responsible for filtering alcohol out of the blood. With greater quantities of alcohol, it can take longer for the liver to do its job. Over time, alcohol consumption can damage the liver.

**Get the facts**

Some families have misinformed views about alcohol. Beer or wine may be considered "safer" than hard liquor, but each has the same effect on the body. It can take anywhere from two to three hours for a single drink to leave a person's system and the process cannot be sped up.

Young people have smaller

bodies, and alcohol can affect them differently. It may only take a small amount of alcohol to cause considerable impairment. Plus, young bodies are still developing, and alcohol may have an effect on a maturing brain, leading to long-lasting intellectual effects.

People tend to not realize how much alcohol is affecting them. Overconsumption of alcohol can lead to risky and potentially dangerous behavior.

Parents concerned about their children and their consumption of alcohol can present the facts and urge kids to wait until they are adults before trying alcohol. Waiting until adulthood can minimize some of the health implications of drinking early.



# History in Your Backyard

## – Locks

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Linus Yale was born in Middletown, Connecticut, and later moved with his parents to Salisbury,

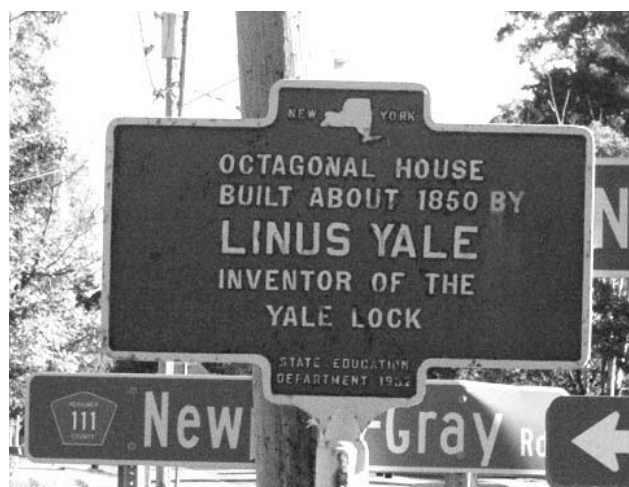
Central New York, include; U.S. Patent x5,788 mill stone dresser (submitted from Salisbury, New York on January 20, 1830), U.S. Patent x7,767 horse power (submitted from Otsego, New York with P.C. Curtis on September 17, 1833 ), U.S. Patent x7,770 threshing

York on July 29, 1841 ), U.S. Patent 3,312 combination lock (submitted from Springfield, Massachusetts with C. Wilson on October 20, 1843), U.S. Patent 3,630 pin tumbler safe lock (submitted from Springfield, Massachusetts on June 13, 1844 ), U.S. Patent 6,111 safe (submitted from Newport, New York on February 13, 1849 ), U.S. Patent 10,144 a bank lock (submitted from Newport, New York on October 18, 1853 ), U.S. Patent 10,584 a bank lock (submitted from Newport, New York on February 28, 1854 ), U.S. Patent 12,932 a bank lock (submitted from Newport, New York on May 22, 1855 ), U.S. Patent 15,500 vault and safe door bolt (submitted from Newport, New York on August 5, 1856 ), U.S. Patent 18,169 padlock (submitted from Newport, New York on September 8, 1857 ).

Linus Yale Sr. died in Newport in 1858. Shortly thereafter, around 1860, Linus Yale Jr. opened his own shop in Shelburne, MA. He, like his father, specialized in bank locks. He introduced combination safe locks and improved on the pin-tumbler design that is prevalent in modern locks and safes. Throughout his career in lock manufacturing, Yale acquired numerous patents for his inventions and received widespread acclaim from clients regarding his products. Many of Linus Yale Jr.'s innovations are derived from the large wooden locks built by ancient Egyptians

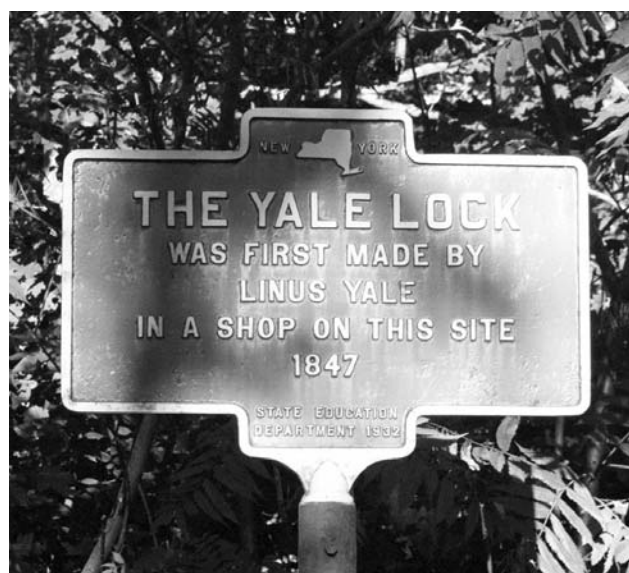
though his newly formed company was in its infancy, his locks were already selling strongly. Eventually Yale Locks became the premier manufacturer of locks in the United States. Combination locks on school lockers and health clubs around the globe owe their existence to Yale.

At the same time, about 30 miles away, in the hamlet of Knoxboro, in Oneida County, J.C. Knox established the New York Lock Company in 1861. They made locks in Knoxboro for several years. We have a history of locks secured in the foundation of Central New York. What other everyday devices were created in your backyard?■



New York. He married Chlotilda Hopson, September 27, 1815, and they had four children. Yale opened a lock shop in the early 1840s in the Village of Newport, New York. He specialized in bank locks. In 1850 his son, Linus Yale, Jr. joined him at the lock shop and began working on improving his father's pin tumbler lock.

machine (submitted from Utica, New York with P.C. Curtis on September 17, 1833 ), U.S. Patent 9,094x sawmill head block (submitted from Utica, New York on September 11, 1835 ), U.S. Patent 739 grain threshing machine (submitted from Little Falls, New York with S.W. Stimson on May 17, 1838 ), U.S.



A short list of Linus Yale Sr.'s patents, mostly conceived in

Patent 2,196 sawmill dog — (submitted from Newport, New

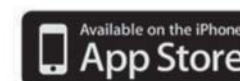


from over 4,000 years in the past. He patented a pin tumbler lock for use in banks in 1851, a pin tumbler lock for use in doors in 1863, and in 1865 he patented the pin tumbler padlock which are all found in use today. The padlock was a eureka moment. The lock was smaller, sturdier, and more reliable. This led Yale Jr. to add a permanent dial and shaft to the lock creating what is known today as a "combination lock."

In a move right out of PT Barnum's play book Martin Yale Jr. challenged the public to test his locks. Anyone who could successfully pick his bank locks would receive \$3000; over \$50,000 at today's rates.

Linus Yale Jr. died suddenly of a heart attack on Christmas day in 1868. He was in New York City negotiating to have his locks installed in a skyscraper. Even

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# Transporting holiday gifts



**Learn how to pack or ship gifts safely to minimize inconveniences and ensure they arrive on time.**

As families spread out across the country and even across the globe, the holidays can become a little more difficult to navigate. According to AAA, a federation of motor clubs throughout the United States, roughly 90 million Americans will travel 50 miles or more for year-end holidays.

Families that are spread out must decide where to spend the holidays together. But in some cases, families can't all be together, so celebrations must be handled remotely and gifts shipped to waiting recipients.

Shopping for gifts may have taken some time, but now you will have to figure out how to get those gifts where they need to go. The following are some pointers for holiday celebrants who are driving, flying, taking a bus, or shipping gifts.

## Shipping dates

If the goal is to purchase and ship gifts near and far, starting early has its advantages. Thousands upon thousands of cards and packages are shipped each day during the holiday season. In 2013, shipping giant UPS projected 132 million deliveries during the last week before Christmas, and actual figures exceeded those expectations.

Many shipping services will get packages to recipients on time, but customers can help them along by sending them several weeks before the holidays. Shipping later in the season may incur additional fees for priority shipping. Always check sellers' "purchase by" dates to ensure items will arrive on time.

Items that will be shipped internationally should include a detailed description as well as the value of the package. Presents under a certain value may be duty-free or tax-exempt. Check with customs to get a better idea of the shipping regulations.

## Plane ride

Airlines have specific regulations in place regarding which items can and cannot be brought on planes, at least inside of the cabin. Thanks to increased security measures, restrictions are greater than they once were. Transportation Security Administration officers may have to inspect items for safety purposes. It may be better to leave gifts unwrapped and then wrap them after the flight to avoid hassles during the screening process. Liquids, including foods, may need to be put in a checked bag if they exceed 3.4 ounces. Consider shipping delicate items ahead of time if you are concerned about breakage.

