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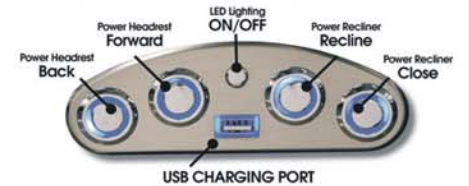
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# Post-It and Leave-It

By Mike D. Burke

It's easy to believe you are strong and be someone who is pessimistic, it's heard and seen every day. It actually takes true strength to be optimistic. As the wise Buddha said, "To conquer oneself is a greater task than conquering others." Also, "All wrong-doing arises because of mind. If mind is transformed can wrong-doing remain?" These and the words of the Buddha are just some words and what have you, to roll around in your headspace. I had a friend once who use to say, "If it's useful, latch on to it. If it isn't, let it go." So here we go.

Seriously, peeps, buck up. Too many posts out there (on my newsfeeds as well) where people seem disheartened, disillusioned and all around unhappy. I get it: the world is in turmoil, there are wars, killings, unjust treatment and who the heck is running the political world right now? Heck it seems like some people live for the bad stuff out there, they



*What the world needs now is POSITIVITY... think happy, think helpful, think positive and post away!*

means in-person, texting people or skyping. You can follow your heart's passion. It's a good start to talk with people and post articles and what not, but if you (the one posting or talking) aren't actually getting out in the world and DOING something, it's all cheap. I'm not saying don't post

Then post pictures and videos and articles showing what YOU did about the shit in the world. I myself forward on are going to be a monstrous force of POSITIVITY in the world to be reckoned with! Join me, I swear it's a ton of fun. I know the pessimists (who believe they are realists) will tell me I'm foolish. Try it, comment on my Facebook page, find me in Ravenswood Comics, Nail Creek Pub or wherever with negativity and articles supporting it. I'll hunt you delightful individuals down and HUG the snot out of you! Because I've got nothing but love. I'm going to do what I can to continue making this world a better place however I can, you do it too. Your passion is good, I just think it's misfocused. DO SOMETHING and share your experience or don't. Be an anonymous angel. I don't know, just thinking out loud. **E**



talk about it like it's their job, oh they make it seem like they're just trying to be empathetic, but what's with the weird sly smile in their eyes from reproducing the negativity. I'm not Thomas Hobbes-ying you, with this, it's not all people, it's just some, that should be obvious.

Want to guess what though? You still wake up every day, alive, if you're lucky. If you're waking up dead, call someone, preferably a writer to become friends with and share in some wacky hijinks with (I'm available). Get to see people you love, one way or another, whether that

or talk. Do that.

However, get out there and do something about what you're complaining about, don't just sit around the bar contemplating with your friends.

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## Signature 81 Studios in Clinton

By Carly Proulx

Owner of Signature 81 and Signature 81 Studios in Clinton Crystal Maury began her ventures in 2013 in the basement of an office building in Washington Mills. A year later Maury selected Clinton, NY to call home. She set up shop on 13 College Street, as well as the Studios at 11 ½ West Park Row. Clinton has become prime real estate for various artisans, and the art community of this charming village only continues to grow thanks to entrepreneurs such as Maury.

On December 17 Maury took a creative collective of some of the best artists from Signature 81, some new, and some that have been fixtures since the store's birth, and held a Last-Minute Holiday Gifts event for those guilty of dragging their feet right before the big day. From store to studio, the latter normally filled with eager minds journaling or yogaing had several booths of artisans, and each their own unique hand crafted items. "The Shoppers Stroll we did in the beginning of December had such a good turn-out I thought it would be a good idea to do it again," expressed Maury, and just in the nick of time. The weather however prevented the crowd from attaining



**Dusty Lee Elmer supplying some mighty fine strumming on his ole banjo.**

wall to wall status, but many a local, and some daring drivers found their way to Signature 81 Studios, as well as Maury's storefront Signature 81 just around the corner.

From 10 am – 4 pm Signature 81 Studios featured paper goods by Handmade Darling, photography by Zach Lewis Photography, jewelry by Shannon Stockbridge, and desserts by the Dessert Booth. Adding a whole lot of zest to the event's shopping experience was Dusty Lee Elmer with his heart on his sleeve, and his banjo in hand. Supplying the live music from noon to 2 pm Elmer pulled out a few stops with his ukulele, and fastened the day's "time is running out" theme.

The beautiful photography by Zach Lewis can be found year-round at Signature 81 storefront, capturing the architecture, and all four seasons of both Clinton, and Utica, NY. Shannon Stockbridge, a teacher over at Munson Williams had a booth featuring her all bronze, hand carved jewelry. Stockbridge, originally from NH has been using the lost cast waxing method for 5 years now, and teaches team jewelry at Munson. Rachel Bartunek had her own unique booth at the studio, selling homemade items from the clever tag name of Handmade Darling, her re-inspired vintage saws, dream catchers, and hand painted signs and globes. Bartunek is a transplant from Manhattan, but a Clinton local going on 6 years. The Dessert Booth, the full-time cafe located on 3 Kirkland Ave. in Clinton, NY was there to satisfy some sweet teeth with homemade fruit pies, and homemade breads. Offering vegan, gluten free, and sugar free desserts on the regular the Booth is open 8am-5pm Tues-Sat. with lunch from 11am-4pm.

Signature 81 studio and classes offers Solarvibe Yoga, every Tuesday at 6 pm for \$10, and other art classes throughout the year. This past year they offered a Pencil to Paper: Secrets to Drawing, 3-week class at \$150, a Bullet Journaling Workshop weekly each Monday in December at \$25, and Children's Snowman Painting for \$30, and Holiday Origami Christmas Ornaments for \$8. To inquire of available studios, or classes in the new year check the website at [www.Signature81.com](http://www.Signature81.com), or ask for details at [Signature81@gmail.com](mailto:Signature81@gmail.com).

Maury currently supports over 70 micro-entrepreneurs in her shop. Originally from Utica Maury returned from her world travels to develop her love of handmade goods. A board member of the Clinton Chamber Maury does a lot to support, and sustain the community. She started Destination Create Festival, a makers market with workshops, fun activities, vintage wares, presenters, live music, hands on workshops, and great food and beverages, held every year the first weekend in May at MKJ farms in Deansboro, NY.

Check out the shop of all handmade goods from re-purposed furniture and vintage finds to hand poured candles, art galore, and much more. If you're feeling ambitious, perhaps begin your 2017 Holiday shopping now. A whole year ahead of the game, hah! Just try not to misplace them, these are one of a kind hand crafted goods after all. **E**

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The Mohawk Valley Chapter of the Barbershop Harmony Society is based in New Hartford, New York. Chapter members sing in two different choruses, with many men singing in both.

The New Horizons Chorus, founded in 1985, meets every Wednesday

evening in New Hartford and performs regularly in concert appearances throughout the local area. Members of the New Horizons Chorus also perform in quartet engagements for birthday parties, anniversaries, and especially Singing Valentines every February.

The Upstate Harmonizers, founded in 2009, represent the Chapter every year in the Fall Contest of the Society's Seneca Land District. When the Harmonizers won the Contest in 2011, they earned the honor of representing the District in 2012 at the

International Convention in Portland, Oregon. The Upstate Harmonizers prevailed again at the District's 2012 Fall Contest and traveled to the International in Toronto in July, 2013 to compete once again on behalf of Seneca Land.

Each February, The Mohawk Valley Chapter of the Barbershop Harmony Society takes their singing out to the masses by delivering Singing Valentines. Not only do those receiving the Valentine enjoy it, but those around them as well. Their Singing Valentine program is one of their largest fundraisers for the year, which allow them to pay for rehearsal space, music, costumes, their musical director and more. The funds also subsidize free concerts that they offer at area nursing homes during the holiday season.

Valentines packages consist of: 2 sweetheart songs, a custom designed card, a floral arrangement, and a digital photo sent to your email. Quartets will be performing Singing Valentines on February 13 and 14. Packages start at \$40.

People who sing are happier, live longer and more fulfilled lives, and enjoy better health. Put some song into your sweet-

heart's life this February. For more information, go to: [www.bhs-mv.org](http://www.bhs-mv.org) or follow them on Facebook: Mohawk Valley Chapter of the Barbershop Harmony Society



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# Empowered to be Fit

Matthew Vasco's Empowered to be Fit is located at 587 Main Street, Ste 203A in New York Mills, New York. Empowered to be Fit combines personal training with TRX® Suspension Training to help people reach their fitness and nutritional goals.

Matthew Vasco is a fitness and nutrition expert with more than 30 years education and experience. For the past 20 years, he has been one of the area's top trainers. Vasco is an accomplished competitive bodybuilder who has won several NY State titles and is nationally ranked, placing 4th in the 2010 NPC Master's Bodybuilding Championship. As a bodybuilding and fitness competition coach he has helped many athletes achieve similar success in a very demanding sport. Matt also works with a number of special population clients whose needs include specific nutrition and exercise programming. Matt is regarded as a true professional trainer whose genuine passion for helping others and leadership by example place him among the best of the best in the industry.

TRX was born of necessity in the Navy SEALs. After TRX founder and inventor Randy Hetrick graduated from college at USC, he spent the next 14 years serving as a Navy SEAL commando. His operational career culminated as a Squadron Commander of the SEAL's elite special missions unit where circumstances inspired him to experiment with what would become TRX.

TRX is 1 piece of equipment with unlimited possibilities. The TRX Suspension Trainer is infinitely scalable, so no matter where you are on the fitness continuum, you can get a fast, fun and effective total-body workout, anywhere. TRX delivers a fast, effective total-body workout, helps build a rock-solid core, increases muscular endurance, benefits people of all



fitness levels (pro athletes to seniors), and can be set-up anywhere (gym, home, hotel or outside). No more excuses, "I can't work out."

Vasco explained that TRX is an innovative tool that leverages body weight. He said, "Your body is your machine. No lifting weights. You're lifting your own bodyweight across multiple planes, multiple dimensions. The TRX workout is all core, all the time. You're working your core even when working other body parts."

Vasco explained, "Physical and fiscal fitness are connected. You make an investment and you want to see results."

To see results you must understand that one size does not fit all. Vasco customizes each program specifically for everyone. He first establishes a standard. What can you commit to realistically? Start with 2 to 3 hours per week, half hour sessions (personal training) and a modest change in eating habits.

*"Physical and fiscal fitness are connected  
You make an investment and you want to see results."*

Persistence, consistence, and enthusiasm are the three pillars of success. There is a direct correlation between the investment you make and the return you receive.

Vasco also uses 6 indicators give us a clear picture of your program's effectiveness: Body Fat Percentage -Skin Fold Caliper, Circumference Measurements – Tape Measure, Body Weight – Scale, How Clothing Fits, How You Look, and How You Feel. Vasco said, "If any one of these six categories is not what we expect or predict then we can go back to the program and re-evaluate the components, make the necessary adjustments and get you going in the right direction."

Empowered to be Fit maximizes seven foundational movements including; plank, push, pull, rotation, hinge, squat, and lunge. TRX Suspension Training works for kids, teens, seniors, and military veterans. There are no limitations. It works for all fitness levels and any or all fitness goals. Empowered to be Fit and TRX will lead to real, sustainable changes. For more information, follow them on Facebook: Empowered To Be Fit, LLC or call Matt to set up a free, no obligation consultation appointment: (315) 269-9081. **E**

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8:30-9:30 am

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9:30-10:30 am

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LUNGE  
ROTATION

HINGE  
PLANK

PULL



# Ilion native is nationally-known artist

By Jessica Arsenault Rivenburg



Robert Van Steinburg shows off one of his paintings of the West Canada Creek. The Ilion native, who now resides at the Mohawk Homestead, has produced thousands of paintings sold nationwide.

Many know him as a talented local artist. Many know him as Mr. Van Steinburg, the former art teacher at Jarvis High School and Herkimer College.

Robert Van Steinburg is a nationally known artist who has produced thousands of paintings during his lifelong career – Paintings that now hang on walls from New York City to Florida to Arizona, and decorate the fronts of countless greeting cards. And he did it all from his Highland Avenue home in Ilion.

“It was never work. I couldn’t wait to get to the board and start painting. Sometimes I’d have three paintings going at once,” said Van Steinburg, now 89, as he sat at a dining room table in the Mohawk Homestead looking over some of his past work. “Knowing so many people have my work in their homes now, I’m filled with gratitude.”

Van Steinburg, born in 1927, began his painting career in college. After attending West Hill Elementary School and Ilion High School, he went to Syracuse University, where he studied painting - illustration and art education. While there, he began working for the Burgoyne Card Compa-

ny, producing artwork to don the front of greeting cards.

In the height of his career, Van Steinburg produced upwards of 20 paintings a month.

“They were demanding,” Van Steinburg recalled. “I had to produce 15 to 20 paintings every month.”

What he painted and what medium he used was left completely up to him. Van Steinburg has worked in acrylic, oil and watercolor.

In addition to his work for Burgoyne, Van Steinburg worked on commission for individuals and businesses, painting whatever they requested, from portraits to buildings to landscapes, said Van Steinburg’s nephew, Tim Daly.

He has been featured in numerous shows and exhibits in various locations including Munson Williams Proctor Art Institute, in Utica, and has sold many a non-commissioned painting. Some have still been seen circulating in online auctions as recently as last year.

But Van Steinburg’s focus, he said, was always the greeting cards.

“I had to back off the other things from time to time to fulfill the demands of the card compa-

ny,” he said. “I had to stay where the money was.” Much of Van Steinburg’s

art is realism, done with amazing attention to detail. In his later years, he

began working in abstract as well. “I like the abstracts,”

he said. “They went over **ARTIST -9**

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**Matthew Nicholl, Vice President-Business Banking at Berkshire Bank, New Hartford.**

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Matthew Nicholl is Vice President-Business Banking at Berkshire Bank, 8491 Seneca Turnpike in New Hartford, New York. **E**

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## 3 tips to prepare to sell your home

Because spring is such a popular time to sell a home, homeowners who want to put their homes on the market should use winter as an opportunity to prepare their homes for the prying eyes of prospective buyers. The following tips can help homeowners during the pre-selling preparation process.

### 1. Address the exterior of the home.

Winter can be harsh on a home's exterior, so as winter winds down, homeowners who want to sell their homes should make an effort to address anything that might negatively affect their homes' curb appeal. A study of homes in Greenville, S.C., from researchers at

### ARTIST from 7

really nice."

He is particularly proud of a number of large scale paintings, done on 8-foot by 10-foot canvases that now hang in his niece's New Jersey home.

"He is very talented," said Daly, branch officer at Berkshire Bank in Ilion and co-owner of Ilion Wine & Spirits. "I have zero ability with art. I can barely write legibly," he added with a laugh. "I wish I had some of that talent."

Today, many of his original pieces have been divided among Van Steinburg's nephew and nieces, Daly said. Prints of his work can be found for sale at the Herkimer County Historical Society.

Of course, locally, Van Steinburg may be best remembered as the art teacher at Jarvis High School in Mohawk, where he taught for 30 years, retiring from the position in 1989.

And in the vein of that teaching career, he offers this advice to aspiring artists and really all people in general: "Be passionate and it will never be work. Be original as much as you can. Learn from others and the world around you. What you take in through your eyes and head becomes part of you and then comes out again, from the heart, in what you make and do." ■



Clemson University found that the value of homes with landscapes that were upgraded from "good" to "excellent" increased by 6 to 7 percent. If it's in the budget, hire professional landscapers to fix any problematic landscaping or address any issues that arose during the winter. Homeowners with green thumbs can tackle such projects on their own, but hiring professionals is akin to staging inside the home.

### 2. Conquer interior clutter.

Clutter has a way of accumulating over the

winter, when people tend to spend more time indoors than they do throughout the rest of the year. Homeowners who want to put their homes on the market in spring won't have the luxury of waiting until spring to do their "spring" cleaning, so start clearing any clutter out in winter, even resolving to make an effort to prevent its accumulation throughout winter. Just like buyers are impressed by curb appeal, they are turned off by clutter. The Appraisal Institute suggests homeowners clear clutter out of their homes before appraisers visit, and the same approach can be applied to open houses. Buyers, like appraisers, see cluttered homes as less valuable. In addition, a home full of clutter might give buyers the impression, true or not, that the home was not well maintained.