## Packing the car

If a holiday road trip is in your future, space constraints may require you to be a little creative when packing the car. Shop for smaller gifts, including gift cards, which are easier to transport. Advise family and friends that you will have limited space so they should not go overboard with regard to gifts given to you in return.

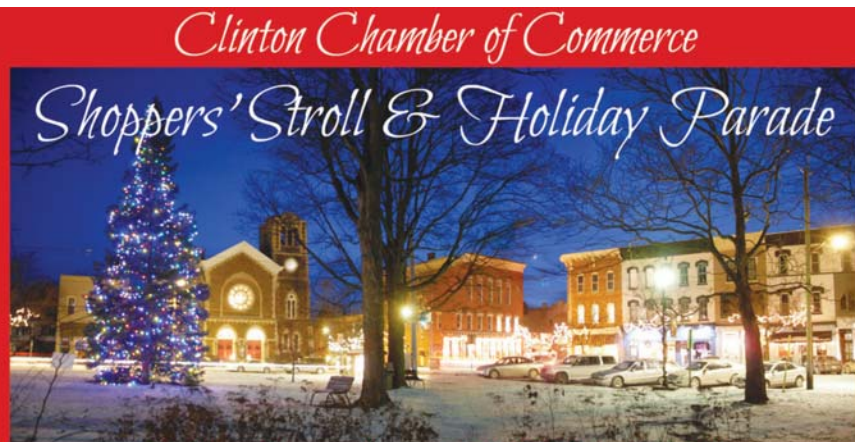
Heed safety precautions and do not obscure driver visibility in the car by stacking presents too high. Also, secure boxes and packages in the car so they do not slide or move around. Anything that is not secured can become airborne in the event of a collision, increasing the risk for injury. Items placed on roof racks should be tightly secured so they don't fall off and present a hazard.

Those who will be traveling for the holidays should plan how to transport any gifts they will be bringing along long before the day comes to hit the road. ■



## Did you know?

What would Christmas gift-giving be without a tree under which to place the presents? Tree shoppers have plenty of variety to choose from when selecting that ideal tree. Approximately 21,000 Christmas tree farms exist in the United States, and these farms sell between 30 and 35 million real trees each year. Those who prefer artificial trees can shop for everything from trees that appear to be natural to pastel-hued boughs. The first printed reference to a Christmas tree was made in 1531 in Germany. Since then, Christmas trees have grown in popularity through the centuries.



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# Whirled Peas Beads and Jewelry Design

– handmade glass beads and jewelry



by Al Dorantes

Glass beads have been around for thousands of years. Denise Sachs-Mishalanie and her studio Whirled Peas Beads and Jewelry Design is bringing the complex art of glass bead design into modern times.

Denise Sachs-Mishalanie makes her own glass beads in her newly built, pristine studio. The studio, open by invitation and appointment, is where Denise designs and makes glass beads and jewelry. One of her featured designs is an interchangeable bead necklace. The design has become a very popular gift idea with new beads appearing regularly especially for holidays like Valentines Day.

Denise had a prior jewelry background. She graduated with an art degree with a focus on jewelry design. She started her foray into the world of beads after she purchased some beads from Emmi Beads. She liked the beads so much that she tracked down their creator, Christopher Rice, because of his marble making skills. Denise asked if he would take on a student. She learned bead making and "rented" time in his studio. After a year she struck out on her own. When not working her day job she made beads in her own studio and slowly built a business locally. Denise's plan for Whirled Peas was to wholesale her beads to bead

around. She deftly pokes and manipulates the glass adding color and shape beneath the layers of glass almost like a painter creating depth with brushstroke after brushstroke.



The Borosilicate glass is a sturdy glass. It melts at a higher temperature and is stiff, not gooey which allows Denise to get the effects she is looking for. She works on a tiny scale, heating and reheating small portions of the beads so she can control the heat.

When making beads Denise explained that she tries not to have boundaries; to keep her mind open. She creates her own designs

stores. When the economy faltered she noticed that people stopped buying fine jewelry and switched to buying craft jewelry.

Denise's process for creating a bead starts with applying heat to a glass



rod. As the rod melts she applies it to a specially prepared rod. With a practiced hand Denise heats the rod and whirls the melted glass around and

or can be commissioned to create custom beads and jewelry. Along with the glass Denise employs sterling silver and leather to bring her jewelry designs to

life. She only uses genuine elements and the highest quality materials to ensure quality a product. When creating beads she makes them with vision for jewelry. The very nature of Denise's Whirled Peas Beads makes

each one unique.

Denise said, "The way to make art into a business is to find the right outlet for your art; find people who want your art. That is the beauty of the online world. You find people all over the world who want your beads."

One thing that separates Whirled Peas Beads from other beads is that Denise fire polishes the ends. This extra step not only looks better but also allows the beads to work better with other materials like leather or delicate necklaces.

Denise Sachs-Mishalanie is only doing one upcoming artisan show. November 20-22 she will be in East Aurora, New York at the Knox Farm Artisan show. Her jewelry and beads are available at the Village Crossing in Clinton or online. For more information go to: [www.whirledpeas.net](http://www.whirledpeas.net) or follow Denise on Facebook: Whirled Peas Beads and Jewelry Design. ■

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# Erin Hamlin – Focus Personified



© Nancie Battaglia

headquarters in Lake Placid. “Our off season is pretty long and after not sliding much last spring, it has been a while since I have been on my sled. Things feel great so far.”

Her 2014-15 racing season was topsy-turvy, with results ranging from second place to 22nd. The highlights were a silver medal in women's singles in the Lake Placid World Cup, a pair of medals in the team relays, as well as gold and silver in the sprint (one heat) races. She finished fifth overall in the final World Cup point standings.

While last season lacked the luster of the fabulous bronze medal she captured in the Olympic Winter Games in Sochi, Russia, in February 2014, it also brought a sense of normalcy.

In the summer of 2014, she was touted as the first Olympic singles medalist in U.S. Luge team history. The ever-smiling Hamlin made appearances on national TV, attended banquets and gave speeches everywhere between Hollywood and Remsen. Despite the fun, it also proved to be a distraction.

This past summer, though, was businesslike for the three-time Olympian and 2009 World Champion. So

in my career. Having friends and more importantly, family around all the time is always really nice.”

Two months ago, a new opportunity arose. Hamlin was tapped as a spokeswoman by Adirondack Bank. The commercials are now airing on local TV and Hamlin posted a link to the video on her Facebook page.

“We had a shoot in August before things got too busy for me with our preseason,” she explained. “It has been an exciting process and I can't wait to work more with them in the years to come. It definitely is a natural fit. (They) are based in Utica, so it makes a lot of sense! We are both very into giving back to the community that supports us, so it is exciting to think of the possibilities and projects we can jump into that can make a difference.”

Adirondack Bank has branches throughout upstate, including Lake Placid. The sponsorship is with Hamlin, not the entire team, but every little bit aids the program in general. Athletes in the U.S. Olympic program do not receive government funding, so endorsements, private donations and major sponsorships are lifesavers.

To kick off the season,

by Pat Malin

Focused. That sums up Erin Hamlin's mindset as she returns to the USA Luge Team and international race competition for her 11th consecutive season.

The 27-year-old Hamlin, a native of Remsen, ramps up her season by trying to defend her title in the Norton National Seeding Race in Lake Placid on Oct. 31. She has earned the No. 1 ranking on the women's team six times in the previous seven years.

To make it a true test of endurance, USA Luge will hold a second round of seeding races in Park City, Utah, on Nov. 7, followed by the Norton national championships there on Nov. 8. Points will be awarded for each of the races, with the total determining final World Cup team berths. The 2016 champions will be decided by the fastest total of four heats over the last two days (two runs daily). Then the athletes will turn their sights to the 2015-16 FIL (Federation International de Luge) season opener on Nov. 25 in Igls, Austria.

“It is great to be back on ice,” Hamlin wrote in an email from team



what was on her agenda? “Mostly training!” Hamlin exclaimed.

“I definitely put training and my workouts back to priority number one after taking advantage of so many opportunities last (2014) summer,” she added.

“I really didn't have much going on at all outside of the gym, which was the plan. I trained at home again this summer, which is just good for my psyche at this point

USA Luge spent five days of pre-season training in Lillehammer, Norway, along with luge athletes from other nations. Hamlin won a pre-season race there in 2014. Then on Oct. 8, the Americans returned home to their one-mile, refrigerated track on Mount Van Hoevenberg in Lake Placid.