### 3. Eliminate odors.

A home's inhabitants grow accustomed to odors

that might be circulating throughout the house. Pet odor, for instance, might not be as strong to a home's residents as it is to guests and prospective buyers. Because windows tend to stay closed throughout the winter, interior odors can be even stronger come late-winter than they are during the rest of the year. A thorough cleaning of the house, including vacuuming and removal of any pet hair that accumulated over the winter, can help to remove odor. In the weeks leading up to the open house, bathe pets more frequently, using a shampoo that promotes healthy skin so pet dander is not as prevalent. Open windows when the weather allows so more fresh air comes into the home.

Spring is a popular and potentially lucrative time to sell a home, and homeowners who spend winter preparing their homes for the market may reap even greater rewards. ■

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# The Eclectic Chic

—Always a successful Treasure Hunt

By Carly Proulx

**T**his past December 17 & 18, the Eclectic Chic held its first annual Ugly Christmas Sweater Party weekend. Discounts were all around, and the store was filled with Christmas cheer. A bit of mischief was abound at 101 Genesee Street in Wampsville, NY, as Chris the Christmas Elf on a Shelf was not so easy to keep track of when shopping.

Those who wore their ugly sweaters were entered to win a huge gift basket. The lucky winner in the hideous sweater was chosen on Sunday, 4:30pm on the 19th, and brought home a giant basket of Christmas goodies. Right on Route 5 the Eclectic Chic is easy to get to, and there's plenty of opportunity to get here as their hours of operation are 10am-6pm. Now that the Holiday season has fizzled out owners Val, and Diane are doing what they do best—re-vamping the store to spice things up for the new year. Of course, it's still all about eclectic finds, and antique primitives, but a little feng shui, and switcharoo's in lieu of the new year is one smart move.

Eclectic Chic is a unique shopping experience. You walk into the wonderful smell of winter forest or some such invigorating



Terry, Chris, and owner Val pose by the Eclectic Chic Christmas Tree.

wintery smelling wax burning. A full pot of hot coffee is on to supply warmth, and rejuvenation for the hunt, and each room you enter is different from the one you just stepped out of. This year Eclectic Chic wanted to give somethings away. Val and Diane started the Gifts for Granny (& Grampy) project. Any customer could purchase an item to be donated to a senior at the Oneida ECF Unit. The idea was they would receive presents they want, as opposed to something they need. By the weekend of the 17th the trunk was filled to the brim, and a whole lot of Grannies and Grampies would open an Eclectic Chic treasure on Christmas.

The customer service

here makes you feel right at home. Val and Diane are extremely friendly, and helpful, there to be a pleasant part of the whole experience. They're so thoughtful they even though to put Reindeer food out for the kids to sprinkle about their house, so Santa could find it in the cold, and fog this year. I'm ninety percent sure glitter was an ingredient. You know how those reindeer love to shine! If you come in during your Birthday month you can get 20% any item of your choosing. Since opening in the summer of 2016 the Eclectic Chic has hosted an event at least once, sometimes twice a month. Whether it is Pet Rescue day, Friends & Family night, Oneida Healthcare night, or a Jewelry

Extravaganza these gals know how to keep things fun, and exciting. This isn't the kind of shop you walk in, browse for 20 minutes, and then leave. It definitely keeps you lingering, wandering, and wondering for at least an hour, and up to a day.

Variety is the name of the game here. From boutique items and hand blown glass ware, to hand poured candles and home-made light fixtures the Eclectic Chic has something for everyone—man, woman, or child. Take the trip folks. It's well worth it, and I'd bet money I don't have that you can't walk out empty handed. Check out their Facebook page for upcoming events, and photos of the store's gradual face lift at Facebook@TheEclecticChic. E

## What are consignment shops?

Consignment stores have grown in popularity in recent years, particularly

among bargain hunters. In addition to offering great deals, such shops also buy clothing, giving shoppers a chance to make a little money when retiring previously used clothing or merchandise.

Although thrift stores and consignment shops seem similar, there are differences between their business models. Thrift stores accept donated merchandise and sell it as their own for profit. The person who has donated the merchandise receives no compensation, although he or she may be eligible for a tax deduction depending on the size of the donation.

Consignment stores act as third-party sellers, or consignees. The

individual bringing in the merchandise -- the consignor -- is the rightful owner of any items at the consignment store until the point of sale. He or she negotiates a contract with the consignment store that indicates how profits of items sold will be split. The store will keep a percentage of the money, while the person whose items have been sold will get a share as well. Should the items not be sold within a certain period of time, they can be returned to the original owner.

Many consignment stores specialize in a particular type of merchandise. This enables them to keep a specific stock and carefully limit their

inventories. Antiques are quite popular at consignment shops, as are household items and designer clothing. Some consignment shops specialize in baby items, as such items turn over quickly.

Visiting a consignment store is not only cost-effective, but also an environmentally friendly. Many items at consignment stores are in excellent condition and are barely used or worn.

Consignment stores present an excellent way to clear out unused items and make some money in the process. They also can be places shoppers turn to for discounts on items that have been gently used. E

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## Eastern Orthodox Christmas at Holy Trinity Monastery

By Pat Malin

While most Christians think Christmas ends on Dec. 26, or even more formally on Jan. 6 or the 12th day of Christmas, one of the holiest days of the year comes later to our Mohawk Valley neighbors in Jordanville, NY.

At the home of Holy Trinity Monastery, the Divine Liturgy is celebrated in the Eastern (or Russian) Orthodox manner on the same date every year, January 7. Christmas is actually a three-day celebration of church service, songs, prayer and fasting, topped off with a traditional feast on the holiday and a visit from "Father Frost."

The Russian Orthodox events follow the original Julian calendar (created by Julius Caesar), unlike the western world (Roman Catholics and Christians), which adopted the calendar of Latin Pope Gregory of Rome in 1582.

Despite the 13-day difference in the church calendar, the Nativity remains a time of reverence and similar customs for the faithful all over the world.

"Our Lord is being born," explained Proto-deacon Victor Lochmatow, the head deacon at Holy Trinity Monastery. "The Lord is incarnated and living on earth."

Holy Trinity Monastery is a member of the Russian Orthodox Church Outside Russia (also known as the Russian Orthodox Church Abroad or ROCOR), with its national headquarters in New York City.

The Christmas season begins with 40 days of fasting after Thanksgiving, plus service to the community and donations to charity. Christmas is a time when we present gifts to Jesus.

"We are dedicated to leading an exemplary life and helping our fellow man," Lochmatow adds. "That's the greatest gift we can bring to our Lord."



*A deacon blesses five loaves of bread during the Christmas Vigil liturgy at Holy Trinity Monastery in January 2015.*

Fasting is not a starvation diet because Russian Orthodox Christians do eat three meals a day, but avoid meats and dairy products while stocking up on vegetables. Fish is allowed on certain days.

The three-day liturgical Celebration of the Nativity begins with a vigil on Christmas Eve (January 6) in the church. At Holy Trinity Monastery and other Russian Orthodox churches (including St. John's on Conkling Ave. in east Utica), the service begins at 7 p.m. and lasts

until approximately 11 and is preparation for the feast of the nativity.

On Christmas Day, parishioners return to the church starting at 9 a.m. Like the vigil, these services are open the public, but generally attract Orthodox parishioners from throughout the region, said Lochmatow.

Archimandrite Luke Murianka, or abbot, the leader of Holy Trinity Church, celebrates the liturgy (equivalent to the Catholic Mass), and is joined by as many as six

to eight priests and five to six deacons. Students from Holy Trinity Seminary serve as altar boys.

The priests and deacons take turns reciting the prayers in both English and in the Church Slavonic language, while a choir joins in the prayers. During the ceremony, Father Viktor assists the priests along with other deacons during vespers and matins. Father Luke reads from the book of the Gospel and gives a sermon.

After the liturgy, the parishioners stand in church before the altar. They come forward, one by one to venerate and kiss the icon depicting the Nativity scene.

Father Luke anoints and blesses each pa-

rishioner with holy oil, which comes from Jesus's birthplace in Bethlehem, said Lochmatow. Following the church service, parishioners will extend Christmas greetings to the archimandrite and partake of holiday snacks and wine.

Christmas is the second holiest day of the Russian Orthodox liturgical year, preceded only by Easter (Pascha). "While Christmas represents Christ's appearance on earth, Pascha represents our heavenly future with him," said Lochmatow.

Holy Trinity Monastery was founded in Jordanville in 1935. It also operates Holy Trinity Orthodox Seminary, an institution of higher learning under the jurisdiction of the Russian

Orthodox Church Outside Russia. These young men come from throughout the world to study for careers of service to the church.

Lochmatow, 72, a native of Chicago, first came to Jordanville in 1957 and attended school in Van Hornesville. He returned to Chicago for high school, then entered Holy Trinity Seminary in 1962. He has been a deacon for 42 years. Like Orthodox priests and deacons, he is married. Monks, however, remain celibate.

Adjacent to Holy Trinity Monastery is Saint Elizabeth Skete, a monastic community for women, who might be teachers in the seminary and otherwise assist their fellow monks and deacons. **E**

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## The Princess Shop cautions

–Beware of Counterfeit Dresses



The Princess Shop, located in the New Hartford Shopping Center, first opened their doors in 1948. Owner Denise Houck has been helping girls find the right dress for prom since 1973. Years and years of experience in providing dedication and customer service means that your special dress is waiting to be found within their spacious and well-lit gallery. With 21 fitting rooms Denise Houck and her staff will help you find the dress of your dreams. One nightmare that The Princess Shop hopes girls will avoid is buying a fake dress.

An unfortunate new trend is counterfeiting. Last year over 700,000 counterfeit prom dresses were sold in the US. Most counterfeits are sold over the web and it is impossible to tell the difference on the internet from a bona fide dress because counterfeiters are using the manufacturer's images and style numbers. Girls will order a dress at a drastically reduced price but will often receive a shoddily made, inferior product.

The American Bridal and Prom Industry Association (ABPIA) is a non-profit organization whose broad-based membership represents the special occasion dress industry in the United States. The 400 plus members include designers, manufacturers, retailers, web sites, sales representatives, apparel marts and media resources. ABPIA's mission is to protect the bridal and prom industry from counterfeit products, to better educate our consumers in this regard and to provide benefits to members that will help strengthen their profitability. The ABPIA offers the following tips on how to spot a fake:

Before purchasing a dress, do your homework. Ensure that you purchase an authentic brand name dress from an authorized retailer by following the guidelines below:

1. Pay close attention to the advertised retail price. Retail prices should be con-

sistent across all authorized retailers. If you discover a store or website that offers a brand name dress substantially lower than others, assume that the dress is a low-quality counterfeit fake. Also, be aware of words like "inspired by," "imitation," "fake" and "similar to" that appear on the store's website or advertisement.

2. Visit the brand name's "Where to Buy" webpage (or store locator). If the store, web page or retail company in question is not listed, it may be part of a counterfeit operation.

3. Challenge the authenticity of the brand name being advertised. Every

authentic dress will bear a hang-tag and inside garment label with the brand's logo. If your dress is missing a tag or label, it may be a fake reproduction. Also, double check the spelling of the brand being represented.

4. Take note of the pictures displayed on

the website or advertisement. If the imagery used includes a model with a blurred out or pixelated face, cropped off head or displays any other suspicious photo-changing feature, the website or advertisement may be selling counterfeit dresses.

5. Visit the website's Contact Us page. An address in the United States as well as a telephone should be listed, not just an email address. It is also important to double check that the telephone number isn't being forwarded to China or another foreign country.

Denise Houck cautions prom dress shoppers, "If it looks too good to be true then it probably is." Relying on a reputable shop like The Princess Shop will ensure that you get a genuine designer dress at the lowest price allowed by that designer. The Princess Shop carries all the top designers including; Sherri Hill, Jovani, LaFemme, Faviana, Paparazzi, and many more. For more information, go to: [www.theprincessshop.net](http://www.theprincessshop.net) or follow them on Facebook: The Princess Shop, New Hartford. **E**

# DEAL ALERT



## How guests can cut costs and still attend loved ones' weddings

Couples and/or their families can expect to spend tens of thousands of dollars on their weddings before saying "I do," making weddings one of the largest expenses for a couple apart from buying a house or new car.

But brides- and grooms-to-be are not the only ones who may have to invest quite a great deal on wedding days. Guests, including bridal party members, may also be responsible to pay a substantial sum. According to the 2016 American Express Spending & Saving Tracker, Americans expected to spend an average of \$703 per each wedding they attended in 2016.

Few people are willing to miss the wedding of a beloved family member or friend, even when the costs of attending the wedding can be high. Fortunately, there are ways for wedding invitees to attend the festivities without breaking the bank.

- Shop around for lodging. Many couples arrange for discounted hotel rooms for their out-of-town wedding guests. But guests might be able to save even more by shopping around for their own discounted rates at hotels and other lodging accommodations. Websites like Orbitz and Hotels.com can compare rates at all the hotels in a given city, letting wedding guests explore all of their alternatives in a single search. Guests who are especially patient can use the Hotel Tonight app, which allows users to book heavily discounted rooms no more than seven days in advance of their expected occupancy. Guest also can try finding affordable lodging on the popular homestay network Airbnb.

- Book travel early. Many travelers insist the best flight deals can be found as late as six weeks before the desired departure date. But there's no guarantee that waiting that long to book flights will benefit wedding guests. If the patient approach does not pan out, guests might be forced to choose between costly flights or not attending the wed-



ding. Budget-conscious travelers may find it less stressful to book flights as early as possible. Doing so allows guests to find flights at the times they most prefer to fly, and it also makes it possible to spread the cost of attending a wedding out over a longer period of time.

- Say no to joining the bridal party. While it's an honor when brides or grooms ask certain friends or family members to be in their bridal parties, guests should not feel compelled to accept that invitation if they cannot afford it. If money is tight, explain the situation to the bride and groom, who might even offer to help cover some of the costs of the wedding. Even if couples cannot afford

that gesture, they will understand if friends or family members cannot cover the additional costs associated with being in a bridal party.

- Split expenses. Another way for guests to save money is to split certain expenses with fellow guests. Single guests can share hotel rooms with fellow guests attending solo, and even couples can join up with other couples and split the cost of double rooms. Sharing expenses such as rental cars and trips to and from the airport is another way for guests to coordinate their efforts to save money.

The costs of attending a wedding are growing. But savvy guests can save money in various ways. **E**

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# The Beach House



Sylvan Beach will soon be home to the area's newest wedding venue as the former Pfohl's Beachhouse will be refurbished, remodeled, and transformed into "The Beach House." The Beach House will be a modern-day throwback to an era of elegance. Offering intimate, on the beach weddings the Beach House and its new owners, Robert and Brenda Johnson, will be a unique alternative to the ubiquitous banquet hall wedding reception.

The 20,000-square foot facility is being refurbished with an elegance in mind. With the goal of "Ceremony to celebration on the beach" with all the amenities, from fire pits to air conditioning the Beach House will offer a unique setting that will create the storybook memories that brides dream of.

With a long and storied history, the former Pfohl's Beachhouse was, as legends tell, commissioned as a hide-away for the "Rat-pack," the supergroup of performers led by Frank Sinatra, Dean Martin, and Sammy Davis, Jr. They planned on building

an 8-story hotel and casino. When the State of New York refused to license the slot machines, the project morphed into the 2-story building that exists today. The venue, known as Di Castros, hosted big bands and acts like early rock and roller, Jimmy Cavallo. The club has hosted rock and roll bands like Warrant, Quiet Riot, Rick Derringer, Foghat, and Benny Mardonis. The first national band Pfohl's ever hosted was the Birds.

Robert Johnson explained that it was his wife, Brenda's, idea to invest in the Beach House. "We jumped and now we're just waiting for the net to open." Brenda joked as the couple detailed the renovations which include a complete overhaul of the building, installation of a new kitchen and bars, new floors, new windows, new EFIS siding, a stucco like material which will enhance the Miami Beach feel that they have their sights set on.

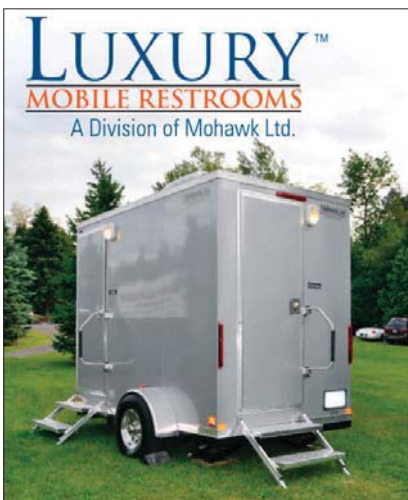
The Beach House will be the perfect location for you and your guests. With luxury condos planned for the 10,000-square foot 2nd

floor anticipated for late 2017 and the summer of 2018 the facility will be the perfect venue for your beach wedding as well as accommodating your bridal party, family, or out-of-town guests.

Sylvan Beach and Oneida Lake are world renown for their beautiful sunsets. In the evenings, the sky is painted with pinks, oranges, and shades of red. You can now add that picture-perfect sunset to your wedding or party at the Beach House.

The Beach House is booking weddings, parties, and gatherings for May, June, July, August, and September for outside, beach weddings. They expect the interior to be ready by June for weddings with all the amenities.

If your dream wedding includes lapping waves, refreshing lake breezes, and plenty to do for all ages, you have come to the right place. At the Beach House, they will host dozens of Sylvan Beach weddings each year, throughout their property and of course many right out on the beach. Their team of wedding planners are ready to assist you with every detail, and bring to life the dream you've always dreamed...from a casual toes-in-the-sand ceremony to the most formal sunset service. For more information, go to: [www.TheBeachHouseSB.com](http://www.TheBeachHouseSB.com) or call Brenda at: (315) 723-6059. **E**



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# Wedding transportation tips

**W**eddings are momentous events for the couple tying the knot as well as all of the friends and family invited to share in the big day.

Before couples can tie the knot and cut a rug at their receptions, everyone, couple and guests included, must arrive at the location (or locations if the ceremony site differs from the reception area). Though arranging wedding day transportation can be difficult, there are ways to make the process go more smoothly for guests and bridal party members.

## Determine your needs

Before a transportation plan can be made, couples must first map out their needs. Everything should be built around the ceremony. Once the ceremony time has been set, the rest of the day can be arranged around that time.

Determine how much time is needed to travel from the ceremony to the reception area. Allocate enough time before the cocktail hour to allow for traffic, photos and any other needs that may take up time. Couples do not want anyone, included themselves, to feel rushed.

Once the timing has been orchestrated, couples can figure out exactly which types of transportation will be required.

## Book personal transportation first

Happy couples must make their own transportation their top priority. Arrange for the couples' transportation between five and seven months in advance of the



wedding. It could be preferable to book it even further in advance if a couple is getting married around a holiday or during prom season when limousines and party buses are in high demand. Remember, unless the bride-to-be plans to be seen by her groom, couples will need separate transportation to the ceremony site. Factor multiple vehicles into the wedding transportation budget.

## Explore your personality

Brides and grooms have many transportation options at their disposal. If a limousine doesn't add the spark of creativity they desire, they can opt for a VW bus or a retro roadster. Outdoor enthusiasts might want to ride off on horseback, while easy riders might prefer to rev up the engine on a Harley-Davidson. Couples should never feel penned in by tradition, especially when something else makes them feel remarkable and the

budget allows for it.

## Have your getaway car ready

Couples generally opt to arrive to the wedding and reception in style, but take their own vehicles or cabs home afterward. This requires some advanced planning. Enlist the help of friends to park the return-trip car in a convenient location. Check with the catering hall to see if a vehicle can be left in their lot overnight. Otherwise, arrange to grab a ride home with friends or family.

## Consider others' needs

Have the names and phone numbers of taxi or ride-sharing services available for those who may not be able to drive after the party. Elderly or disabled guests might appreciate prearranged transportation as well. Although couples can arrange for transportation as a courtesy to others, they don't need to make arrangements for everyone. **E**

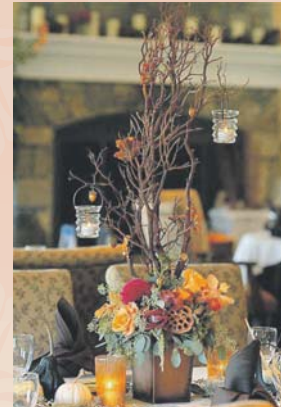


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# MKJ Farm

-Deansboro Wedding Venue in its 8th year as the IT place for lovebirds

By Carly Proulx

**MKJ** Farm, located at 6844 West Hughes Road in Deansboro, NY is going on its 8th year as a wedding venue of country radiance. With a breathtaking backdrop over the years it has become one of the most sought after venues in the area to tie the knot. And it's no wonder. From the beautiful indoor barn to the picture perfect outdoor landscape this already magical setting leaves one in love at first sight.

Owner of MKJ Farm Jack Bushman sort of fell into the wedding business by accident, rather it fell into him. Bushman informed me "Ten years ago, a friend of mine was about to get married on a golf course when they raised the price on him. The farm seemed like a good plan B at the time." Low and behold it turned out to be, and the proof was in the handful of guests that night that approached Bushman to see if they could hold their upcoming nuptials at the farm. Before Bushman could blink he had booked himself solid for that Fall, and eight years later MKJ has stayed booked.

If you're not thrilled about the idea of primping, and prepping before driving to your wedding venue then MKJ Farm has a solution. Providing the use of an entire house for bridal preparations you can skip the hustle, and bustle of the drive. From 9:00am until the end of the reception you, your vendors, and party will have plenty of time, and space to stay stress free for all the glitz, and glam. The option to rent the house the night of the reception is a good one to have at these type events when driving far distances might prove undesirable at the end of a long dog barking night.



With the awe-inspiring view across the valley for a pond-side ceremony the outdoor wedding option at MKJ is hard to resist. The pond side seats up to 80, and an overall capacity of 300 people. The dock over the water is room enough for bride and groom, officiant and bridal party. Electricity is available for the DJ plus any lighting equipment. Indoor ceremonies are held in the barn, separate from the reception space. It's rustic, and an ideal foundation for putting your own unique spin on all things ambiance. Room for loved ones is no issue as the space seats 250. Interested in a redneck limo ride around the premises? Well it just so happens there's a 6 passenger Polaris 4-wheeler available for your country bumpkin joy riding.

Moving into the barn and on to the reception leaves plenty room for dinner, dancing, and romancing on your special night. With enough space to comfortably

fit up to 300 guests there won't be any awkward run ins, drink spills, or dress ruining. Keeping things as lax as possible on your big day MKJ Farm has includes the whole kitten-caboodle in the rental. Supplying tables and chairs for 300+guests, a 40-foot bar, an ATV for transport of mobility-impaired guests, and clean-up after the reception this venue leaves little to no worries under your celebration umbrella.

When the reception ends, your work does too. All the decorations are stored on site, and available for pick up the following day. The barn is decorated prior with lantern lights, but you're of course free to add your own lighting fixtures. Plenty of parking, and a full kitchen with a prep area, and a separate cleaning area are ideal for any caterer. MKJ has full bathroom facilities, and I don't mean port-a-potties! If you're in need of bar service for an additional fee MKJ will come through with their liquor license for the reception. And if the outdoors is where you shine there's always enjoying a nice bonfire with bonfire wood included in the rental fee. The horses on the farm love getting their pictures taken with the bride and groom so feel free to let them photo bomb. The scenic area is grassy with plenty of room for games, outdoor activities, or an additional bar.

Bushman has yet to meet a bridezilla. On the contrary, he's made a lot of good friends with meeting all the people that have chosen MKJ Farm as their wedding venue. This is a venue that will save you the hassle of choosing certain amenities, and leave you wide open to enjoy your big day. Visit [www.mkjfarm.com](http://www.mkjfarm.com) to view a slew of recommended vendors, read four star reviews, and find out more details to plan for your future wedding. **E**

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## 'I do,' take two:

### Guide to a second marriage

Couples are returning to the altar in increasing numbers, as second and third weddings are becoming ever more popular. Pew Research Center indicates that, as of 2014, 64 percent of divorced or widowed men have remarried, compared with 52 percent of previously married women.

Lavish second weddings were once uncommon, but that trend is also shifting. Couples who are taking another crack at marriage are tying the knot with renewed vigor and with weddings that may rival some first-timers'.

Men and women who are remarrying after divorce or being widowed may not know how to approach planning their upcoming nuptials. The following are some guidelines to making the wedding sequel a success.

#### Wardrobe

Couples who have been married before often find that they have more leeway with regard to their wedding wardrobes than they did when tying the knot for the first time. Brides may choose something less traditional than a long, white dress. In fact, this can be a time to let loose and select something that is festive or even funky. This also may provide a great opportunity to choose clothing styles from different cultures or ties into one's heritage. This freedom also allows brides to broaden their horizons with regard to where to buy their wedding



wardrobes.

Grooms may opt for something more casual than a tuxedo or coordinate with their brides-to-be so they are on the same creative page. Colored tuxedos and vintage suits are acceptable, even though such attire might have raised a few eyebrows the first time around.

#### SECOND - 22

## Hotel How-To:

### Tips for guests looking for lodging

Couples about to tie the knot often arrange for discounted hotel rooms for their wedding guests. Many hotels offer substantial discounts to wedding parties, but some guests and bridal party members might still want to examine their options before booking rooms. The following tips can help guests find the right room so they can enjoy their loved ones' wedding weekends to the fullest.

- Don't overlook the wedding hotel. Many couples put a lot of thought into the hotel where their guests will be staying. Couples may have al-

ready done the legwork with regard to finding a hotel that's closest to the wedding ceremony and receptions sites and still within arm's-length of other attractions guests can enjoy while in town. Give ample consideration to the hotel or hotels affiliated with the wedding prior to beginning your search, even if the hotel is a chain you have never used before or have not liked in the past.

- Prioritize proximity. It's important to consider factors aside from cost when searching for a place to stay for a loved one's wedding. The most affordable option is not

always the most ideal. Proximity to the ceremony and reception venues should be a priority, as guests won't save much money, if any, if their hotel is so far away from the weekend's activities that they must rent cars or take taxis all weekend.

- Share rooms to reduce costs. If the wedding rates are unaffordable, float the idea of sharing rooms with fellow guests. Splitting the cost of a double room instead of booking a single room by yourself can save substantial amounts of money. And staying in the hotel with many of the other guests will make you feel like you are not missing out on anything during your stay.

- Look for lower rates in the wedding hotel. Room rates are locked in once couples choose a particular hotel or hotels, but guests might be able to find more affordable rates at the same hotel by waiting to book and perusing discount hotel websites and apps. **E**

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# Dreams really do come true at Wake Up With Makeup

By Carly Proulx

Wouldn't it be great to...  
"WAKEUP WITH MAKEUP"

If the thought of applying your eyeliner and filling-in your eyebrows every morning is daunting, read on...

Permanent makeup techniques, also known as micropigmentation and microblading helps to save time each day by providing long lasting results. This technique ensures even eyebrows, pouty lips, and dramatic eyes, and guaranteed to save you money on expensive cosmetics that rub-off, smear, smudge and disappear during the day. In addition, if you lead an active outdoor lifestyle, or want a long lasting natural look with no trace of applied makeup, than permanent makeup is a great solution.

Finally there is a way to avoid primping and prepping in front of the mirror before leaving the house every morning. If I were to take a guess most women who apply makeup on the regular have fantasized a way out of this monotonous routine at least once in their lifetime. Owner of Wakeup With Makeup Helene is turning this old age daydream into reality. Experts here are offering permanent makeup, and tattoo services that allow you to start your day immediately, without all the makeup wear and tear. Permanent makeup is not intended to replace



cosmetics completely but is rapidly making its way into the mainstream population because of its safety, convenience and long lasting beautiful results.

Like many busy women, Helene was working full time while raising two children and frustrated that she frequently ran late due to lengthy makeup applications. Determined to find a better option, she not only changed her life, she is changing many other lives.

"I was always curious about permanent makeup and one day decided to enroll in The Beau Institute to study under world renowned micropigmentation specialist Marie Beauchemin", said Helene. Extensive training with Ms. Beauchemin afforded Helene the opportunity to work with some of the best industry

pioneers being trained in the newest state-of-the-art techniques including 3D hair strokes, microblading, and standard permanent makeup procedures.

Helene operates from her permanent makeup studio located at 34 Oxford Road in Hartford.

Appointments are necessary for consultations as well as procedures, and all services are performed by Helene Narracci, to ensure a safe treatment and a perfect outcome.

For your peace-of-mind, Wake up with makeup, is a licensed and insured facility that adheres to the highest safety standards. Please call (315) 868-1665, for more information or to schedule a consultation or appointment. Please visit [www.wakeupwithmakeupny.com](http://www.wakeupwithmakeupny.com). The only question left is...what will you do with all the extra time on your hands? **E**

## Did you know?

According to the 2015 Real Weddings Study from the premier multiplatform wedding resource The Knot, the most popular month for couples to get engaged is December. Sixteen percent of survey respondents became engaged in the final month of the calendar year. The survey also found that the average length of a couple's engagement is now 14.5 months. Where June once was the most popular month of the year to tie the knot, today's couples are now heading down the aisle most often

in October. Seventeen percent of weddings now occur in October, closely followed by 15 percent in September. And at what

age are couples saying their "I dos"? The average marrying age for a bride is 29 and it is 31 for the groom. **E**

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# Cunningham Custom Jewelry

– If you can imagine it, they can create it

Cunningham Custom Jewelry located at 4528 Commercial Drive in New Hartford, New York designs and manufactures one of a kind jewelry completely in house using state of the art equipment. Their old-world craftsmanship combined with cutting edge 3D printing technology is taking jewelry making into the future.

With a moment as precious as a wedding why settle for an engagement ring picked out of a catalog from a big box jewelry store? Brian Cunningham, 4th generation jeweler and owner, said, “Oval stones are popular and round stones are always classic but now, if you can imagine it, we can build it. The ring of your dreams can become a reality with 3D printing.”

The 3D jewelry making process starts with Brian designing the ring (or pendant or bracelet) in the computer using a jewelry specific CAD program. Once the design is approved it is printed in plastic. The customer can see and feel the what will

eventually be the final product. Once they approve the plastic print out Cunningham Custom Jewelry will reprint the jewelry in their proprietary resin for casting. It takes approximately 4 hours in the printer to grow a resin ring. Once the jewelry piece is printed it is put on “tree” to make a mold. Finally, Cunningham Custom Jewelry will cast the piece in silver or gold using only the purest precious metals.

Cunningham Custom Jewelry has a great deal of flexibility in their designs. They can make changes easily with computer. In the past, even the slightest change from a customer would result in hours back at the drawing board as an artist would have to carve designs by hand out of wax blanks. Mistakes or changes meant starting all over. Now with their CAD program modifications are as simple as a click of the mouse. Cunningham Custom Jewelry can create jewelry with your custom logos. Pendants, rings, and more go from your imagination to their printer.

Brian Cunningham explained, “The 3D printer produces clean, crisp details that, in the past, would have taken a craftsman countless hours to create. The 3D printer has the craftsmanship of the past combined with the technology of the future.”

Cunningham went on to say, “Most people come in with an idea. Sometimes they bring in pictures. Pinterest is a big help.” If you can imagine a piece of jewelry, then Cunningham Custom Jewelry can design, print, and cast your idea. Come to Cunningham Custom Jewelry for a ring as unique as your love. For more information, follow them on Facebook: Cunningham Custom Jewelry or stop in to their studio for a free consultation. **E**

**Custom CAD Design**



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Cunningham Custom Jewelry designs and manufactures one of a kind jewelry completely in house using state of the art equipment.



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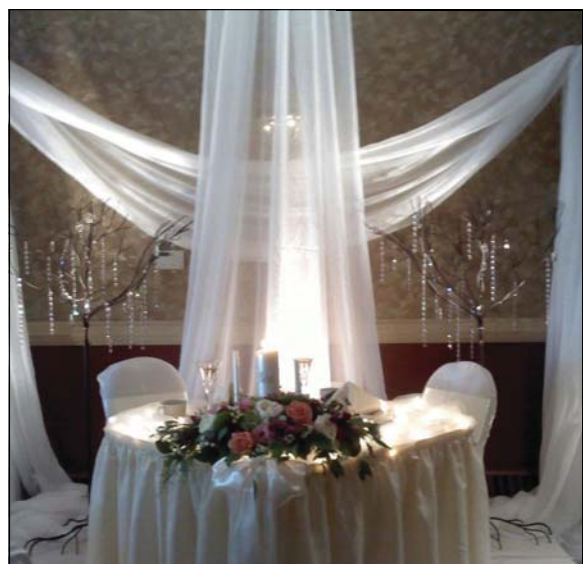




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# Marys4everflowers has thought it all up for your Wedding day

By Carly Proulx

Marys4everflowers is located on 5633 State Route 31, Verona, NY 13478. Focused on providing the best wedding Flowers and Wedding Decor Rental services for the past 4 years Marys has been meeting customer demands to the utmost satisfaction. By appointment only you can book them for your upcoming wedding, or event.