Hamlin loves competition, even if it's the seeding races

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# \$100 Contest Winner

You could be the next lucky reader



Brenda Castelli, our lucky winner of \$100!

Our contest winner from the last issue is Brenda Castelli who lives in Utica. She is a life long resident of this area of upstate New York; originally from Whitesboro, Brenda stated, “This is just such a beautiful part of the state. I love living here, watching the seasons change is just amazing.”

Brenda shared with us that she usually picks up her copy at either Kitlas, Symeons or Hapanowicz Brothers Meat Market. She enjoys the local content. “I love the way the magazine looks. It’s so colorful, I love the local interest stories and seeing the ads from all of our local businesses. There are so many that I didn’t even know existed until I started reading Editor. I like the historical marker series too.”

Brenda shared that she has been a reader since the PULSE days and was so pleased to see it continue as EDITOR. “I would really have missed it, I am so happy that it lived on!”

Thank you Brenda for being such an avid reader. We appreciate hearing all of your kind words.

We apologize too to our readers, we relocated our office on October 10th and the switching of our phones did not go as smoothly as I would have liked. Many of you had issues getting through to us. We sincerely apologize for that. The NEW number for the contest is 315-985-9139 but in the future, you can always use our main line to enter as well!

This issue’s contest clue can be found in the ad on this page. We wish you all the best of luck! ■

## Exploring the amazing health benefits of reading

It can be hard for some people to pick up a book when there are so many distractions at the ready. But while books might not be as flashy as the latest must-have gadget, they can provide benefits that might surprise even the most avid readers.

In addition to the intellectual benefits of reading, indulging in a good book can also boost physical health. Just like muscles in the body, the brain benefits when it is pushed beyond its normal abilities, and reading is a great way to push those limits.

Reading can help reduce stress, benefiting the body in numerous ways. A 2009 University of Sussex study found that turning to a good book can be an effective relaxation strategy when things become too stressful. Reading fiction can stimulate the imagination and distract a person from the stressors in everyday life. Choosing a humorous or uplifting story can boost mood and help people relax, particularly when reading before bedtime.

Reading also can help men and women get a better night’s rest. People who are accustomed to reading books before going to bed actually train their mind and body for relaxation. Picking up a book can send signals that it is time to settle down and get ready for sleep. Health experts often recommend developing a sleep routine to people who struggle to fall asleep at night, and reading for 30 minutes before bed each night can be an integral part of such routines.

Research has shown that reading and engaging the brain in other ways, such as through intellectual games and puzzles, can stave off dementia. These activities stimulate the cells in the brain to grow and connect, increasing the power of brain tissue. According to

the Alzheimer’s Association, keeping the mind active through reading can strengthen connections between brain cells and build up brain cell reserves. Mental activity might even generate new brain cells. All of these factors can reduce the risk of Alzheimer’s disease and dementia.

According to a paper from researchers at Carnegie Mellon University, reading can stimulate the brain to produce more white matter. White matter works together with gray matter and is responsible for sending sensory and motor stimuli to the central nervous system to stimulate a response. Healthy white matter keeps the central nervous system working effectively and may reduce risk of learning disabilities as well as impaired motor functions.

The educational benefits of reading are widely known. But reading also provides a host of other benefits. ■

## Hamlin continued.....

against her teammates. “I am confident every year, especially in Lake Placid, but not 100 percent thinking that I will win,” she said.

“Our women’s field is really deep and has been for almost my entire career, so I know I will have to be perfect or close to it. We are all sliding really well and it’s exciting to know going into a season that any of our girls can end up gunning for the podium.”

Hamlin, who stands 5-foot-7 and weighs 143 pounds, is the second-eldest woman on the team. In the sport of luge, accumulated age and experience is beneficial. She will turn 28 on Nov. 19.

The USA Luge women’s team includes Julia Clukey, 30, of Augusta, Maine, who just won this year’s pre-season race in Lillehammer; Summer Britcher, 20, a 2014 Olympian from Glen Rock, Pa., and a gold medalist in the team relay in the 2013 Youth Olympic Games; Emily Sweeney, 21, Suffield, Ct, the 2013 Junior World Champion; and Raychel Germaine, 19, Roswell, Ga., who just graduated from the junior ranks.

Three men are competing for spots in singles. In addition, USA Luge is carrying three men’s doubles teams.

The FIL schedule consists

of nine World Cup races, including six team relays. Igls, Austria, outside of Innsbruck, is the traditional starting point of the FIL tour, which is predominantly based in Europe.

This year, there will be a change of pace when the World Cup returns to North America for three races in December, including both USA Luge training sites in Park City and Lake Placid. Hamlin won’t actually compete in the World Cup until Nov. 29 and then there will be three consecutive races until Christmas break—including a stop in Lake Placid, Dec. 4-5.

“I don’t know when the last

time we had two (World Cup) races in the US, if ever, so it will be great,” Hamlin said.

Hamlin has thrived on her home track in recent years. She made international sports headlines in 2009 by unexpectedly snatching the gold medal in the World Championships in Lake Placid—which broke a decades-long winning streak by the Germans.

Then in last December’s World Cup race in Lake Placid, she won a silver medal in singles and helped the USA relay team to a bronze. ■

# EDITOR

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# EDITOR

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Hello Again,

Have you ever been caught reading some persons private mail? No then have you ever wished you could read someone's mail but feared, you would get caught. No – ah come on and admit it, at least to yourself you know you have.

Here is your chance. I am going to write myself a letter. You can sit quietly and read it or sneak a quick peek and even share it with the local town gossip. But if you do, someone will know you have been reading my mail. Here it goes:

Hello Again – Hello Again,

I am feeling real blue. I just read in the daily newspaper that the World Health Organization just announced that one of my favorite foods the world famous American hot dog causes cancer. Who announced this earth shaking news? The World Health Organization. Their organization is often called Who. You know – the same name as the idiot boy called Who Me, the one with a big jug head and the protruding ears. Ya - that one. Possibly after all of these years he finally formed his very own Who organization? What is going to happen to the boy scouts of America and Yankee stadium when they learn their favorite food is now on the forbidden list! It's hard to believe no more hot dogs.

On the other hand maybe our state and federal government will slap a federal and state tax on Hot Dogs as they have on tobacco. Between a Hot Dog and tobacco tax, we should be able to pay for all of the socialist programs that Albany and Washington can dream up.

They say there is always two sides to every coin, in other words you can usually find a way to take advantage of any problem. I propose that you band together with some friend to form a very special meat processing plant right here in the Mohawk Valley. Soon our new products will be called the new pure New York Cold Dog. With hot dogs going out of fashion, the success of the New York Cold Dog should be an over night sensation. I can hear it now – loud speakers claiming “come buy my Cold Dog the best Cold Dog in town.” Possibly we can offer Erie Canal Cold Dog Mustard. Buns will be next.

I'm sure after reading the following you will remember when the Who Me group of that era declared cranberries caused cancer. After nearly destroying the cranberry bog farmers they declared an oops and decided if you ate enough cranberries to fill a battleship it might play some mysterious negative part in your health. But could not prove it. Can you imagine Thanksgiving dinner without cranberries?

Then the Who Me's took on one of New York's largest agriculture products. They tried their best to sap all of the strength out of the apple orchard industry. The Who Me boy struck again and said that a product called Alar which orchard owners used to spray on apple trees caused cancer. Alar gave special strength to the apple tree to hold onto the apple giving the apple time to grow into grade A size and add desirable color. I believe it was Cornell University that gave the Who Me gang a much-deserved horselaugh. Stating that if an apple loving person ate tons of apples and lived to be 90 years old – possibly it might have some effect but they doubted it. Once again the Who Me's made fools of themselves while hurting others, and could not prove anything. As always the N.Y. State apple is and has always been, one of the greatest healthy fruits.

It seems only sensible to sign off on this letter to myself as I want to discuss something about the Lady who wants to become president and I wouldn't want anyone to pull a Who Me at her expense.

Do you mean I think she is a liar? I didn't say that did I? I merely said she must have been stating some other kind of truth.

The following may be somewhat complicated. However if

you consider yourself to be an American (U.S.A.) citizen and intend to vote during the next presidential election it would be best if you understood.