Whether you're looking for fresh or silk wedding flowers, décor draping, photo booth, arch lighting, chandeliers, or linens Marys has it. Helping to reduce the stresses when approaching your big day are the services Marys can provide. With 4 different packages to choose from with their Rustic Rentals they'll make all your decorating dreams come true. They rent linens, chair covers, and sashes, as well as a rustic natural wood arch for rent. Also, burlap and several different silk/polyester colors. If you do happen to be considering more of a rustic wedding, then there is a bounty of barn supplies to choose from.

Visit their website [www.marys4everflowers.com](http://www.marys4everflowers.com) to read the details on your options for different priced, and styled packages. Call (315) 761-7716 and Marys is more than happy to set up an appointment to go over the packages with you, and help you stay within your budget. Along with the above services Marys has a Photo Booth, Candy Bar, and Smores Bar for renting. This isn't just any photo booth either, this is a Mirror Me Photo Booth-an interactive state of the art open air photo booth. And check this out, you can share on Social Media right from the booth! This is a unique photo-generating product offering the latest in technology in interactive picture taking. The full-length mirror offers a sleek design and a user-friendly interface, communicating with your guests through a touch screen of colorful animations and entertaining voice guidance. Wow. I'm not even sure what any of



that means, but it sounds legit. It really is a photo journey, but you get to come back to the real party when your turn is over. They offer 3 different packages for Weddings, Parties, and corporate events.



Marys is one place that knows in the 21st century you need to sink or swim, eat or be eaten, and they've certainly achieved polar bear status here. Marys can also make a custom image, monograms, and logos for your event. Though de-

pendent upon the venue, and measurements their backdrops and draping start at \$400.00. Cinderella lighting and a Grape Vine Chandelier is also available. Their variety of Fresh Wedding Flowers is lavish, and there is no limit to what they can arrange for you. Rent Marys Flower Wall with custom colors for your event. Other rentable items include chair bows, barrels, light up letters, and more. Any wood product such as their cake and cupcake stands are made by Marys right there in Verona. She sells all the birch products on her Etsy shop.

Marys will show up at the venue, decorate, and then come to take it all down for clean up at the end of the night. It's set up so that there is less work for the wedding party, and their families, and more focus on everyone enjoying the actual wedding. Some of the venues Marys4everflowers is proud to have been a part of include MKJ Farms, Hayloft on the Arch, Wolf Oak Acres, Orchard Grove, Dibbles Inn, Twin Ponds, Roselawn, Skyline Lodge, Highland Forest, Club Monarch, Heartshill Inn, Rusty Rail, Vernon Downs, and The Beeches.

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## Make proposals special and successful

A marriage proposal is a couple's first official step toward the altar. Tradition dictates that men pop the question, with their surprised — and hopefully soon-to-be-fiancées — ultimately deciding if wedding bells will be on the horizon.

Proposing marriage can be nerve-racking. However, if the time seems right and love is in the air, popping the question can be exciting. Regardless of who is proposing marriage, the following strategies can help make proposals memorable and successful.

### Turn the tides

An old Irish tradition known as "The Lady's Privilege" was established in the fifth century by a nun named St. Brigid. She decided to create an opportunity for women to propose marriage. This day fell on every leap year, February 29. Centuries later, women can still use this tradition as the impetus to take the marriage reins into their own hands. But women need not wait for the next leap year to propose.

Many women view proposing as an empowering action that is tied to the evolving view of independent women. Couples are negotiating more in the marriage process, and the dissolution of commonly held practices is occurring more often.

### Choose a sentimental location

Couples will remember the proposal for the rest of their lives. So choose a proposal location that has sentimental connections. Think about where the first "I love you" was uttered or where a first date occurred. These can be prime locations to pop the question.

### Note her style

Engagement rings play a big role in many couples' proposals. One person's style is not necessarily what his partner will like. Bigger isn't always better. Rather, choose a ring that reflects your partner's preferences

## PROPOSAL - 23

## SECOND - from 18

### Guest list

The guest list doesn't have to be a source of anxiety. Others will understand that there may be a melange of people at a second wedding. Children from previous marriages as well as divorced spouses or former parents-in-law are not out of the question. Even if exes will not be included, make sure they know about the nuptials in advance of others. It's common courtesy, and it can help head off feelings of ill-will.

Some couples choosing to tie the knot again scale back the size of the wedding this time around, feeling something smaller and more intimate — with only the closest of friends and family — is more suitable.

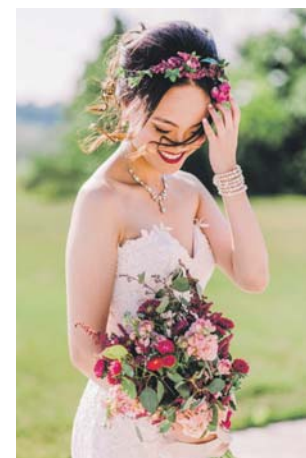
### Registries and wedding gifts

Considering couples who have been married previously likely have many of the housewares and items for daily living that first-timers may not, registering for these gifts is not necessary. What's more, some of the same guests may have been present at first marriages and gifted then. In lieu of gifts, couples may ask guests to donate to a specific charity or forgo gifts altogether.

### Vows

Couples can use experience to draft vows that have personal meaning to their unique situations and make the wedding ceremony even more special.

People getting married again can impart their own personalities into the ceremony and party to follow. There are no hard rules governing second weddings, so couples can plan their weddings with good times in mind. **E**



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## Reconnect during wedding planning

Wedding planning can be intense and often requires dedication and many hours of work. Coordinating a wedding often requires that couples make many different decisions and spend a considerable amount of time in the wedding-planning trenches.

Couples expend so much energy planning their weddings that it can be easy to lose sight of the bigger picture — namely the relationship that is the basis for the marriage in the first place. But as easy as it can be to get

lost in wedding planning, couples can use this time together to connect on a deeper level and learn to work cooperatively.

- Divide and conquer. Separate wedding planning duties so that both of you feel you are contributing equally and no one person gets overly stressed out. Stress can lead to short tempers and arguments.

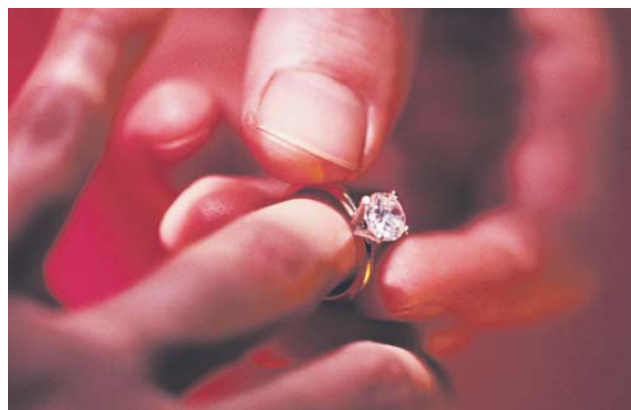
- Establish a mutual budget. Even the healthiest couple argues over finances from time to time, but budgetary debates should not set a

negative tone for wedding planning. Couples should discuss their potential budget before they even

begin to plan their weddings, and both partners should do their best to

**RECONNECT -24**

## PROPOSAL from 22



*A wedding proposal is a special moment in couples' lives together. It can be made even more special by following some guidelines.*

partner's preferences and personality. Take your partner jewelry shopping and see which types of jewelry he or she is most drawn to. Certain preferences can serve as a jumping off point for ring designs.

### Ask for the family's blessing

Men no longer need to ask their girlfriends' fathers for "permission" to wed their daughters. However, asking your partner's family for their blessing is a sign of respect and can add a romantic and heartfelt touch to the proposal.

### Capture the moment

Though we live in an age when every moment of people's lives is documented with videos and photographs posted to social media, proposals still stand out as extra special moments. Hire a professional photographer to discreetly capture the proposal and your partner's reaction so it can be cherished for years to come. **E**




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# Hair Matters

by Amanda Comstock  
at Julie Diehl Salon

The new year is a great time for a new you! My client Kayla decided that she was done with the crazy upkeep of being a blonde, and was ready for a much easier look! She's been wanting to try an ombre which is a great idea for her for a few reasons. 1- Her natural color is a dark brown, and with the light blonde she needed her roots done every 3-4 weeks. 2- With an ombre she can still have the blonde without having the upkeep. 3- Not having to lighten and brighten constantly is a lot healthier for her hair.

We decided to take the root and mid-length sections down to her natural level brown so she wouldn't have to worry about the roots when they come in. This will give her months of maintenance free color. We also decided to slightly brighten up her ends a level to get her to a very pale ash blonde. The whole color service was done in one step, and with the help of my color processing machine she was fully processed in 15 minutes.

After she was shampooed and conditioned, we started the cut. She didn't want too much taken off of the length so I just gave it a slight trim to make it healthy. She wanted a little

iron and Amika's Touchable Hairspray, I curled the whole head section by section directing it away from the face for a soft sexy look that really showed off her ombre! In an hour and a half, and \$100 she was a new woman ready to show off in the new year!



more movement throughout the cut so I added long swingy layers, and I wanted to bring more attention to her gorgeous blue eyes so I gave her long side bangs that blended into an angle in the front lengths.

When it came to the style, we normally would just straighten and smooth her out, but to go along with her new color I wanted to give her a beautiful soft curl. Using a 1" curling



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[www.facebook.com/pages/Amanda-Comstock-at-Julie-Diehl-Salon](https://www.facebook.com/pages/Amanda-Comstock-at-Julie-Diehl-Salon)



# Weddings and nontraditional families

Families come in all shapes and sizes. During special events —

particularly those steeped in tradition, such as weddings — blended fam-

ilies may have to employ certain tactics to ensure the events go off without a hitch.

When planning their weddings, couples must give consideration to the needs of their families. Even though a wedding is about the union of two people, oftentimes couples engaged to be married must contend with the politics of divorce or other familial issues. This includes if and how to incorporate stepparents and stepsiblings into the ceremony and celebration.

There are no traditional rules regarding how to handle blended families, so brides- and grooms-to-be can customize their decisions based on their own unique situations. Even when families have been happy through the years, the unique circumstances and traditions surrounding the nuptials can dredge up former insecurities, and certain aspects may require extra patience and tact. Here's how to navigate the process.

- Consider stepparents and stepsiblings VIPs. Brides and grooms who are not particularly close

to their stepfamilies still have to recognize the role they play in the family dynamics. These people are still family, so respect and courtesy should be offered. If there is any lingering animosity, extend the olive branch on this day and try not to let anyone be made to feel as if they are unimportant. A simple announcement of who stepparents are at the wedding reception or inclusion of their names on wedding itineraries can help smooth over any potential bumps.

- Put others' needs before your own. While the wedding may be about you and your future spouse, you must consider the feelings of others. Biological parents and stepparents may act defensively if they feel uncomfortable or hurt, and that can create an air of negativity to the day. Try to avoid this by considering potential areas of conflict. For example, mothers might be hurt if their ex-husbands' new girlfriends are asked to be in a group family photo. Instead, select separate times to have everyone included. Remember to give parents and stepparents priority seating



as well, and they each should be seated next to someone they love and someone with whom they can converse comfortably. You may think everyone can play nice, but it's best not to push the issue just to make a point at the wedding.

- Recognize that some families break the mold. Recently, a father made waves on the Internet when a video of him pulling the bride's stepfather up to assist in walking her down the aisle went viral. This was a wonderful image of families making it work despite their differences or the awkwardness that can result when brides or grooms have parents and stepparents in attendance.

Although this scenario might not play out for all, find ways to impart a special touch, especially if you're close to both your biological parents and your stepparents. For example, your biological father may walk you down the aisle, while your stepfather may enjoy the first dance.

- Order flowers and gifts for all. Purchase flowers and wedding party gifts for all of the special people in your lives, including your stepfamily.

Weddings can be complicated affairs when factoring in blended families. With patience and compassion, such families can enjoy a beautiful and happy day. **E**

## RECONNECT from 23



compromise while also understanding where the other person is coming from.

- Schedule time for fun. Do not let wedding planning be all-consuming. Schedule days that allow you to enjoy yourselves together without having to think about or discuss your pending nuptials. This may include date nights that may have fallen by the wayside since getting engaged or periodic day trips to get away from it all. Explore your mutual hobbies or try something new.
- Learn to laugh at the

little things. Not every detail will go off without a hitch. How you react as a couple may influence how much you enjoy your wedding. Recognize that certain things will not go your way, but that unforeseen circumstances will not ruin your wedding day, no matter how unpleasant they may seem. Laugh at what cannot be changed and recognize that, in the long run, the details you think are major today may actually prove trivial when you look back on your wedding day in the years to come. **E**

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By **Michele**

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PHOTOGRAPHY



# Body Sugaring at The Cutting Edge Salon

By Carly Proulx

Located at 2253 State Route 5 in Utica, NY the Cutting Edge Salon has been an alluring staple, having been practicing the art of hair, and beauty for 23 years. Hours of operation are 10 am – 4 pm Tuesday through Friday, closed Saturday & Sunday, and Monday by appointment only.

Experienced in providing quality hairstyling services to women, men, and children the Cutting Edge Salon has designers who will give you the perfect do for your wedding day, and everything in between. Whether you're in search of haircuts, hairstyling, conditioning treatments, perms, color, highlights, or roller sets Cutting Edge has got you covered. Family owned, and operated for over twenty years, owner Sue has been perfecting her artistry, seeking new and improved ways to style, and treat hair well before she opened up shop. Both Sue, and Pam take beauty seriously, and the effect is a huge fan base in the area, and as far as Albany. Separating the Cutting Edge from other salons, and truly defining themselves their namesake is the offered service of sugaring.

Since 1995 people from all around Central New York have been coming to Cutting Edge for top-notch body sugaring services, and the practice of body sugaring itself dates as far back as the Ancient Egyptians. The Persian women approved a hairless body to be the epitome of beauty and youth, and so they made an all-natural paste consisting of sugar, water, and lemon for removing hair. Body sugaring is centuries old, though withstands the test of time. This is no coincidence. The all natural sugar paste is applied to the desired treatment area. The hair is removed in the direction they grow, hence causing little to no pain, irritation or breakage. Unlike waxing, you don't have to wait for full regrowth of hair to get your next treatment as sugaring is effective on hair as short as 1/16 of an inch.

There are quite a few



*The all natural paste for body sugaring. Innovative, safe, and effective.*

advantages to this form of hair removal. After only the first or second sugaring treatment there are immediate improvements in body hair refinement, and in many cases diminished body hair, as well as improvements in the overall condition of the skin. Sue achieved her certification, and excellence as a master sugarist at Alexandria Professional in Welling, Canada, where occurred the first revival of this ancient practice. In other words, she's learned the proper technique from

the best of the best, and continues to expand her education in cosmetology, as they're constantly discovering new, and improved ways to treat hair, and body care. Professional Body Sugaring Skin Epilation is safe, gentle, and an effective solution to hair extraction for both men, and women.

Sue has treated many men and women with sensitive, delicate skin, and the results are in. This is one of the most unique, smart, and long

lasting alternatives for those moderns desiring to be hairless.

"I believe in education, and continuing to nurture, and extend that education long after the certificated are framed, and hanging on the wall," says a passionate Sue about consistently attending classes on cosmetology, and going to the best hair shows around to stay current, and knowledgeable on the craft. It was just last recently Sue attended the Orlando Premiere to find out what

new products, and techniques are popping up on this year's radar in hair, and beauty excellence. She's 58 years old, and is as passionate if not more since the day she started. "I'm still going to classes to learn more and more," expressed Sue.