I will attempt to present only facts:

1. On September 11, 2012 in Libya the Embassy Compound was attacked and Ambassador Christopher Stevens and three other Americans were killed.
2. The Obama Administration immediately presented the attack as a spontaneous mob back lash to an anti-Muslim you tube video. (The key word is spontaneous)
3. Both President Obama and Secretary of State Clinton on several occasions claimed it was a mob organized attack and not planned before hand.
4. The next day after the attack Mrs. Clinton mentioned the video twice as the cause.
5. The same afternoon Mrs. Clinton had a call with the Egyptian Prime Minister. She told him “We know that the attack in Libya had nothing to do with the film. It was a planned attack not a protest.
6. For several days – possibly weeks after Mrs. Clinton and Ms. Rice and President Obama continued to spin the video lie.

What does all of this mean – simply put in good English all three of these people cannot be trusted to tell the truth. Should I say Mrs. Clinton used a different form of truth? Call it what you choose, but I doubt she or Ms. Rice or Mr. Obama would submit to a lie detector test.

Now in my opinion: Why was all of this very serious blarney used by those three. It was a Presidential election year and they did not choose to let American voters see how poorly they handled the protection of their (our) American Ambassador and staff.

I believe there is a Holy Bible verse which states “The truth will set you free” Common sense says a lie can cause you a pack of trouble. Can you imagine what it would be like to lose a presidential election and the trust and respect of millions of fellow citizens, due to a lie, which served no purpose to start with.

Fred Lee

## Guidelines for a workplace holiday party



Many offices host parties for staff come the holiday season. Such work events intend to thank employees for a year of service and encourage coworkers to interact in a more casual fashion.

Many employees eagerly await the opportunity to let loose with their coworkers and share a few laughs at the height of the holiday season. But holiday parties can be a lot of work and require management and employees to work together to ensure everyone has a fun and safe time.

Planning a holiday office party requires more than just decking the halls. To ensure your office party is successful and safe this holiday season, consider the following tips.

- Hold the party out of the office. A party in the office may feel like an extended work day. Find a location that is close to the office and as convenient for everyone who plans to attend as possible. A change of atmosphere could help guests relax and be more inclined to have a good time.

- Let employees bring a date. To facilitate a family feel, encourage workers to bring their spouses or significant others to the party. This helps to separate the event from the traditional office environment and may help foster deeper friendships and employee loyalty.

- Stick to company dress code. Employees should wear similar clothing to what is expected in the office environment. It's best to present a picture of professionalism. Now is not the time to try out a racy dress or a funny gag T-shirt.

- Plan the party during work hours. Having the party begin during the workday discourages potentially unsafe behavior. End the party just when you would a normal workday.

- Be careful with alcoholic beverages. A few spirited drinks can help guests relax and feel more at ease at the party, but too many can lead to unruly behavior and liability issues. Employers are responsible for seeing guests home safely after a party. Keep alcohol to a minimum or choose not to offer it at all.

Office holiday parties allow coworkers to socialize and get to know one another on a deeper level. Guidelines can help ensure a successful party. ■

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# Rogue & Royale Boutique



by **Al Dorantes**

is your style source.

Rogue & Royale Boutique, located at 4 College Street in historic Clinton, New York is your destination for women looking for unique fashion. Open Tuesday - Friday 12pm - 6pm, Saturday 11am - 4pm, and with extended hours during the holiday season this boutique

Owner Lynsey Riffle grew up in Clinton. She noticed the town's need for a shop for the younger generation, college demographic, and any charismatic women looking for contemporary fashion. Lynsey saw an opportunity and ran with it. She explained that being

from Clinton was key to her success. Lynsey said, "I knew I always wanted to open in Clinton." She explained that the historic town with its village green and businesses that support each other is the perfect atmosphere for starting a business.

Rogue & Royale began online as an e-commerce site. The proof of concept worked so Lynsey made the decision to open a brick and mortar shop. The current location became available last July and after renovations the new boutique opened in November 2014. The women's contemporary boutique offers modern lifestyle clothes.

Riffle explained that Rogue & Royale has a huge local following of trend setters looking for one of a kind, limited quantity pieces. Rogue & Royale's customer base really has no age demographic; they cater to everybody. With styles for every age group they are sure to have what you are looking for.

Rogue & Royale is one of the only distributors in the area for Daniel Wellington. Daniel Wellington is a watch maker specializing in watches with swappable bands. They are widely followed on Instagram. Their

vision is that when someone thinks of a preppy dressed person, he or she is wearing a Daniel Wellington watch.

Rogue & Royale's big 1st anniversary is coming up. It falls right around the time of the Village of Clinton Shopper's Stroll (November 27 & 28). On Small Business Saturday Lynsey and Rogue & Royale will host an open house with hors d'oeuvres, sales, and specials. By that time Lynsey will have completed renovations to Rogue & Royale's loft area. That will allow them to add more inventory including local jewelry artist's goods. Rogue & Royale currently works with 2 local jewelry artists; Gypsy Treasure and KD's Closet.

Riffle hopes that her loft expansion and its additional inventory will eventually lead into her expansion into another market. Lynsey said, "The goal for the Rogue & Royale brand is to expand into outlying areas." She added, "I want people to think, if you buy something here you're going to be one



in a million"

On the sidewalk outside Rogue & Royale Boutique, a sign with chalk letters extolled the virtue, "friends don't let friends shop @ chain stores." That

philosophy reigns at Rogue & Royale Boutique. For more information follow them on Facebook: Rogue & Royale Boutique ■

## Learn something new today

- Learn a new language. If you have always dreamed of traveling internationally and speaking in a country's native tongue, begin taking lessons. A Gallup Poll indicates that only about 25 percent of Americans can speak another language sufficiently enough to carry on a conversation, although many agree that knowing a second language is a good skill to have. In addition to private tutors or classes at nearby community colleges, make use of foreign language apps and computer programs, which allow you to practice in the comforts of home. Depending on how much time you can devote to studying, it may be just a matter of a few months before you have mastered a new language. How quickly you pick up a new language may be affected by your knowledge of other languages. For example, if you already speak Spanish, learning French or Italian maybe easier because of similarities between these widely spoken romance languages.
- Take up a new sport or hobby. Hobbies and sports appeal to all types of people. Adults who never participated in sports as a child may find their interest piqued upon joining an adult league. Don't underestimate your potential abilities on the playing fields or with regard to certain hobbies. Give painting, woodworking, papercrafting, and other hands-on hobbies a go and you may be surprised to discover the talent lies within.
- Go back to school. Even if you already have a degree, don't be hesitant to pursue additional education. In 2013, a report in The Wall Street Journal indicated that just 29 percent of college students fit the "traditional" student mold. That means nontraditional students, many of whom are adults, make up the majority of students on campus. Many local colleges and universities offer distance learning or adult education programs. Speak with a curriculum advisor about a particular school's offerings and find out if you're eligible for reduced tuition or financial aid.
- See new sights. If travel is a passion of yours, make sure your passport is current and start making plans to visit areas of the world you have always wanted to visit. Perhaps there are particular ancient ruins you hope to see, or maybe you want to trace your genealogy back to your ancestral homeland. ■

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# Snipe hunting



by Joan O. Scharf

Valentine and his best friend, Ralphie, were in the meadow behind the barn skipping stones across the pond. It was early afternoon and they had given up on fishing after only one nibble in the past hour. Bees buzzed their tireless way from plant to plant, but not much else was moving in the warm fall air.

“I gotta go home now,” Valentine said.

“Did ya see that one?” asked Ralphie. He squinted and shaded his eyes as he watched the stone he had just thrown skip three times across the pond’s placid surface. “Wadda ya gotta go home for?”

“Company is comin’. Should be here by now.”

“Who’s comin’?”

“My Aunt Stella and Uncle Bennie from New York City. And my cousin, Walter,” answered Valentine.

“Is he the kid who was here last year? The one who thinks he knows everything?”

“Yeah. That’s Walter. Just because he’s a year older than me, he thinks he’s a lot smarter. He’s always braggin’ that everything in the city is better. And when they stayed with us last summer, he said our house was dumpy. Then he said there was nothin’ to do around here ‘cept count cows.”

A few more stones went flying over the mirror of the pond, making tiny plinks as they came in contact with the water.

Valentine looked over at his friend. “Ralphie, whadda ya say we go snipe hunting tonight.”

Ralphie broke into a grin. “Sounds good to me. I’ll get my brother, Owen, to come, and I’ll bring Frank and Joe Darski. What about we meet up back of your barn ‘round nine o’clock tonight?” A sly smile slid over Ralphie’s face. His bright red hair, clipped by his mother, stuck out in uneven patches giving him an impish look. “And be sure you bring Walter.”

Valentine’s mother was a good cook, and he, along with his parents and guests enjoyed the dinner meal that eve-

ning. The grownups exchanged stories about their lives and happenings over the past year. Valentine listened to their conversation, his dark eyes bright with interest as he waited for a piece of the freshly baked apple pie on the cupboard.

During dinner, Walter proved as obnoxious as he was last year. “So whadda you country hicks do around here for fun?” he asked during a quiet moment at the table.

Valentine decided not to answer. He let the remark pass, but Valentine’s father stopped chewing his food, put his fork down and looked directly at Walter. After that, Walter knew enough to keep quiet.

When the meal was over, the ladies cleared the table and went off into the kitchen to do dishes, while the men went into the parlor to smoke their cigars.

Valentine and Walter sat on the front porch steps watching the setting sun and listening to the peeper frogs from the nearby marsh.

“Warm out. Good night for snipe hunting,” Valentine commented.

Walter turned his head to look at him, but Valentine stared straight ahead.

“Snipe hunting?” Walter finally asked.

“Yeah. Hunt for snipes. Haven’t you ever been?”

Walter hesitated. “Well, I don’t have a gun.”

“Don’t need one,” Valentine answered. “You hunt snipes with sticks. A few guys from down the road are coming over in a while to go. You wanna join us?”

Walter shrugged. “Sure. Why not? Least it’s somethin’ to do around this boring place. Bet I can catch as many as you can.”

Ralphie with his older brother, Owen, along with Joe and Frank were already down behind the barn by the time Valentine and Walter got there. They hung out for a few minutes getting to know the visiting cousin, and then Valentine went into the barn and returned with several large burlap sacks.

“What’s that for?” asked Walter.

“For the snipes,” answered Valentine. “Here’s how we do it around here... We go to this clearing in the woods and build us a little fire. Just a little one, so the snipes can see it ‘cause snipes tend to run toward light. One of us will squat down by the fire and keep the bag open on the ground, and the rest will circle through the woods and beat the bushes with sticks on our way back towards it. That scares ‘em out toward the firelight into the bag. Come on, we gotta hurry afore it gets too dark to see where we’re goin’.”

With Ralphie leading the way, they walked single file into the shadowy woods where twigs crackled beneath their feet, and they had to duck underneath an occasional low hanging branch. The sun had dipped below the horizon, but its last

thin rays and the fullness of the rising moon allowed enough light for them to find the clearing.

Walter looked around uneasily as the others gathered a pile of dry wood chips and stacked a ring of stones around them. A match was produced from someone’s pocket. Ralphie’s red hair contrasted with Valentine’s dark strands as the boys leaned in together to ignite a small but lively fire.

Ralphie spoke, directing his words toward Walter. “Ok, now the next thing is we sneak out a ways into the woods to form sort of a big circle. Then we come back towards the fire beating the brush and trees with these here long sticks, and that scares out the snipes. Snipes run toward light, so someone stays here to hold the bag open real still on the ground beside the fire, and the snipes dash into the bag to hide.”

Walter’s eyes darted around. The flickering light of the fire seemed to increase the darkness of the woods. He wet his lips. “How far out there do we have to go?”

“Well, we gotta go out far enough to make sure we get enough snipes on the run,” answered Valentine. He paused. “Say, I got an idea. Since we know the woods pretty good and we’re more used to snipe hunting, why don’t we go out to scare the snipes and you can be the one to stay here by the fire?”

Although he tried not to show it, relief crossed Walter’s face. He didn’t care for the thoughts of going off into the thick pines and heavy brush in the dark by himself.

“Now Walter, when we start to beat the bushes with our sticks and make noise on our way back here, we may scare out a coon or two, and maybe even a fox or weasel, but don’t worry, only the snipes will head for the bag. You just have to hold it open real still. Snipes are furry quick moving little critters. Don’t be scared of ‘em. They don’t bite, but they kick like crazy, so you’ll know when you get one. Just close up the end of the bag fast. You should have a couple by the time we get back,” Valentine said.

Ralphie began pointing. “Frank, take your stick and head in that direction, and Joe, you go in past those trees. Owen, how about you slip in the woods over there. Val can work his way in from that side, while I go down by the creek.”

Quietly, one by one, the boys melted into the darkness.

The fire slowly grew dimmer until only a few flames danced on top of the embers. An occasional hoot of an owl was heard, along with soft rustling of leaves or an occasional chirp of an insect. The next sounds to reach Walter’s ears were faint shrieks of laughter coming from the direction of the barn, as he knelt knees aching, in the quiet of the woods waiting and waiting and holding the bag.

That was the night Walter learned who really gets caught on a snipe hunt. ■

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## Treat yourself to some much-needed pampering

The daily grind sometimes is exhausting. In fact, a poll from the Robert Wood Johnson Foundation and the Harvard School of Public Health found that 49 percent of Americans reported having a major stressful event or experience in the past year, and 26 percent of people said they had a "great deal" of stress.

In small amounts, stress can push a person to act and grow. But constant stress can become debilitating and has been linked to a compromised immune system and other unhealthy side effects. This is why a number of people resolve to reduce stress.

In addition to taking on fewer responsibilities, engaging in some activities to promote a relaxed mind and body can help alleviate stress and tension. Though the term "pampering" may not appeal to everyone, a day of pampering might be just what you need to relieve stress and unwind.

- Get a full-body massage. Licensed massage therapists have the training and knowledge to work the kinks out of your muscles and ease aches and pains. Massage therapy works tension out of the body and can help release feel-good endorphins. A massage can improve circulation and help reduce blood pressure. It's difficult to walk out of a spa without feeling relaxed.

- Schedule a manicure and pedicure appointment. If you do not have time for a full massage, having your hands and feet pampered can be a good substitute. Manicures and pedicures are not just for ladies, either. Men can indulge and opt for no nail polish. Many salons offer different types of manicures and pedicures, depending on personal preference. Spa treatments may include warm paraffin wax or hot stones to further ease pain and enhance the pleasure of the experience.

- Take a retreat. Schedule a trip to a resort or even a small hotel that is away from the hustle and bustle of where you live. Such a respite can provide a welcome change. New scenery and a chance to escape the daily grind can effectively relieve stress. Consider low-tech accommodations and turn your phone or tablet off for a few days.

- Try relaxing aromatherapy. Aromatherapy is the use of aromatic plant extracts and essential oils to elicit mental and physical responses. Lavender is a relaxing scent that can be used during a massage or in baths to induce a sense of calm. Experiment with other scents and oils to achieve the desired result.

- Laugh with friends. Plan a friends' night where you can go out for drinks and conversation or huddle around the television and watch your favorite comedy. Laughter is often a great medicine for stress, as is the company of other people who can provide some comic relief. ■

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## Are craft fairs a perfect place to shop during the holidays?



by Daniel Baldwin

The holiday season is right around corner, and it is no surprise to see many people getting a head start towards holiday shopping.

"People always starts holiday shopping early," Little Falls resident Lisha Brown said. "Everybody's going to come out, start hitting the craft fairs, and look at the stores. The stores are already selling holiday stuff."

A department store is a perfect place to start buying, but it is not the only place to shop for the holidays.

Last Saturday (Oct. 24), the Herkimer County Humane Society hosted its third

annual holiday craft show at the Herkimer High School. All proceeds from this event went to the Herkimer County Humane Society, a pet advocate organization in Herkimer that provides a safe haven for dogs and cats.

Event organizer and Humane Society Vice President. Natalie Massita said that this high school craft fair was a perfect place for residents to shop for the holidays and a perfect chance for them to get a head start from the holiday shopping mayhem.

"This is definitely going to help people get a head start towards holiday shopping," she said. "There's a good variety of items and crafters here. You've got it all right here. Anything you want

you'll find right here."

A majority of vendors at the craft show, sold the same products that you would normally find at a department or small convenient store. There was a big display of leather purses, jewelry, and clothing. But this craft fair also had many antiques, handmade products, holiday decorations, and other things that you would not find in a normal store.

"You can get things that you don't find at a Macy's or anything like that," Diana Williams of New Hartford said, "and they're always well-made and they're always nice people that are selling as opposed to some of the people that are in discount stores that are not too happy to cooperate and help you."

Sixty vendors attended the fair, according to Massita. Many residents, who participated and/or sold products at this event, said they would prefer shopping in a room full of homemade crafts.

"I would buy more at a craft show because you're helping local people and businesses," Humane Society board member Teresa Robinson said.