Body sugaring is about reaching optimum results of each personal hair growth situation, and Cutting Edge is the only salon offering this service in Oneida County. These technicians have had the training to know the

reason for various excess hair growth, and permanent reduction is the outcome. With no false hopes, and in the hands of professionals I'd say what better time to start then in the middle of winter. Bikini, and short season will be here before you know it, and if you start now there's a good chance you won't spent half your summer shaving. Schedule an appointment by calling (315) 734-9040, and visit cuttingedgesaloncnyc.com to read up on some more details. **E**

*Weddings* (by appointment)

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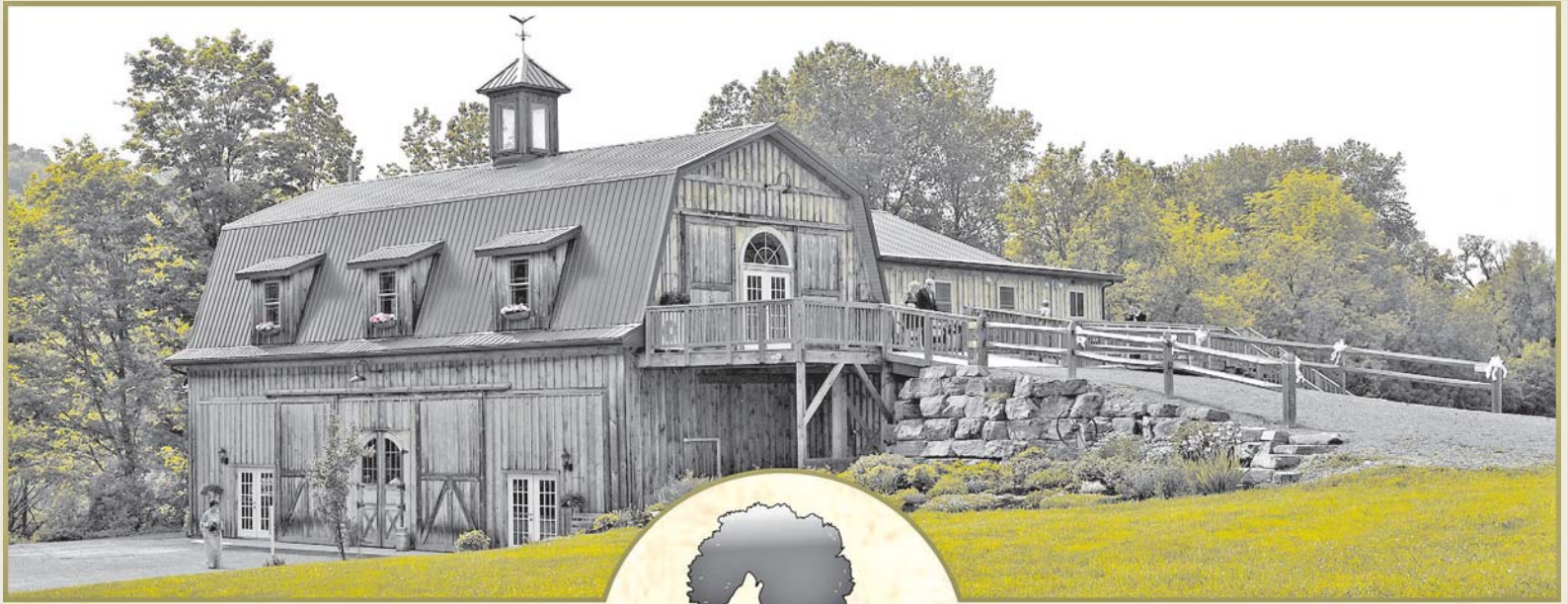
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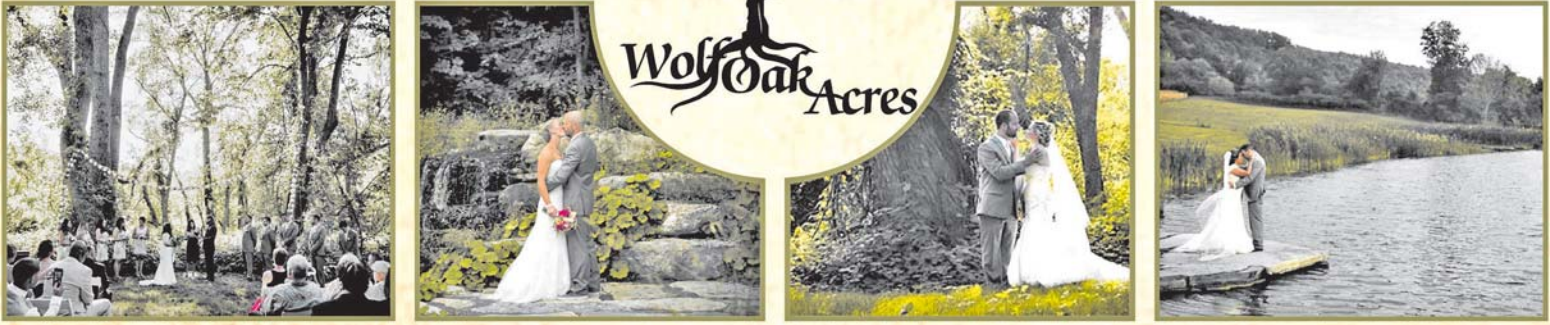

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## Our COVER Story

# Dr. G's Weight Loss and Wellness

By Al Dorantes



*Marlena Capparelli, LPN and Licensed cosmetologist administers a B12-mic shot*

The new year is the perfect opportunity to reinvent yourself. Become the you that you've always wanted to be. Lose

10 pounds, 20 pounds or more. Dr. G's Weight Loss and Wellness, located in the New Hartford Shopping Center may be able to help you. Their physician led weight loss program can help you lose weight, keep it off, and provide you with guidance to ensure you maintain a healthy lifestyle.

Franchise Owner, Jill Morris, explained how Dr. G's Weight Loss and Wellness Program works. The secret is using Personal Weight Loss Plans.

The safest and most effective way to control your weight is through a program designed specifically for you. There are five components to Dr. G's proven medical weight loss and wellness program.

The first component is individualized programs. The philosophy is that, "Not one size fits all." Dr. G's has developed systems to individualize each client's treatment plan. Whether you want to lose 10 pounds or 100 pounds; have a slow metabolism or you cannot control your portion sizes, we have a personalized medical program that will work for you.

Dr. G's then employs a comprehensive medical evaluation. Based on your



*Sheila McGuire, nurse practitioner administers a treatment*

age, weight, blood test results, medical history, body mass index and weight loss goals; a physician will prescribe a

combination of medications, along with proprietary herbal supplements, that will reduce your appetite, cravings for carbohydrates and sugar, anxiety eating, increase your metabolism and make you feel fuller, faster.

You can eat real food; Dr. G's will individualize a meal plan that fits your lifestyle, tastes and caloric needs. You can enjoy regular meals with your family both at home and at restaurants. If you prefer a simple meal replacement or snack, Dr. G's has proprietary products that taste delicious, and that are scientifically designed to work with their weight loss medications.

Activity and fitness are a key to successful weight loss. There are several ways to incorporate exercise into your everyday life. Whether you like to walk, use the Wii Fit®, or run marathons, Dr. G's will help you incorporate the appropriate exercise routine into your lifestyle. If you burn more calories than you consume, you lose weight. It is that simple.

Finally, a maintenance program; Dr. G's understands that you want to lose weight, but keeping it off is the ultimate

**DR G -27**



## Happy New Year!!! #bringonfabulousyou!!



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DR G from 26



Wellness coach Ashley Strong and Sheena DiAlba

goal. Their physicians, along with the entire wellness team, are always here to help. Once you achieve your weight loss goal, the staff will implement an individualized maintenance program designed to ensure your continued success.

In Addition to the weight loss program Dr. G's also offers treatments for your total body wellness. From teeth whitening to skin care, they will have you feeling the best.

Jill and her team (Ashley Strong, wellness coach, Sheena D'Alba, wellness coach and Marlena Capparelli, LPN and Licensed cosmetologist) also offer a variety of skincare treatments. Dr. G's skincare includes microdermabrasion, BluePeel Radiance, and

implements Clarisonic technology with medical grade Obagi Products, the #1 physician-dispensed skin care system to help correct visible signs of skin aging

Juvederm and Botox are offered weekly at Dr. G's. They've had a huge calling for it and are incredibly busy offering skin tightening option to keep you younger looking or if you've lost weight and have wrinkles.



Franchise owner, Jill Morris.

They also offer B12 mic shots B12 plus other amino acids. Jill Morris explained, "What's a B12-mic shot? It's B12 combined with 3 different amino acids. It's all natural and it is water soluble. It gives you energy and helps burn body fat." She added, "Winters are long in Central New York and we find that B12-mic shots help immensely with

energy."

Everybody wants to be happy and Jill Morris and Dr. G's Weight Loss and Wellness program offers a wide variety of services to reach your goals. For

more information, go to: [www.drsgweightloss.com/new-york/new-hartford/](http://www.drsgweightloss.com/new-york/new-hartford/) or follow them on Facebook: Dr. G's Weight Loss & Wellness New Hartford. **E**

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#### Massage Therapy and How Can It Help Me?

"Massage Therapy and how can it help me?" This is the question on most peoples mind when contemplating massage. The next question is "How do I find a reputable therapist?" Two very good questions and I hope I am able to shed some light and ease your mind about massage therapy.

My name is Jeneen Ui'lani Todd I am a Licensed Massage Therapist here in the CNY area. I have been working as a massage therapist for the past 15 years. I graduated from the Onondaga School of Massage Therapy in Syracuse and I am the Owner and Operator of Healing the Spirit Massage Therapy.

Massage Therapy has a very broad and ancient history. It was used in Ancient Greece between 800 and 700 BCE primarily for the athletes training for the Olympics. Massage served as a way to keep the athletes in prime condition. China utilized a massage technique called Shiatsu which is theorized to work on the meridians using pressure and stretching and the flow of energy or Chi to release blockages in the body. India used an Ayurvedic principle sometime between 1500 and 500 BCE. Incorporating touch therapy to help create balance.

Massage Therapy both then and now has earned its right as both a holistic modern medically effective modality in health care with its vast array of techniques for many different ailments.

#### MOST COMMON MASSAGE TECHNIQUES

**Swedish Massage:** This is a lighter pressured and gentle massage which uses long broadening, kneading strokes to enhance circulation. Assisting in relieving knots and discomfort in the muscles and enhance blood circulation while lowering stress levels and pain.

**Deep Tissue Massage:** This modality is similar to Swedish but works the muscles with deeper pressure while broadening the muscles. This is beneficial to muscle areas in chronic pain. Focusing on the deeper layers of the muscle tissue, tendons, and fascia (the protective tissue surrounding the muscle tissue)

**Hot Stone Massage:** Is a massage technique that incorporates heated basalt stones to help relax and massage sore muscles. The Basalt stones are used because of the high iron content this enhances their ability to retain the heat for an extended amount of time.

**Aroma Therapy:** What makes this type of massage unique is the use of various different types of essential oils which can take care of your particular needs such as assisting with clear mind, immune or muscular conditions, and a stress reliever.

#### Benefits of Massage Therapy

- Helps in pain management
- Control blood pressure
- Assists in boosting immunity
- Manages low back pain
- Helps with sleep
- Fibromyalgia
- Ease symptoms of depression
- Increase range of motion
- Improves balance in older adults
- Lowers blood pressure
- Helps chronic neck pain...
- Pre and post sports related activity
- Blood circulation
- Reduce pain of Osteoarthritis...

The list of benefits for massage goes on and on. I hope I answered some of your questions and sparked enough of a curiosity for you to give massage a try. If you are thinking of getting your first massage always ask your doctor if you have any health concerns and do your homework to find the therapist that works best for your needs.

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# winter skin care

## Elder Care SPOTLIGHT

Tips & Information to Navigate Senior Life



ing it clean. Choose cleansers that will remove dirt while not sucking the moisture from your skin. Products containing natural exfoliators, such as alpha hydroxy acids, help slough away dead skin, clear up menopausal acne and stimulate collagen production. Your skin cells are constantly regenerating, even in your golden years, and exfoliating encourages the process. Be sure to choose a mild formulation.

Washing your face twice daily is just as critical in your 70s as it was when you were a youngster. Instead of using harsh exfoliating cleansers, which can irritate sensitive skin, choose moisture-rich, creamy ones. Glycolic-based cleansers are still OK, but steer clear

of physical exfoliators, granular substances can irritate sensitive skin.

The key to creating a smoother, younger-looking complexion: moisturizer. Consider double-duty formulations that contain a humectant (to draw in water) and a sealer (to prevent it from evaporating). Look for ingredients such as vitamins C and E, and coenzyme Q10. During the cold winter months you may need to change to a heavy cream to help keep moisture in the skin.

90 percent of skin damage is from the sun. An Australian study finds that daily sunscreen use can halt skin aging by 24 percent. Find a broad-spectrum sunscreen (SPF 30 or

higher) and use it on a daily basis.

Remember your lips during your skin care regime. The lips do not have oil glands, sweat glands or pigment. Because of this, your lips need special care. Moisturize, hydrate, and protect your lips by drinking plenty of water. Use a humidifier to combat the dry winter air and use a scarf and lip balm with sunscreen to block the cold, sun and wind.

Your skin changes with each passing decade. With proper care, you can keep your skin healthy and looking youthful. Keep to the regimen; cleanse, moisturize and protect and you can keep a youthful glow at any age. ■

**T**he cold winter wind blows into the New Year bringing with it the problem of skin care for seniors.

One of the first steps in caring for your skin (at any age) is keep-

## How to help socially isolated seniors

**T**he elderly population is on the rise in many countries. Advancements in healthcare and a growing emphasis on healthy lifestyles means people are living longer than ever before.

Age is often accompanied by wisdom, but men and women may also find that feelings of isolation, loneliness and depression may also settle in as they grow older. The Journal of Primary Prevention published "A Review of Social Isolation," which observed how social isolation has been linked to numerous detrimental health effects in older adults. Some of these ailments may include increased risk for mortality, rehospitalization, falls, and dementia.

Individuals looking to give back to their communities may want to consider helping seniors in their area. Although it can be difficult to see seniors with diminished physical or mental capabilities, the rewards of interacting and helping seniors can be immeasurable. There are plenty of ways to help seniors avoid isolation and continue to live fulfilling lives.

• Provide transportation. A Place for Mom, a senior housing placement resource, notes that lack of adequate transportation is a main cause of social isolation among seniors. Voluntary or necessary cessation of driving makes getting to and from appointments or even recreational outings more difficult. Where public transportation is unavailable or challenging to

come by, volunteers can help shuttle seniors to and from grocery stores, doctor's offices and any other places they need to go. Getting out regularly and seeing new faces can help seniors overcome feelings of loneliness.

• Participate in hobbies together. Give seniors a sense of purpose by encouraging them to participate in hobbies or activities. Book clubs are one activity that can interest people of different age groups.

• Encourage exercise. Physical exercise keeps the body fit and improves mental health. Seniors can benefit from physical activity because it promotes strong bones and a healthy cardiovascular system. In addition, seniors who enroll in exercise classes at gyms or local senior centers can meet like-minded adults, helping them overcome their feelings of isolation even further.

• Provide meals and companionship. Older adults may not be getting all they need to maintain healthy weights and bodily functions. Cooking and shopping for healthy foods may be difficult. Provide seniors with healthy meals when possible, and take the time to share those meals. This can foster conversations that keep seniors' minds sharp and also may help prevent social isolation.

Seniors can benefit from many different forms of support, and helping older adults is a worthy volunteer initiative. ■



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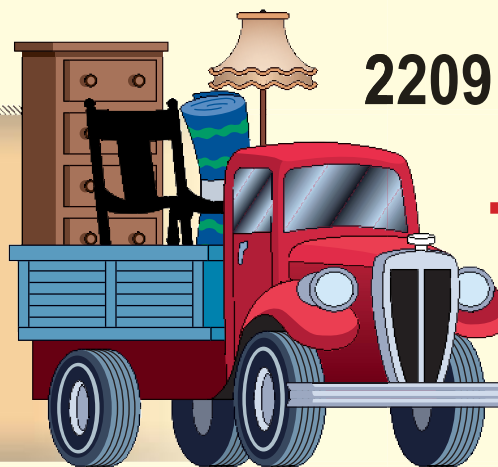
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# Teach kids financial lessons for the new year

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**A**t the dawn of a new year, many adults resolve to make positive changes in the year ahead. But New Year's resolutions aren't exclusive to adults. In fact, New Year's resolutions provide a great opportunity for parents to teach their kids about setting goals and maintaining the discipline necessary to realize those goals.

Many adults express a desire to save more money when making their New Year's resolutions. Parents who want to instill financial responsibility in their children and encourage youngsters to save money right alongside mom and dad can do so in various ways.

- Start giving kids an allowance in return for doing their chores. A great way to teach kids about money management is to give them an allowance in return for doing their weekly chores. This teaches kids

that they must earn their money and also teaches them to budget. Resist the temptation to give kids extra money or advances on their allowances, as doing so can compromise the lesson that kids need to budget.

- Encourage kids to establish specific financial goals. Kids can benefit just like adults by setting specific financial goals. If kids have their eye on a new gadget or gaming console, encourage them to create a savings log that tracks how much they're saving each week and how close they are getting to reaching their goal. As kids's balances increase and they get closer to their goal, they may grow just as excited as adults do when they see their investments perform well.