Barbara Brown of Ilion said that a craft fair and store have a big difference in craftsmanship. "There is more thought that goes into a homemade gift," she said. "There is thought, care, and quality. A lot of the department stores are made from other companies and countries."

Whether people prefer shopping at a craft fair or store, a few individuals do know that it is important to get a head start on holiday shopping in order to avoid the Black Friday and holiday chaos.

"People start holiday shopping early," Lisha Brown said. "People are going to come out and start hitting the craft fairs. The stores have already started displaying their holiday product." ■

## Daniel J. Enea Funeral and Cremation Care

by Jessica Arsenault Rivenburg

The business of funeral services is changing. Once upon a time when a loved one died, those left would automatically call their hometown family funeral service. Calling hours and funerals would draw out over days. Cremation was rare.

Today, people are tending toward quicker events, holding calling hours and funeral services on the same day. People are shopping around to find the best rate. And cremation rates are nearing 50 percent, according to the National Funeral Directors Association.

In response to the changing landscape, there is a relatively new option in funeral services in the Mohawk Valley: Daniel J. Enea Funeral and Cremation Care.

Opened in October 2013, Enea's funeral and cremation facility, on Route 5 between Herkimer and Little Falls, is a full service funeral home offering embalming services, a bereavement counselor, cremation services, a selection of caskets and vaults, and a full funeral facility at a price much cheaper than the local competition, said Owner/Operator Daniel J. Enea.

"Less overhead," Enea said by way of explanation. "While I have the same space and services, it is a more modest building, and I don't own a fleet of limousines and hearses."

But Enea assures that does not equate to a sacrifice in service.



"It can be as simple or as elaborate as you'd like," he said. "I have access to hearses and limousines."

When he first opened two years ago, Enea said he hired an independent agency to research and gather local funeral service prices. What he found, was that most area funeral homes charged between \$3,000 and \$5,000 for a full service funeral, and between \$1,000 and \$3,000 for cremation. So Enea set his prices well below those marks. "I'm fortunate to be able to offer such reasonable prices," Enea said.

Enea, who comes from a family full of funeral directors, has been in the funeral business much of his life and has had his funeral director's license for 15 years. The line began with his maternal grandfather, Ed Holleran, in 1949, Enea said. Holleran passed the torch to Enea's father, Harry Enea, of Enea Family Funeral Homes, and Dan Enea struck out on his own in 2011. ■











# Elder Care SPOTLIGHT

## Tips & Information to Navigate Senior Life

Getting old is tough. Aches and pains and new challenges appear every day. Getting out of bed in the morning is an adventure accompanied by its own soundtrack of complaining joints and muscles. Getting old is tough; but it doesn't have to be. There are options and solutions to most aspects of aging.

Aging is inevitable. Nobody likes to talk honestly about the changes that happen to our bodies and our families while we age. It is like an elephant in the room. Eldercare Spotlight will offer a candid and honest conversation about aging. We'll talk about the good, the bad, and the ugly elements of aging. And we will offer you options and solutions. There is more to getting old than using a pill box with the days of the week on it.

When polled, seniors voiced 3 primary concerns about living independently in their senior years health problems, mental problems, and driving/keeping their car. These concerns are

indelibly linked to the desire to age in place, stay at home. Eldercare Spotlight will discuss ways to maintain physical and mental health including exercise and nutrition. We will also talk about what options are available if you have to surrender your license or give up driving.

We will talk about ways to maintain your home while you age. The goal, of most people, is to age in place and be happy while doing it. There are organizations and groups that offer assistance to seniors. We will discuss which organizations and service groups are appropriate for you. Each unique problem a senior will encounter will have its unique solution and each organization has their own specialties.

There are many positive aspects of aging; wisdom, free time, the ability to learn new things, and more. As seniors have accumulated their years they have also accumulated wisdom. Many seniors have the unique

asset of free time. You can do whatever you want whenever you want. Eldercare Spotlight will offer tips on how to maximize, organize, and optimize your free time. Your golden years offer an opportunity to learn new things. You finally have time to learn to paint or play the guitar. We will tell you where you can find a class or workshop. Seniors encounter situations ranging from depression to romance and everything in between. Eldercare Spotlight will even touch on dating.

Senior living and eldercare is a complex issue with many facets. Eldercare Spotlight will be a resource for you for topics from nutrition to dating. The golden years are, like any other time of life, fraught with trials and ups and downs. Eldercare Spotlight hopes to address concerns and answer questions. If you have an Eldercare topic or question please email it to: [eldercarespotlight@gmail.com](mailto:eldercarespotlight@gmail.com)

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## Managing the costs of assisted living



*Consider the different options available to help pay for assisted living services.*

As individuals age, various circumstances have to be reassessed. A current living situation may not be meeting the needs of a senior who may be having difficulty caring properly for himself or herself. Families often consider senior residences to provide welcoming and safe environments for their loved ones during the golden years of their lives. These facilities may range from independent living homes with minimal care offered to nursing homes that provide more intensive care when needed. Somewhere in the middle lies assisted living homes, which blend the independence of personal residences with other amenities, such as the housekeeping, medication reminders or meal services.

Assisted living can be a viable option when a person can no longer live alone, but such facilities come with a price. According to a Market Survey of Long-Term

Care Costs conducted by MetLife, the national average for assisted living base rates was \$3,550 per month in 2012. In the 2015 Cost of Care Survey conducted by Genworth Financial, the assisted living, national-median monthly rate was now \$3,600 — and it's only expected to grow. Affording these homes and apartments can be challenging for those with fixed incomes, but there are some strategies that can help.

The payment method that serves you best will depend on your unique circumstances, but there are options available.

- **Long-term care insurance:** Long-term care insurance is specialized insurance that is paid into and may cover the cost of assisted living facilities and other medical care, depending on the policy. The American Association for Long-Term Care Insurance says that only roughly 3 percent of Americans have this type of insurance, but it is something to consider during working years.
- **Personal savings:** Some people have the means to pay for assisted living with their own savings and retirement nest eggs. However, it's easy for savings to become depleted when facing a \$40,000+ per year bill.

- **Life insurance:** A financial advisor may advocate to pay for assisted living with a life insurance policy. Some companies enable you to cash out for "accelerated" or "living" benefits, which usually is a buy-back of the policy for 50 to 75 percent of the face value. Other third parties may purchase the policy for a settlement of a lump sum, again roughly 50 to 75 percent of the policy's face value, according to Caring.com, an online source for support and information about the needs of aging people.

- **Location:** Costs of assisted living facilities vary depending on location. It's possible to get a lower monthly rate simply by choosing a facility in a different state.

- **Negotiation:** Not all prices are set in stone. Speak with a manager at the facility and see if there is any price flexibility or move-in incentives. You also may be able to get a lower rate by negotiating certain a-la-carte costs against all-inclusive pricing. Perhaps you do not need laundry or shopping services, and family members can fill in the gaps, reducing your bill.

- **Veteran's benefits:** Many veterans are eligible for care benefits that can offset the cost of assisted living care.

- **Rooms:** Opting for a smaller room or sharing a space can keep costs down as well. See if shared rooms are a possibility.

Assisted living is a necessity for thousands of people. Explore the ways to finance this purchase. ■



# Eye Q of CNY

by Al Dorantes

Eye Q of CNY LLC, is the area's newest full service Vision Care Provider. They are located in the Men's Warehouse Plaza at 4660 Commercial Drive in New Hartford, New York. "Your smart choice in Eye Care," offers quality service, a convenient location, and incredible pricing all under one roof.

The Eye Q team consists of Diane Engell, a Licensed Optician, and Dr. Joseph A. Carrock, Optometrist. They have been working together since 2009 at the previous Sears Optical. Diane, the owner and office manager, has thirteen years experience

in the optical industry. She has a BS in Business from SUNY IT in Utica. Doctor Carrock has over twenty years experience as an Optometrist. He is a graduate of New England College of Optometry and a native of Utica.

In today's competitive environment what drives a pair of professionals to open a business? They literally had no place to go when the Sears Department Store closed. Doctor Carrock was leasing office space inside the store. Luxottica Retail owned and operated the optical dispensary. The closure was very unexpected. With limited options it was either leave the practice

behind or open a new facility. Eye Q of CNY LLC was started. It is an old business with a new name and new location.

Opened in September, after 90 days of hurrying to get everything in order. Diane explained that they were very lucky; they were at the right place at the right time. Once the decision was made to open, she contacted Pavia Realty. Then everything fell into place. They wanted to be conveniently located for their customers from Sears somewhere near the Mall. Amazingly, a space in the Men's Warehouse Plaza vacated in July just as they started looking. Once they secured the space, they were equally lucky to have a local contractor Ronald Sperry renovate within a month. Inserra's Flooring and Serianni Signs got everything in place for a quick opening. Their new facility is 100% handicapped accessible with ample parking near the front door. Looking around in the store you will immediately notice Eye Q offers a huge selection of high quality frames. Some as low as \$49.00.

Name brands include Ray Ban, Polo, Vogue, Stetson, Via Spiga, Kenneth Cole, Ellen Tracy, Cole Haan, Jessica McClintock and Vera Bradley. Their fair and reasonable prices and competitive selection of designer frames can fit your needs for work, school, or leisure activities. If frames are not your style Eye Q is also offers contact lenses services. They can find and fit the right lens for you. You do not need to order online, they offer competitive prices and home delivery

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## Things you will need to start a business

The following are a few pointers for men and women thinking of starting their own businesses.

- Understand your potential market. Once an idea is born, research economic conditions, competitors and the customers you will be serving. You have to figure out if there's room for your business, and how you can provide something the market currently lacks. Conduct hands-on research and peruse official government data so you can see how the market for your industry is faring. This information can provide an accurate portrayal of what you are getting yourself into.

- Write a business plan. Business plans help prospective business owners explain their businesses. The SBA advises that business plans should include company descriptions, market analyses (what you learned in your

research), clear rundowns of organizational structures, details of what you will sell, marketing strategies, and information on funding the business to eventually realize a profit. Business plans will be needed to attract potential investors, including lenders.

- Gather your financial resources. Funding is one of the most important elements when starting a business. Every business — large or small — has start-up costs. These include registering the business name, printing business cards and getting a website or phone line. Expect scores of business expenses, even if you are working out of your house at the beginning. If you cannot fund these start-up costs on your own, you will need loans from financial institutions or private investors. In some instances, the government may offer

assistance. Prospective business owners may also be eligible for grants from the public and private sectors.

- Consider getting a mentor. A mentor has been where you are before and can guide you along the process. Starting a business can be stressful, and this person will not only offer guidance, but emotional support as well.
- Get a good team. Successful businesses often assemble great staffs. Qualified, ready-to-work individuals can help businesses thrive. Devote as much time as is necessary to assemble a great staff. You can do this on your own through referrals or by relying on staffing agencies that specialize in placing talent. While starting a business is a popular dream and a daunting task, it can be made easier with some simple know-how and support. ■



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# Beyond The Desert

by Terry Berkson

I have an old friend named Victor whose father came to America from Aleppo, Syria around 1920. As a young man, he left Aleppo and his weeping mother behind and struck out on his own to make his fortune. She was very worried about her son because she thought the world outside of Aleppo was a great desert filled with thieves and treachery. So, she prepared her son for his long journey by giving him a watermelon to quench his thirst and by sewing a very deep pocket into his pants to protect what little money he had from thieves.

I would hear about all of this around holidays when Victor's father, Aboud, and his mother, Grace, would invite a large group of people to their comfortable Brooklyn home to celebrate. His mother was such a fine cook that she had published a cookbook. When I later attended these dinners with my wife, Alice, Grace gave her an autographed copy.

It was after dinner and we were all sitting in a large living room as Aboud held the floor. "I had to wait until my boat was ready, so I walked around the city with that watermelon on my shoulder—I was much taller then," Aboud was telling a captive audience. "I could only afford to travel in steerage and was packed in with the freight. When I boarded the ship and it set sail, there were passengers who weren't very nice. In a short time I was feeling seasick so I climbed to an upper deck for some fresher air. A man from second class saw me hanging over the rail and told me to get back to where I belonged. That night, when he was

sleeping, I found his trunk and threw it overboard!"

In his travels, Aboud often found himself in large crowds. "One time a man had his hand in my pocket up to his elbow, but he couldn't reach my money—thanks to my mother."

When he arrived in New

York, he sold clothes and dry goods. Times were hard and often a day would pass when Aboud would scarcely make a sale. It was hard to put food on the table. "I had this coat hanging in the store for a long time. I needed to move it out, so I cut a stack of paper the size of dollar bills, wrapped

he sold clothes and dry goods. Times were hard and often a day would pass when Aboud would scarcely make a sale. It was hard to put food on the table. "I had this coat hanging in the store for a long time. I needed to move it out, so I cut a stack of paper the size of dollar bills, wrapped world that it is, Victor met a man there who was of Syrian extraction. Their kinship inspired the man to invite Victor to his Hong Kong home for "a good Syrian meal." The food is similar to Greek food with dishes like meat wrapped in grape leaves and Victor was treated to a great feast. "Where did your wife learn to cook like this?" Victor asked his new friend. Beaming, the man got up and walked into the kitchen. A minute later he returned with Victor's mother's book, "Syrian Cooking," by Grace Sasson.

Today, both Aboud and Grace are gone leaving behind many good memories of times spent in their home. Their three boys have made their way in the great "desert." Victor can now afford to make his father's long ago voyage in style. I often think about him and his interests in, among other things, jazz and automobile racing—which is a long way from Aleppo. ■

## SYRIAN COOKING



by  
*Grace Sasson*

York, he couldn't speak a word of English. He'd enter an eatery and cluck like a chicken so they would give him a plate of scrambled eggs. Life was rough, but much better than back in Aleppo. When he was younger, he used to get terrible headaches, so his mother would take him to some kind of doctor who would cut his scalp with a razor to bleed him. It didn't help much and when it was again time for another bleeding he would run away from home to miss the torture.

As the years in New York passed, Aboud learned English. The headaches were already far behind him when he rented a little store on the lower east side of Manhattan where

one dollar around it with a rubber band and dropped the 'bankroll' into a pocket of the coat. When a patron tried it on, I told him to feel the deep, warm pockets! The man reached in, felt the roll, took a quick peek at it and crookedly decided to buy the coat!" Aboud said laughing.

In the following years, business greatly improved. Aboud specialized in curtains and fabrics, married Grace—not necessarily in that order—and they had three sons who became educated and or successful in business. One had served as a United States Marine.

My friend Victor was the youngest son and became a journalist. Some years ago he made a trip that included a visit to Hong Kong. Small



## Guess Who?

I am a basketball player born in Ohio on December 20, 1984. I grew up in the home of my youth football coach, who also introduced me to basketball. I have played for the Cleveland Cavaliers and the Miami Heat.

Answer: LeBron James

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## Why a clean air filter is important in your vehicle

Motorists routinely check their tires for proper inflation, top off engine fluid levels and maintain oil change schedules. But some drivers do not understand the importance of keeping engine air filters clean.

Engine air filters are a relatively inexpensive vehicle part, but they perform a very important job. For every gallon of gas a car burns, it uses the equivalent of 12,000 gallons of air, and that air must be filtered to help keep an engine clean.

Air filters catch all of the dust, grime, insects, sap, leaves, and any other debris that may get sucked up past the air intake of the vehicle's grill and into the engine itself. Without the air filter, those contaminants may compromise the engine, causing corrosion and abrasion. If the air filter in the engine becomes too dirty and is not changed regularly, the engine is starved of air.

Clean air filters allow just the right ratio of air to fuel to enable the engine to function properly. Engines



**Air filters need to be changed regularly to maintain the right flow of air into the engine and to protect the engine from debris.**

need adequate air for the combustion process to take place. Without the proper combustion levels, vehicles cannot perform properly or efficiently and the engine may burn more gas or get fewer miles to the gallon. A dirty filter also can rob an engine of power. Drivers may notice sluggish acceleration.

ation.

Air filters also can get so dirty that the engine stalls completely. But such a problem only develops after considerable neglect.

Air filters may not need to be replaced at each and every oil change service call. Many technicians advise

replacing the filter every 8,000 miles. However, drivers who live in particularly dry and dusty regions may need to replace filters more frequently.