- Match kids' contributions. Another great way to encourage kids to save money is to match the deposits they make into their accounts.

Whether it's teenagers saving for their first car or younger kids saving for a new bike, kids may be more likely to save if they know their contributions are being matched. Parents can explain that matching is not just for kids, as many moms and dads benefit from employers who match their retirement contributions.

- Let kids make mistakes. Everyone makes mistakes, especially when it comes to money. Many adults feel the best financial lessons they learned were a byproduct of a mistake they made that forced them to reexamine their approach to money. Letting kids make financial mistakes now may help them avoid bigger and more costly mistakes down the road.

- Teach impulse control. Another valuable financial lesson parents can instill in their kids is controlling their impulses with regard to spending. Many adults exercise impulse control by waiting 24 hours to make purchases. In this scenario, adults who see something they like online or in-store that they did not intend to buy will wait a day after seeing the item before deciding whether or not to purchase it. That 24-hour waiting period often prevents people from buying products they don't need. Kids can benefit just as much from following this guideline.

New Year's resolution season provides a great opportunity for parents to impart valuable financial lessons to their children. **E**

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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.

**W**hile 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 overnight 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 your 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

**ORGANIZE -32**

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## Resolutions that can benefit your bottom line

Making New Year's resolutions is a tradition for many men and women. How successful a resolution is depends on the person making the commitment.

But money can be a great motivator when it comes to resolutions, which may be most successful when they affect a person's finances. The following are a few resolutions that may not be entirely about money,

but can still save you big dollars in the long run.

\* **Quit smoking.** In addition to the medical benefits of quitting smoking, saying "so long" to cigarettes can also save men and women a substantial amount of money. The average cost of a pack of cigarettes depends on where you live, but a report from the Campaign for Tobacco-Free Kids found that the average cost of pack of cigarettes in California in January of 2012 was \$5.71, with the state collecting roughly 22 percent of that total in taxes, placing them 33rd among the 50 states in taxes collected on cigarettes.

Smokers who quit will no longer be spending nearly \$6 or more per pack of cigarettes, and quitting may also lower their health insurance premiums, which were 14 percent higher for smokers than nonsmokers according to research from eHealthInsurance.

\* **Pay more than the minimum on your installment loans.** It might sound odd to pay more than you're required each month in an effort to save money, but paying more than the minimum on installment loans, including student loans, mortgages and car notes, reduces the amount of interest you're paying in the long run, shortening the length of the loan in the process. Paying as little as \$20 extra per month can significantly reduce the amount of interest you will pay over the life of a loan.

\* **Learn about finance.** If you have little knowledge



of finance and investing, then you are likely paying someone to handle your finances or maybe even storing your money beneath the mattress. Learning about finance, whether you learn on your own or take courses, can help you gain greater control of your finances, greatly reducing, if not eliminating, the amount of money you're spending for someone else to look after your money. In addition, learning about finance can help you grow your money rather than having it collect dust under the mattress.

\* **Eliminate your debt.** Some resolutions are more popular than others, and eliminating debt is one of the more popular New Year's reso-

lutions. But some people don't realize just how to eliminate debt. While it's important to save money, high-interest debt should be eliminated as quickly as possible. For example, if you pay off a credit card that charges you 10 percent on your account balance with money you might have deposited into a savings account that earns just 1 percent interest, then you will have gotten a 9 percent return on your investment. It's important to save money, but don't do so at the expense of ignoring existing high-interest debt.

New Year's resolutions are not always easy to keep, but those that can positively affect your bottom line may be easier to live up to. **E**

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### ORGANIZE from 31

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. **E**



# The benefits of hiring professional contractors

The DIY movement has inspired many homeowners to tackle home repair and remodeling projects on their own. DIY projects can be rewarding, and many homeowners who have embraced the DIY movement have discovered talents they never before knew they had.

But no matter how simple popular home renovation television shows make remodeling projects appear, homeowners should know that such undertakings are far more difficult than they appear on television. Homeowners who overestimate their abilities and the time they have to complete projects can cost themselves substantial amounts of money. In fact, there are a variety of reasons homeowners might want to work with professional contractors when tackling home improvement projects.

## Experience

A trial and error approach can work with various projects and problems. But applying such an approach to home improvement projects is risky and potentially dangerous, not to mention costly. Experienced professional contractors with strong track records (seek recommendations from friends or neighbors) won't have to go through trial and error and are therefore more likely than DIYers to complete a project on time and on budget.

## Inspiration

One oft-overlooked benefit of working with professional contractors is the likelihood that they can draw up ideas for projects that homeowners might otherwise never have thought up on their own. Homeowners without specific ideas in mind can ask contractors to come up with various scenarios before committing to a particular one. Veteran contractors can draw on years of experience to create designs that DIYers might be incapable of coming up with and/or incapable of seeing through to completion.



## Cost

Conventional wisdom suggests it's less expensive to do something yourself than to hire someone else to do it for you, but that's not necessarily true of home improvement projects. Labor costs typically account for a substantial amount of professionally contracted projects, but homeowners can cut those costs by volunteering to do some of the simpler tasks themselves. In addition, contractors often purchase materials at a much lower cost than individual homeowners because contractors buy in bulk. So while labor costs might be lower on DIY projects, the cost of materials can offset those savings.

## Resale value

Many homeowners

renovate their homes with eyes on improving the resale value of those homes. But if homeowners want to showcase a newly remodeled kitchen when selling their homes, they should be prepared for prospective buyers to ask who worked on the project. Fearing potential problems down the road, some buyers might be put off by homes that were remodeled by DIYers and not professional contractors.

Renovating a home on your own can be a rewarding project for homeowners. But it's important that homeowners recognize the many benefits of working with professional contractors before making any final decisions with regard to who will tackle their next project. **E**

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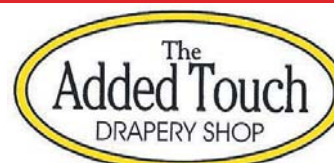
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## How building permits protect homeowners



*Obtain the proper permits before beginning construction.*

**Y**ou are thinking of making a major renovation to your home. Perhaps it's time to create that master bedroom suite you long have admired or install that wrap-around porch? What is the first thing that should be done before getting down to business?

The correct way to begin a home remodeling project is to obtain the necessary permits for the job. Many municipalities request individuals obtain permits for a range of work on homes or other structures, such as office buildings. Permits are generally required for all new construction as well as specific modifications that will affect structural, plumbing, mechanical, and electrical systems. It's important to check with the local building office prior to beginning work to see which permits you will need before the project can begin. Permits are necessary whether a homeowner is doing the work or hiring an outside contractor.

Due to the cost and time involved with securing permits, some homeowners skip this step so they can begin a project promptly. However, this can end up being a costly mistake. Permits might seem like a nuisance, but they actually protect homeowners in various ways.

### Permits ensure safe workmanship

Permits provide a blueprint by which contractors and do-it-yourselfers must complete renovations. Because inspections will take place, there is no wiggle room. Shortcuts often translate into subpar work that may lead to malfunction and injury in the long run. Safeguarding against poor workmanship means homeowners can feel confident in the work being done.

### Permits reduce the likelihood of costly mistakes

As inspectors go through their checklists, they may notice things that were done incorrectly and will offer advice about how to mend the problem before it becomes a larger headache. If left unchecked, an electrical error could lead to a fire or another dangerous situation. Repairs that are not structurally sound may pose problems or deteriorate more quickly than structures that are constructed correctly. Furthermore, catching improper technique early on eliminates having to tear down and redo work, which can be a costly and time-consuming endeavor.

### Permits protect against fines

Sometimes work goes as planned even for homeowners who did not obtain the necessary permits. However, years later, when other work needs to be done, inspectors may discover homeowners never secured proper permits and inspections years earlier, leading to fines.

Furthermore, if work is done without a permit and an accident occurs, any damages or injuries may not be covered by a homeowner's insurance policy.

Permits are an important part of the home improvement process. Homeowners should not skirt the responsibility because the permit and inspection process is in place to provide protection to occupants. **E**



# Learn how to prevent DIY injuries



*Respiratory protection is essential when dealing with particulates in the air and vapors.*

**T**housands of people try their hands at do-it-yourself home improvement projects every year. Whether working indoors or outdoors, wearing safety gear and exercising caution is a necessity when undertaking any home remodeling project.

According to the Home Safety Council, one in five consumers will need medical attention this year as a result of home improvement projects. A 2013 survey by 3M TEKK Protection and the National Safety Council found that more than one-quarter of DIY home improvement projects ended with injuries to homeowners or someone else in the household. Falls from ladders, cuts from power tools and injuries from thrown debris account for many emergency room visits. Accidents involving chemicals and cleaning agents also can occur. Safety should be

the utmost priority when renovating, and that means utilizing appropriate safety equipment.

## Footwear

Wear solid shoes that provide considerable traction during home improvements. A firm, reinforced toe is helpful as well. Should any items fall, they'll be less likely to cause injury if your foot is encased in a protective boot or sturdy shoe. Soles that grip surfaces will help safeguard against slips and falls.

## Eye protection

Safety goggles and glasses are a must-have for any do-it-yourselfer. They will provide a barrier between the eye and flying debris. According to Vision-Web, an eye education resource, most of the 110,000 eye injuries that occur each year in homes within the United States result from splashes with

household cleaners, flying debris such as wood chips, or getting hit by branches. Many of these injuries can be prevented by wearing eye protection.

## Ear protection

Power tools can be quite loud. When operating loud, powered machinery, use earplugs or safety earmuffs to reduce the risk of damage to hearing and potential hearing loss.

## Ventilation and respiratory protection

When working with chemicals and other products that have strong odors and/or emit particulates into the air, make sure you do so in well-ventilated areas. This will help dissipate the smell and prevent inhalation of concentrated chemical substances. Masks guard against dust, pollen and some other microscopic particles and may not provide enough protection, depending on the job. The Home Depot suggests using particulate or filtration respirators when performing tasks, such as sanding, where you might be exposed to particles. Gas and vapor respirators offer protection against additional substances.

## Create a safe environment

When working at home, make sure to use tools in the manner in which they were designed. Keep power cords tidy so they do not pose a tripping hazard. Falls from ladders often occur when climbing above the recommended

run or engaging in risky behavior while on the ladder, such as reaching or hanging over too far.

When outdoors, exercise caution in inclement weather, which can make it harder to work safely. Be sure there are no bystanders too close when using power tools or tools that can kick up debris.

The right safety gear and some smart do-it-yourself techniques can help DIYers avoid injury. **E**

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### WHERE DID 2016 GO?

Time to start getting everything together for tax preparation. Some new due dates are in effect for tax year 2016 along with changes to other forms as well.

All employers must furnish employees with W-2 and 1099 (non-employee compensation) by January 31st. These earlier dates will help the IRS find and stop refund fraud. W-2s may now also have an additional 16 digit ID number in an effort to stop fabricated wages and tax fraud.

Partnership tax returns are now due on March 15th. **THE IRS WILL BEGIN ACCEPTING AND PROCESSING TAX RETURNS ON THURSDAY JANUARY 23rd.**

Eligible Education Institutions are now required to report the aggregate amount of payments received for qualified tuition and related expenses during the calendar year on behalf of the student. Previously they could report the payments received or payments billed on form 1098-T.

**NYS Dept. of Labor does not mail 1099-G's. If you received unemployment in 2016 you will have to get that form on line at [www.labor.ny.gov](http://www.labor.ny.gov) for tax purposes.**

Tax returns that contain Earned Income Credit and Additional Child Tax Credit will be held until February 15th. This allows the IRS additional time to help prevent revenue lost due to identity theft and refund fraud related to fabricated wages and withholdings. You will need to show proof of identity for yourself and any dependents you are claiming. Due Diligence requirements are mandatory and strict for IRS purposes and intent. Tax Worx is in compliance with these requirements for all clients.



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**Medical mileage rate** is .19 cents per mile. (down from .23 in 2015)

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Make sure your tax preparer is the third party designee on your Federal return or they will not be allowed to represent any aspect of your return with the IRS.

NYS requires EZ Rep form 2000 for representation with regards to your tax return. Make sure you have signed this form and leave it with your preparer.

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*The IRS may change dates after publication of this column.*

*Alicia Cashman*  
Tax Preparer/Owner



## WHAT would YOUR MOTHER say??

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...*

**I**n 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...

All the wrapping paper is crumpled up, most of the Christmas trees are down, and the debt is piling up. The past

couple years have seen some people claim that there is a war on Christmas and simply saying, "Merry Christmas" is fighting words. Some people think that "Happy Holidays" is also incorrect. Meanwhile they're missing the real battle; "Happy New Year."

The Happy New Year greeting starts somewhere in mid-December. It becomes part of the vernacular. The real issue is when we use the phrase without actual meaning. Just words. Before you know it, you're waving good bye to strangers at the post office and saying, "Hap-

py New Year." It doesn't mean anything.

It gets worse when people are saying, "Happy New Year" in the middle of March.

Resolutions are also cannon fodder for hating Happy New Year. Like the phrase, we usually end up making resolutions without conviction. They've become a tradition. We're supposed to turn over a new leaf. We're supposed to diet. Quit smoking. Save money. Many times, resolutions fall to the wayside, victims of our busy, fast paced life.

Some people are barely recovering from New Year's Eve parties and there is nothing to do. The day off doesn't help matters. It adds to the confusion, the holiday haze. By the time the first of January comes around, we've been dealing with Christmas for over a month. Kids have had vacation time and the days become a blur of presents and Christmas cookies. And then we add one more day of nothing to the mix.

One of the worst casualties in this battle is the date. Checkbooks and forms sport scribbled out marks as people put last year's date in the date box. Some people continue this habit for a few days and other might take a week for the change in calendar to sink in. I mess it up right through June.

I'm not saying we should ban saying, "Happy New Year." Not at all. Let's put a little conviction behind the greeting. When it comes down to the new year, keep your resolutions quiet and keep the salutations to a minimum. Stop and think, "What would my mother say?" She would say, "How've you been? I haven't seen you since last year." **E**





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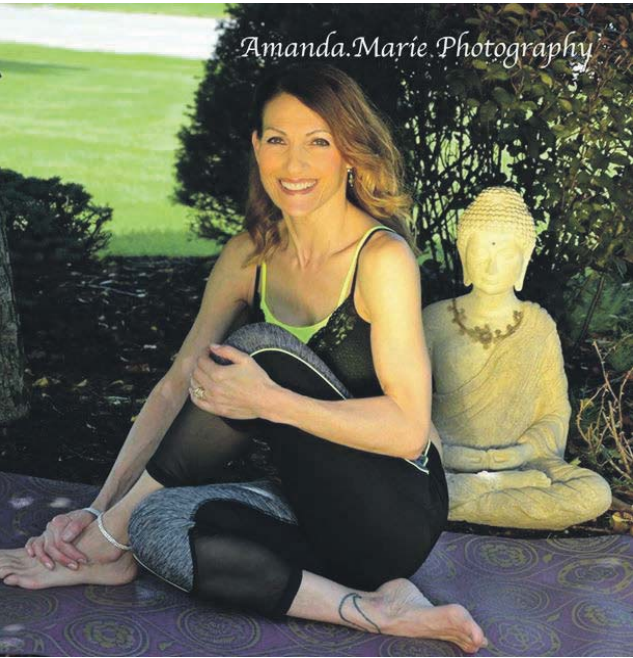
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- AS SEEN ON -





# Keep It Off Fitness Studio



Owner, Diann Gorea

**K**eept It Off Fitness Studio is located at 17 Center Court, in the New Hartford Shopping Center, New Hartford, New York. Owner, Diann Gorea, incorporates functional training, strength training, and cardio for a high-intensity, low impact workout geared for any age range.

Both individual personalized training and group classes are offered at Keep It Off Fitness Studio. Diann has been into fitness, “forever.” She taught classes since she was 15 years old. She’s been a personal trainer for over 15 years. She explained, “I wanted something to do on my own; personal training and group classes.” She opened Keep It Off Fitness Studio almost six years ago, and offers personal training, group fitness classes, urban rebounding, bounce/burn, mini-trampolines, dynamic strength class, Piyo, yoga, and Kangoo jump power class.

Kangoo Jumps rebound shoes were originally developed for joggers, runners and athletes, to help reduce the impact associated with vigorous athletic activity. Kangoo Jumps is the leading rebounding sports brand worldwide. The rebound shoes reduce the impact up to 80% and help to burn up to 20% more calories. The patented IPS (impact protection

system) prevents injuries and provides many health and fitness benefits. At Keep It Off Fitness Studio, you can bring your own Kangoo boots or you can rent them. They offer a combo deal, a class plus rental is \$10. Kangoo jump class offers the high intensity, low impact workout that Diann provides for her clients.