Mechanics can often detect when an air filter needs to be replaced. If he or she notices the air filter is particularly dirty, then it's probably time to replace it. Replacing the filter is a relatively inexpensive repair for the amount of performance and peace of mind a new filter provides. ■

### Did you know?

Insuring multiple vehicles and/or drivers on an auto insurance policy may prove cheaper than having each of those drivers and vehicles insured separately on multiple policies. That's because insurers typically offer bulk rates to policy holders willing to insure several vehicles and/or drivers on a single policy. But such discounts typically adhere to guidelines that dictate eligibility. For example, if the head of a family wants to insure his or her children on the same auto insurance policy he or she has, then those children typically must list their parents' home as their legal residence. Blood relations also may influence eligibility for multiple driver policy discounts. In general, only blood relatives or relatives by marriage can benefit from multiple driver discounts. However, non-related motorists who jointly own a vehicle may be eligible for discounts. ■

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# Renovation to begin on building where Studebakers were made



*In this Oct. 14, 2015, photo, is a view of the city of South Bend and the old Union Station train depot, foreground, across the tracks from the shuttered Studebaker assembly plant in South*

by **TOM COYNE**  
**Associated Press**

SOUTH BEND, Ind. (AP) — A sprawling six-story building on the southern edge of downtown appears to be abandoned, for decades standing as an unpleasant reminder of the thousands of jobs lost when Studebaker Corp. abruptly shut down its assembly line.

Soon, the 92-year-old structure could come back to life with business of a non-automotive type.

Entrepreneur Kevin Smith, backed by South Bend city officials, wants to turn the 950,000-square-foot building and a pair of adjacent two-story buildings into a place for high-technology businesses, manufacturing, offices, condominiums,

stores and restaurants. "This used to be the hubbub of town and the heart of the community. The community has to recognize it can be the heart of the community once again," he said.

A \$4.3 million project paid by the city to rid the buildings of asbestos, PCBs and lead paint was completed in September, and Smith is in the process of applying for work permits, although some work already has begun.

Mayor Pete Buttigieg said the renovation symbolizes what South Bend has been through since Studebaker closed in 1963, leaving 25,000 unemployed.

"This is a structure that has almost haunted our community for decades because

you can't miss it. It looms over the ballpark and the downtown and the lights haven't been on for a very long time," he said. "Having the lights back on would be extremely powerful symbol of the future and everything we have going on here."

Smith said he could have constructed a new building, but thought it would be better if he refurbished the assembly plant, known as the Ivy Tower because of the vines that once covered its facade.

"It's more than a building, it's an icon," he said. "There were easier solutions, but it wouldn't have been better solutions."

This isn't his first time restoring old buildings: He bought the old Union Station train depot across

the tracks from the assembly plant more than 30 years ago and turned it into a center that houses more than two dozen telecommunications providers and a data center containing thousands of servers.

Union Station has no more office space and its data center space is about 90 percent full, which is why Smith wants to expand. About 150,000 square feet in the new buildings will be for his Union Station Technology Center business, using the heat created by computers to warm the buildings. Smith expects nine other businesses he owns to move in, and Purdue Polytechnic South Bend is interested in the space, too. It has about 200 students who attend class on the Indiana University South Bend campus and is looking for industrial space for labs.

Smith said he doesn't know how long the renovation will take, saying he will do it one step at a time.

The estimated cost to renovate the Ivy Tower is \$102 million, which would include \$20 million in state public funds, \$20 million in local public funds and \$62 million in private funding. Building 112 is expected to cost \$30 million and Building 113 is expected to cost \$13.9 million.

The city has promised \$3.5 million to help with the improvement and has submitted a proposal to help pay for the work to the state's Regional Cities Initiative,

which is scheduled to award two \$42 million grants in December.

Buttigieg said he likes the idea of smaller businesses filling the void left by Studebaker.

"I would rather have 20,000 people, having them

work 200 at a time at 100 successful companies than have them all in one giant firm that you could lose," he said. "So it's not about replacing Studebaker. It's about a future that is true to the dynamics of the century we're living in." ■

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## Weekend road trip tips

\* Before embarking, take out a map and plan your excursion. Stick to locations that are within reasonable driving distance from home. If you roam too far, you will spend more time behind the wheel than you will enjoying your destination. Locations no more than five to six hours away should suffice.

\* Get your vehicle in road trip shape by ensuring it is in good working condition. If your car is scheduled for an oil change, get one before leaving. In addition, top off fluids and be sure that tires are properly inflated.

\* Stick to the scenic routes. While they may not save you travel time, avoiding interstates in favor of picturesque backroads will make for a much more relaxing and visually inspiring trip. Schedule rest stops so you can get out of the car and explore along the way to your destination. Taking backroads may also help you avoid some of your fellow weekend travelers.

\* Make your long weekend a Saturday through Monday affair. You may find the roads are more congested Friday through Sunday. Simply starting your trip on Saturday and returning on Monday could save you the headache of driving in heavy traffic.

\* Scope out low-cost activities at your destination. Many national parks are inexpensive and may only charge one fee per vehicle to enter. After Labor Day, many beaches no longer

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# GM recalling 1.4 million cars; oil leaks can cause engine fires

by **TOM KRISHER**  
AP Auto Writer

DETROIT (AP) — For the third time in seven years, General Motors is recalling cars that can leak oil and catch fire, in some instances damaging garages and homes.

The recall, which covers 1.4 million vehicles dating to the 1997 model year, is needed because repairs from the first two recalls didn't work. More than 1,300 cars caught fire after they were fixed by dealers, the company said.

In the previous recalls, in 2008 and 2009, GM told owners to park the cars outside until repairs can be made since most of the fires happened shortly after drivers turned off the engines. A spokesman was checking to see if the same recommen-

dation applies this time.

U.S. safety regulators became aware of the fires in early 2007 and GM has since reported 19 minor related injuries. In 2008, a GM spokeswoman said the cars were responsible for 267 fires, including at least 17 that burned structures.

The latest recall, mainly in North America, includes: the 1997-2004 Pontiac Grand Prix and Buick Regal; the 2000-2004 Chevrolet Impala; the 1998 and 1999 Chevrolet Lumina and Oldsmobile Intrigue; and the 1998-2004 Chevrolet Monte Carlo. All have 3.8-liter V6 engines.

Over time, a valve cover gasket can degrade, allowing oil to seep out. Under hard braking, oil drops can fall onto the exhaust manifold and catch fire. Flames can

spread to a plastic spark plug wire channel and the rest of the engine.

The problem first surfaced in 2007, when 21 consumer complaints about engine fires in some of the cars prompted the National Highway Traffic Safety Administration to investigate. That probe found three injuries. Most of the blazes happened five to 15 minutes after the engines were turned off, according to agency documents.

The investigation led to the recall in March 2008 of more than 200,000 U.S. cars with supercharged engines. A year later GM recalled almost 1.5 million more cars that weren't supercharged. Dealers replaced the spark plug wire channels but documents filed with the government don't mention any repair of the oil leaks.

GM hasn't come up with a final fix in the most recent recall, spokesman Alan Adler said. The company will use state registration databases in an effort to track down the owners, he said. The 1,300 fires were discovered

when GM began investigating whether to recall some 2004 models, Adler said.

The recall is so large that it could have an impact on GM's fourth-quarter earnings, although Adler said that

hasn't been determined.

"Since we have not decided on the remedy, we do not know whether the cost will result in a material charge to earnings," he said. ■

## Different types of tires make a difference

Understanding tires and what makes some a better fit than others for certain vehicles can make for safe driving and improved handling.

### All-season tires

The most common type of tire and arguably the best known is the standard all-season tire. Many vehicles come equipped with these tires, which are designed to be versatile enough to grip the road in various conditions. They are commonly made of a harder rubber that will not wear out quickly and will retain their tread. Most day-to-day driving can be done on all-season tires.

### High-performance

People who live in dry climates or drive sports and racing cars can benefit from high-performance tires. These tires are specifically designed to grip the road better and offer superior handling under higher speeds. Because high-performance tires are made of a softer rubber compared to standard tires, they will not last as long as all-season tires.

### Snow tires

People who live in snowy, icy conditions will benefit from the use of snow tires. These tires are designed with special treads to offer more traction in slippery conditions. The rubber used

to manufacture the tire can remain flexible even at extremely low temperatures. Winter tires are best reserved for extreme weather and not used all season long because they will wear out more quickly than others. They may not have the same level of traction on clear roads. In some cases, winter tires may have metal studs included to enhance traction in icy situations. People who do not want to switch tires when cold weather arrives sometimes invest in snow chains that improve traction on standard tires.

### Mud Tires

Muddy areas can be just as slippery as snowy conditions. Mud tires are designed similarly to snow tires but will

have extra grooves and a tread pattern that facilitates movement of mud away from the tires and road. Mud tires may be wider than standard tires as well.

### Truck Tires

Drivers of trucks or sport-utility vehicles often need special truck tires. These tires can better handle the weight and size of a larger vehicle. Many drivers stick with the type of tire that originally came with their truck. Drivers who like to go off-roading may need an all-terrain tire to offer more traction when climbing hills or traversing different conditions. ■

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