The challenge is to try to keep people motivated. Diann manages this by changing every workout. Each session is different. She said, “Time and consistency is the key to success. You’re going to look better, sleep better, and feel better.”

She added, “There’s a mind/body connection. Most people don’t tap into it. People don’t know their own bodies. It’s my job to teach them.”

Diann explained that results equal people staying motivated. “You’re going to feel good, feel strong, and sleep better; all done naturally.”

Keep It Off Fitness Studio is open Monday through Friday, 9 am - 7:30 pm for classes and personal training. Group classes run 45 minutes or one hour. Personal training sessions are 30 minutes or one hour. Keep It Off Fitness is



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# BOCES Has Something For Everyone

## – Check Out The New Annual Catalog!

BOCES has an exciting array of classes scheduled for 2017. If you haven't done so, take a moment to review the NEW 2017 ANNUAL CATALOG and see what might be for you. If you did not receive the new catalog, call the number below and BOCES will be happy to send you one. All programs are also listed on their website: [www.moboces.org/adulted](http://www.moboces.org/adulted). BOCES offers many types of classes that can prepare adults for success in the workplace, assist individuals with getting their High School Equivalency (HSE) (formerly known as GED®) or just have a fun evening in one of the many hobby classes.

Classes offered in Business and Career Development are Security Guard Training, Civil Service Exam Preparation, Notary Public, DASA (for school staff and teachers), Office Assistant, Public Speaking, Entrepreneurship, Grant Writing, Protecting Assets from Nursing Home Costs and Introduction to Accounting Basics.

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Skilled Trades classes include Auto Mechanics, Auto Body Techniques, Welding, Basic Electricity, Heavy Equipment Operation, Carpentry, Heating, Ventilating & Air Conditioning (HVAC), Basic Plumbing and Masonry. Successful completion of many of these classes' will result in an industry recognized credential.

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If you are interested in reducing your insurance premiums checkout one of the Driving related classes such as Defensive Driving or Driver Education which teaches new drivers how to operate a vehicle safely and in accordance with New York traffic laws. BOCES also offers the 5 Hour Pre-Licensing class most Saturdays at the YMCA in Rome and Oneida. (Students must have a valid driver's permit.) For information on the 5-Hour Pre-Licensing program, call (315) 361-5765. New this year is a Basic Car Care workshop to help educate individuals on basic maintenance and small fix-its of their vehicle.

Creative Arts is a great way to craft some home-made gifts that will be treasured by your friends and family. Classes include Jewelry Basics, Wire Jewelry, Up-cycled Jewelry, Introduction and Intermediate Painting with Acrylics and Watercolor Painting.

The 1000-hour Cosmetology program offered at the Oneida-Herkimer-Madison (OHM) campus in New Hartford prepares students to take the New York State Appearance Enhancement Licensing Exam and is a fraction of the cost of other local programs!

If you are a foodie, the Culinary Arts classes will surely be of interest to you. Sign up for Cake Decorating, Cupcakes, Cupcakes, Cupcakes, One Batch Cookies, Farm-to-Table, Super Bowl Party, Hearty Soups & Stews, An Irish Celebration, Grab It and Go, Oktoberfest, Fall Vegetables, Everyday Dinners, Appetizers, Italian Cooking. Don't want to go alone, how about a Couples Cooking class? Be sure to bring your Tupperware for leftovers. If you work in the Food Service Industry classes such as Culinary Knife Skills or Serv-Safe might be for you.

If you want to Move Your Body/Feel the Beat, jump into Pilates, Zumba, Yoga, Volleyball or Ballroom Dancing.

Are you planning a trip anytime soon? If so, you will want to check out the Conversational Languages such as Italian or Spanish.

If none of the above appeal to you, how about something from Home & Hobbies? Classes include You and Your Digital Camera, Crocheting, Knitting, Winemaking, Railroad in Central New York, Wine Bottle Chimes, various Guitar classes, Music Appreciation, Introduction to Opera and Mind Body Matters.

BOCES also has a team of nearly 30 Literacy instructors who provide a variety of programs such as High School Equivalency preparation classes, the National External Diploma Program and English as a Second Language.

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# Rome Capitol Theatre

By Pat Malin

**T**he bad news is that you won't find "Rogue One," the new Star Wars-themed blockbuster film at The Capitol Theatre in Rome.

The very good news is you can skip the long lines and high prices, yet still find entertaining and quality films in downtown Rome.

From 1946's "It's A Wonderful Life," a perennial attraction at Christmas, to 2016's Emmy-nominated "Moonlight," the Rome Capitol Theatre has significantly expanded its genres within the past few months.

Thanks to the addition of a second auditorium at the Cinema at the Capitol at 230 West Dominick Street in downtown Rome, just two doors from the Capitol's main entrance, local cinephiles can see a diverse lineup of films.

The Cinema held the grand opening of its 70-seat second auditorium on Dec. 21. It's all part of an expansion plan for the Capitol Theatre, a fixture in the downtown for 90 years.

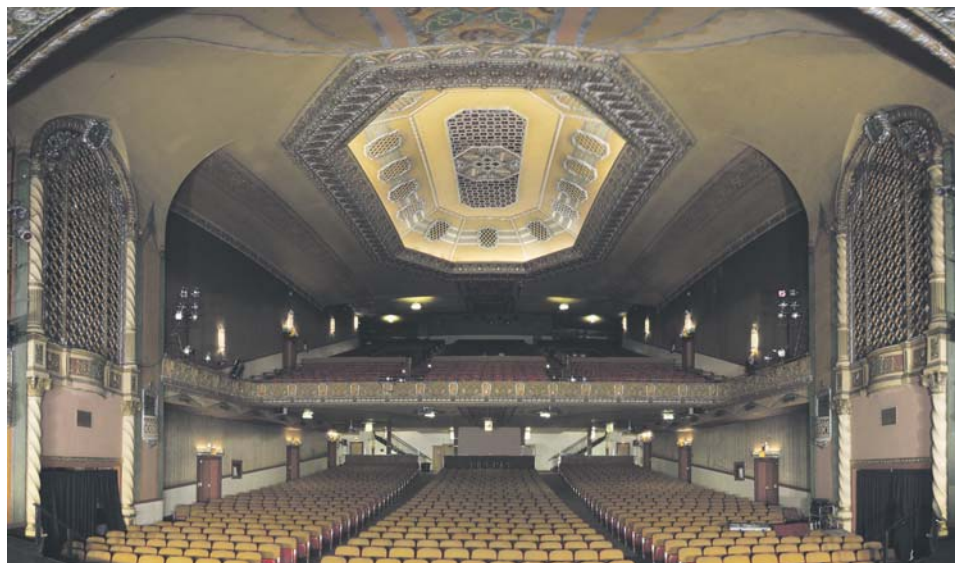
The Capitol made a deliberate decision to add high-quality independently-produced and distributed films, such as the critically-acclaimed "Moonlight," and "Loving," especially for the Cinema at the Capitol.

"We liked the idea of adding indie movies because there aren't any venues in Rome where independent films get shown," said executive director Art Pierce. "It's an entertainment opportunity, something that wouldn't be shown at the Rome Cinema across town."

"Elle" will be shown at Cinema Capitol from Jan. 13- Jan. 19.

Ticket prices are \$7 for adults and \$5 for Friends of the Capitol and students. The films run only one week, giving the Capitol quicker turnover than the national chain Rome Cinema on Erie Blvd., which screens the expensive Hollywood features.

Pierce said the Capitol purchased the building next door three years ago



and opened the 52-seat "mini-theater" in November. It has a separate lobby and entrance from the Capitol, but tickets need to be purchased at the main box office.

All Cinema Capitol events are presented in a digital cinema package with 2,000-pixel resolution. The Capitol Theatre films are presented on a giant 20 x 40 feet movie screen in 35mm with carbon arc illumination.

Originally opened on Dec. 10, 1928, the 2,000-seat Capitol was Rome's first theater with the ability to play the new sound movies. In later

years, some seats were removed to accommodate handicapped patrons. It now seats 1,788 and is ideal for large community events such as the annual Rome Arts Hall of Fame induction ceremony.

It has also managed to maintain its nostalgic exterior and interior. In 1939, a mere 11 years after opening, Capitol received a modernistic facelift that has been preserved.

The initial program in 1928 included a newsreel, two Vitaphone shorts, and the First National feature, "Lilac Time," starring Colleen Moore and Gary Cooper.

**THEATRE - 40**

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THEATRE from 39



Big bands made their debut at the Capitol in February 1929. Headliners who performed in Rome over the next two decades included Art Kahn’s Orchestra, Paul Whiteman’s famous Rhythm Boys (Bing Crosby, Al Rinker and Harris Barris), and the Dorsey Brothers Orchestra.

Rock and roll came to town in 1956. “Bill Haley & the Comets’ rock & roll show had the kids literally dancing in the aisles,” according to the Capitol’s webpage and introduced a new wave of entertainment.

The Capitol’s screen went dark for a few years in the 1970s and ‘80s and its future looked grim after the Cinema National movie theater chain opened on Erie Blvd., a few blocks away.

Although the Capitol was used occasionally for live events, it wasn’t until December 1985 – its 57th anniversary, that the theatre was rechristened as a performing arts center and civic center. The “new” Capitol screened the original “Lilac Time,” this time accompanied by the local Rick Montalbano trio.

In 1989, the Capitol began utilizing its full-sized stage and orchestra pit for live the-

atrical productions events called SummerStage that still attracts local performers as well as national tours.

In 2003, the Capitol’s original Möller theatre organ was restored to working order. The CapitolFest, held in August each year, is devoted to running silent movies with organ accompaniment and talkies from the 20s and 30s.

In 2014, the Capitol’s board of directors unveiled their latest restoration project. In the last two years, they received grants that allowed for the expansion of the theatre’s education and outreach departments, the addition of two petite cinemas focusing on independent and art-house films, and a multi-functional black-box theatre.

The Capitol is run by five staffers in addition to Pierce. Meanwhile Kallie T. Cat stars as the “mouse exterminator,” and provides live action (albeit in slow motion) in the front window.

For more information about the Capitol Theatre, contact the Capitol Theatre at (315) 337-6277 or online at [www.romecapitol.com](http://www.romecapitol.com). **E**



Kallie “lives” in the window at the Capitol Theatre. Kallie T is a play on the name, Kallet, the original owners of the theater.

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# The origins of *Groundhog Day*

Every year on February 2nd, people anxiously await the appearance of a medium-sized furry mammal who they believe can predict if winter weather will rage on or if spring will arrive sooner than later. Although it's a rather strange means of prognostication, millions of people celebrate Groundhog Day, a tradition that is older than many people may know.

The first official Groundhog Day took place on February 2, 1887 at Gobbler's Knob in Punxsutawney, Pennsylvania. In the ensuing 130 years, individuals have gathered in Pennsylvania and other areas around the United States to find out if the groundhog will see his shadow. If the groundhog sees his shadow, winter will continue for six more weeks. If the groundhog does not see his shadow, then spring will arrive early.

Although the Groundhog Day of today is relatively new, the concept is actually quite old and dates back to the ancient Christian tradition of Candlemas. Candlemas is a Christian holiday commemorating the presentation of Jesus at the Temple. Candlemas falls on the 40th day of the Christmas/Epiphany period and is one of the oldest feasts of the Christian Church, celebrated since the 4th century in Jerusalem. Around the 14th century in Europe, Candlemas began to overshadow Pagan holidays like Lupercalia (Romans) and Imbolc (Celts). Rather than torches and blessings from goddesses, on Candlemas custom called for members of the clergy to bless candles and distribute them to the people

to symbolize that Christ was the light of the world. Weather played a role in the celebration of Candlemas. Rainy, wet weather was preferable because it suggested spring's arrival was on the horizon.

Candlemas was celebrated in many parts of Europe and eventually spread to Germany, where animals were involved in the ceremony. Hedgehogs were plentiful in the area, and celebrants believed if they cast a shadow during fair weather on Candlemas, more bad weather was in store. Pennsylvania's earliest settlers were German, and these immigrants brought their Candlemas traditions with them. But hedgehogs were not common in Pennsylvania, so settlers used groundhogs instead. Thus, the groundhog was seen as a wise and suitable substitute for prognostication.

Today's celebrations include tens of thousands of visitors from all around the world who travel to Pennsylvania to see Punxsutawney Phil in person. Phil has become a celebrity of sorts and has appeared on various television shows, on a jumbo screen in Times Square and as the star of the 1993 movie "Groundhog Day." (Although the real Phil was not allowed to be in the movie because it was filmed in Illinois instead of Pennsylvania, and the Groundhog Day organizers were notably upset.)

Boasting a deeper history than many people may know, Groundhog Day will continue to delight revelers for years to come. **E**



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## 6 steps to hosting a successful fundraiser

Fundraisers help schools, political groups and charitable organizations stay afloat. Groups that do not offer products or services for sale must find other means to fund their operations, and fundraisers often fill that role.

Charities Aid Foundation says that the number of people worldwide donating money to nongovernmental organizations, or NGOs, increased from 1.2 billion in 2011 to 1.4 billion in 2014.

Fundraising involves more than putting a hand out and asking for money. Successful fundraisers have various things in common, regardless of the cause they're promoting.

1. Decide on a clearly expressed purpose. Individuals do not typically donate money without first being given a good reason to do so. Therefore, when beginning a fundraiser, organizers have to decide on the purpose of the event and spell out that purpose clearly. When

sharing information about the fundraiser, include how the money will be allocated. Some charitable events have more than one objective, with a primary goal of raising money and additional desires to raise awareness and connect with new donors. When establishing a financial goal, organizers must come up with a final donations figure they hope to reach.

2. Know your audience. Understanding your goal is one factor, and knowing who you are reaching out to is another. If it's school fundraising, understand that these may be cash-strapped families without much money to donate. In such instances, consider incentivizing donations by entering donors into raffles for family-friendly

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# Taco Del Mar bringing the Baja to Rome

By Carly Proulx

Taco Del Mar is located at 827 Black River Boulevard in Rome, NY. It's a fast, casual Mexican restaurant for those on the go in need of a quick burrito fix. The very first Taco Del Mar restaurant opened its doors on June 8, 1992 on Pier 57 in Seattle's historic waterfront

district. Fish tacos and Mission style burritos are what the founders of Taco Del Mar missed most when they looked back fondly on their surfer days on the West Coast in California.

Open Monday through Saturday 10:30 am - 9:00 pm, and Sundays 11:00 am - 8:00 pm the Baja version of the fish taco, a popular

staple at Taco Del Mar now lives supreme in the East. The local taco that began this whole craze originates somewhere in San Diego, sometime in the late sixties when surfer groups were seeking out the perfect wave. Heading south of the border, after riding the waves into the afternoon the gang would meet a perfect combination of ingredients to satisfy their overworked physique, and appetites. With only 5 ingredients of fried fish, shredded cabbage, a lime squeeze, salsa, and a mystery white sauce the Mexican-California born taco has found its way to our Central New York locals, and its popularity has yet to fade into the background of our pallets.

Everything here is fresh, and inspired from authentic Baja style Mexican cuisine. It's a relaxed atmosphere, with a groovy vibe that can transport you South, all the way to the border. The Baja Burrito, served up

small or regular (regular in Baja means giant by the way) comes with tortilla, rice, beans, meat, cheese, and pico de gallo. The Baja Bowl is like the Burrito but without the tortilla. The Loaded Nachos are tortilla chips, topped with rice, beans, meat, cheese, pico de gallo, guacamole and sour cream. The Baja tacos come with your choice of corn or flour tortillas, meat, cheese, lettuce, and pico de gallo. The Enchilada platters, with either one or two enchiladas and one taco are served with rice, beans, guacamole, and sour cream. Try the Quesadillas with meat and cheese, or just cheese. They are melt in your mouth yummy, but then again you can't go wrong ordering anything off this menu.

Taco Del Mar offers a few different kids meals to choose from. They can choose from either a Cheese Quesadilla, Bean and Cheese burrito, or a Taco, and any choice comes with a fountain



2 taco Combo platter of vegetarian taco topped with cilantro, and one Baja fish taco with rice, and beans on the side.

drink, and a side of chips or choice of dessert. You can make your meal a combo with any side of either chips and queso,

With a mini burrito platter, rice and beans, a 6-layer dip of beans, sour cream, guacamole, cheese, pico de gallo, and



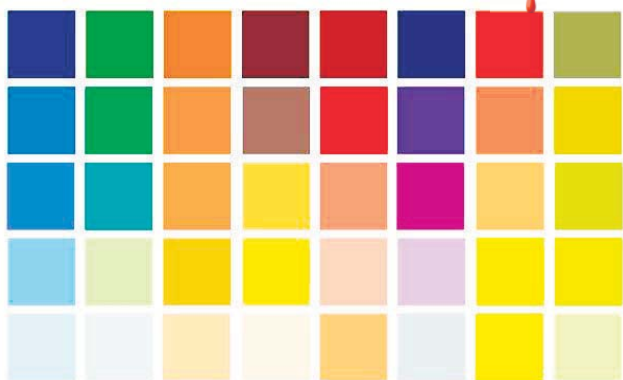
Enjoy the clean and neat, spacious dining area at Taco Del Mar.

chips and guacamole, chips and salsa, or rice and beans, as well as a fountain drink. Choice of meats includes Alaskan white fish, braised chicken, pork carnitas, ground or shredded beef, steak, and vegan or vegetarian. Once you try it you might want to consider Taco Del Mar to cater your next event. For a minimum of 20 people their catering options are plentiful.

jalapenos presented on a platter of tortilla chips it is the perfect spread for a fiesta while mingling.

Perhaps the Catering Bars are the way to go when you need to feed the masses. There is a whole lot of Baja going down, including big bowls of guacamole, sour cream, pico de gallo, hot, medium, and mild sauces, tortilla chips, and desert. Also, these platters are traditionally Baja served with limes, and lettuce on the side. Choose from the Taco bar, Nacho bar, Enchilada bar, Taco Salad bar, or Baja Bowl bar. Specialty orders of boxed lunches at \$7.50 is also an option. You can pick it up, or they can drop it to you, as well as set up the catering bar. If in the event you need that extra mile Taco Del Mar will be glad to run it for you with the set-up, serving, and taking down the catering bar for your event. Visit the website for more details at [www.tacodelmar.com](http://www.tacodelmar.com), or call (315) 336-2222 to place your order. **E**

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# The Iron Kettle Coffee Shop in Rome

By Carly Proulx

The Iron Kettle Coffee Shop is one of those diners you can appreciate. Nobody is pulling any punches here. It is good food, good coffee, and good people.

Owner Maxine L. Fusco opened the Kettle in 1975, and has been running the business for over 40 years. Open at 6:30 am until 3:00 pm Monday through Saturday, serving breakfast and lunch The Iron Kettle is a cozy atmosphere with a menu of items you'll have a hard time narrowing down.

Fusco was one daring individual before taking on the diner venture. When she failed to sell the restaurant equipment she came into back in the day, with hopes of being able to make a good profit she decided to rent a



Maxine Fusco owner with son, and head cook Tim Meisenhelder at The Iron Kettle Coffee Shop in Rome.

cake Shoppe when it first opened, back when Fusco's son Tim Meisenhelder was just the dishwasher. Now he's the head cook flipping cakes right out in the open for all the customers to see. Well his back is to them, but he turns around and gives friendly recognition to the regulars, and newbie's when he's got a few seconds to spare. When the diner first opened,

Store. But breakfast, and lunch for the people of Rome was Fusco's future. Forty years later Fusco has confessed to ups and downs over the years, one "down" in particular being when the city lost thousands of residents with the closing of Griffiss Air Force Base in 1995. How the economy has changed over the years is plain to see in comparing the Kettle's original menu with the one today. However, Fusco has little time for regrets, and is completely content with having chosen Rome as the home of her business years ago. "It's home now," she grins.

The Iron Kettle Coffee Shop does breakfast all day. They don't do eggs on the grill so it stays clean and ready for those who want hamburgers. For a while Fusco ran the original restaurant that neighbored her current one on E. Dominick. It didn't lend itself to sitting down, and relaxing, and so this new space was all about that being able to enjoy, and take one's time. There was a second Kettle for a while on Martin St., where son learned all his cooking skills, but life gets a little hectic with two restaurants. Fusco has stuck with this

one, and her son Tim has stuck right by her side the whole way through it. It's a family friendly place, and everyone is welcome. I got the Coconut-Pecan Pancakes, and it was the most heavenly, satisfyingly sweet indulgence I'd succumbed to in a long while. A friend and I split those, and an Italian omelet. We may have also gotten a side of sausage, and home fries. It all just seems like a dream now.

Besides all that deliciousness they have a whole other lunch page consisting of hearty sandwiches such as a Chicken Parm sandwich, Steak with Fried Onions, and their decadent array of Burgers. If it's a hot dog with sauerkraut you want, or a plain old grilled cheese the Iron Kettle has got you covered. I won't even touch on the Triple Decker options here. Head out to Rome, come see for yourself, and congratulate Maxine Fusco on her 40-year milestone at The Iron Kettle. **E**



To die for, Iron Kettle's Coconut Pecan Pancakes, and Italian Omelet.

space for its storage, and open a restaurant of her own. With zero restaurant experience under Fusco's belt she made it happen. "I'd never even waitressed before," Fusco admitted. This is one business owner who doesn't like to sit idly by for too long. "Anything I've done I've worked hard at. I didn't want the space to go to someone who would run it into the ground," Fusco exclaims.

It was originally known as the Iron Kettle Pan-

it was Maxine who did the back turned cooking. Known then as the Skillet Queen she enjoys getting to talk to people more these days, and spending that extra time with customers.

Maxine was originally from the Green Bay area of Wisconsin, and with her late husband, a radar technician, they'd move to Rome in 1968. He'd pass away four years later, and it wasn't too long before that Maxine went to work for Nelson's Department

“

Write it on your heart that every day is the best day in the year. -Ralph Waldo Emerson

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# Our Gate & Garage Routine

By Terry Berkson

Back in Brooklyn, when arriving home, my wife Alice and I always went through the same procedure. I'd pull up to the gate. Alice would get out to open it. Then, I'd drive through, stop before the garage and get out to open the doors

as Alice, having already closed the gate, would walk to the car, slip behind the wheel and pull in. When going in or out alone, all this opening and closing was quite time consuming and bothersome but having our dog Bert made it necessary.

One very windy and

snow filled day I was down with fever and a bad cold. Alice was out to the movies with the kids and now the phone was ringing. It was my wife telling me that she couldn't come home because the Plymouth had no brakes. She had been adjusting the child's seat in the back from her seat behind the wheel and had inadvertently, to boost herself up, stepped so hard on the brake pedal that it went to the floor. "I'm also parked in a bus stop, so I can't leave the car," Alice said. "The kids are going nuts. I don't know what I'm going to do!"

In spite of a fever, I called my friend Julio across the street and asked him if he would give me a ride to the

movie which was about a mile away. We arrived to find my claustrophobic family with a blown brake line at the front left wheel. Julio offered to get the part but with the bad weather and my fever I wasn't going to try to repair the car right there. Still, it had to be moved or else we'd get a summons.

I decided to take a chance and drive the car home very slowly while Julio ferried my family in his "Bolvo," as he called it. On the way, I had to throw the transmission into reverse a couple of times but when I finally reached the driveway, all I had to do was pull in because Alice had already tied up the dog, opened the gate and the doors. In a short



Bert behind the fence!

time, I was back in bed with my cold remedies.

Two days later I wasn't any better but months earlier we had promised to attend a catered golden anniversary party and I was bound and determined not to disappoint Alice's uncle and aunt. Of course, I hadn't fixed the brakes and there was still plenty of snow on the streets. The party was in the neighborhood so I was confident that I could drive the Plymouth there and back relying on reverse if need be. I took a double dose of cold remedy which hid my fever and we were able to get through the party. We even learned to dance the Lambata. The Plymouth made the round trip through the slippery streets without incident. Finally, we were home and Alice left the car to open the gate. I pulled through, stopped at the garage and got out

to open the doors. The next thing I knew the Plymouth was headed into the garage with my wife behind the wheel. I yelled and waved for her to stop but of course it was too late: Crash! Bang! Boom! When I looked inside, Alice was stunned but okay and looking sheepish behind the wheel. The car, on the other hand, looked like a guy with his teeth knocked out. The plastic grill was completely demolished. Luckily, a sled, a ladder and a couple of old tires had absorbed much of the impact.

Considering the possibilities, I thought we had come away lucky—but in the spring, when I had to clean out a rain gutter, I set up the very same ladder that had absorbed the crash. It looked okay, but when I got to the third step the ladder literally disintegrated under my feet and I landed flat on the chiropractor's table. I guess I should have considered the former when I used the ladder. **E**

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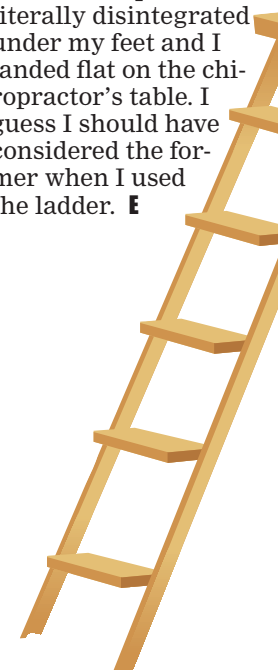
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## 3 ways to tackle spring cleaning projects in a single weekend

Spring cleaning is an annual rite of passage in many households. Because winter weather tends to encourage people to stay indoors more than they would during other times of the year, clutter can slowly but surely accumulate in a home over the course of a typical winter. That makes spring cleaning a necessity.

Few homeowners likely enjoy spring cleaning. The warm weather associated with the arrival of spring makes many people who have spent the previous months indoors less than enthusiastic about spending a spring weekend indoors cleaning and clearing away a season's worth of clutter. But homeowners who organize their spring cleaning projects can ensure such efforts take just a weekend or less.

### 1. Enlist the whole family.

Chances are everyone who lives in the home can lay claim to some of the dirt, grime and clutter that built up over the winter. So it only makes sense that everyone then pitches in to clean the home come springtime. Parents and heads of household can delegate tasks to everyone, incentivizing cooperation with the promise of rewards if the cleaning is completed in a single weekend.

### FUNDRAISER from 41

outings or coupons to area businesses. Identifying your target audience can help you plan effective strategies that reach that audience.

3. Advertise extensively and early. Donors may not take immediate action upon learning about a fundraiser, so plan to advertise extensively. Make sure the message gets heard and that potential donors have time to fit their donations into their budgets. Reach prospective donors through all the avenues at your disposal, including social media platforms like Twitter and Facebook. Don't overlook more traditional methods of advertising, including flyers and newspaper advertisements that may resonate with older donors. A combination of various types of advertising can cover all of the bases, offers the charitable giving organization GiveForward.

4. Consider getting a sponsor. Individual donations can fuel fundraisers, but a widely recognizable sponsor can help propel prospective donors to action. Many corporations include charitable donations into their quarterly budgets, and such organizations often offer donate incentives such as event tickets and goodie bags that can compel private donors to make donations. Restaurants can offer gift cards and other stores may be able to donate products to hand out. A local celebrity can bring in the foot traffic needed to make the fundraiser successful.

### 2. Clear your schedule.

Another way for homeowners to ensure their spring cleaning projects are started and finished in a single weekend is to clear their schedules for the entire weekend. Homeowners who expect to spend part of their day away from home and still finish their spring cleaning projects will likely find the job unfinished come Sunday night. When planning a spring cleaning weekend, schedule projects for a weekend when you have no prior commitments or plan far enough in advance that you can avoid making plans on a given weekend. While it might not make for the most eventful weekend, it will greatly increase your chances of getting everything cleaned and cleared out in two days.

### 3. Do your homework.

Homeowners who want to complete their spring cleaning in a single weekend should do their homework with regard to finding local recycling centers or charitable organizations to whom they intend to donate items. Many charitable organizations will come to private homes to pick up donations, but such pickups often must be arranged in advance rather

than on the morning of the day homeowners want items to be taken away. In addition, if recycling will be a part of your spring cleaning efforts, familiarize yourself with the weekend hours of nearby recycling plants so you can drop items off on your cleaning weekend instead of leaving them lying around to be donated later.

6. Enlist volunteers. A fundraiser is not a one-person job. Volunteers are the backbone of successful fundraising efforts, so make sure you

have enough volunteers to plan and execute the fundraiser. Try to find volunteers from various walks of life so each person can bring their own unique and valuable experience to the table. **E**

than on the morning of the day homeowners want items to be taken away. In addition, if recycling will be a part of your spring cleaning efforts, familiarize yourself with the weekend hours of nearby recycling plants so you can drop items off on your cleaning weekend instead of leaving them lying around to be donated later.

Spring cleaning might not make for the most enjoyable way for homeowners to spend a weekend. But planning ahead and making efficient use of the time available to them can help homeowners tackle their spring cleaning projects in a single weekend. **E**



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# Williams Variety Shop in New York Mills

By Carly Proulx

The Williams sisters might have given up their maiden names years ago, but there's no mistaking they're the same family oriented, zealous duo they've always been. Karen Stockton, and Janet Lombard celebrated the grand opening of their store on September 2nd of 2016.

Williams Variety Shop

is set back from the road, and across from Pizza Boys on 8 Clinton Road in New York Mills, NY. Sisters Stockton, and Lombard officially purchased the shop's new home back in June, and spent the entire summer renovating the 2 apartments next to the shop, 300 square feet of rental office space, and the shop itself. The shop was an auto mechanic's garage. You'd never know

it walking in now. By the time these ladies were done cleaning, fixing, hauling, painting, and decorating its interior the place was brand new. The sisters feel blessed to have families who took the time to help with the grueling process of the renovations which left the space unrecognizable to the clutter, and disarray it had been in before

Stockton, after 30 plus years at Utica National Insurance tends to the business side of things. The 40 years in retail that Lombard spent doesn't hurt the women in business either. Lombard is the artist here, visionary if you will. Having had quite a bit of luck selling her own paintings in the past Lombard currently has some for sale hanging on the walls of the new



Formerly the Williams sisters, Karen Stockton (right), and Janet Lombard (left) are new business owners of Williams Variety Shop in New York Mills, NY.

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space. The beginning to the sister's story is when they first started buying from estate sales to see what furniture they could salvage, refurbish, and reinvent. They took what they could fit at small booths at craft fairs, and flea markets. Not before long they had a following of customers inquiring throughout the year where else they could find their handy work. Many asked them to open their own business.

Marking their territory before they'd even thought to renovate an entire space for their craft Stockton, and Lombard began to see just how receptive people were to painted vintage furniture. They saw the for-sale sign at 8 Clinton Street, closed on the property June 9th, and with the help of family went to work for three months straight. The garage alone, where the shop is now a show room took a month and a half alone in renovations. Lombard expressed, "A part of the creative process was working within our budget." It really is

a match made in business heaven. One focuses on the looks, and the other checks the books. Whether they're painting vintage furniture, doing custom work, changing the texture of pieces by adding raw materials to older pieces, or reupholstering furniture; it's all done in the workshop right to the right of the showroom in the shop.

If you have an old family heirloom that doesn't go with anything in your house, but you're not willing to part with it then bring to Williams. "It's amazing what color, or just the slightest finish can bring out in an old piece, a whole room, or house even," Lombard reassures. The same is true if you spot furniture in the shop that's the missing piece in your kitchen. Simply ask the owners to customize it. Everything from accessories, rocking chairs, wall décor, and a variety of other furniture fills the show room space at an affordable price. It's nice to have a place nearby that knows the true value of old vintage pieces, and the importance of refurbishing to maintain its presence as both an aesthetically pleasing, sentimental one.

The sisters just recently hosted an Appreciation Reception to thank the many people, especially their families they're forever grateful to for all the extra hands they put in to bring it all together in a summer's blink of an eye. Check out the Williams Variety Shop Facebook page, stop in during store hours Monday-Friday 10 am – 6 pm, and be sure to look for Janet Lombard's weekly interior decorating tips, along with store updates. **E**

  
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# Streamer JUNKIE

By Mark Usyk

## Monster Fish or Not

I parked the Jeep in a small lot next to an old decrepit factory at the creek side, assembled my fly rod, and headed off up stream. It was January first. The first day of the year and in the upper thirties, of course I was going fishing. Not all day, there were snowball fights to be had in the yard later with a seven and an eleven-year-old, but right now my focus was getting to a spot on the map. A spot on a local creek not too far from home, a stretch of water I'd fished above and below but never seen other than on the Google Earth images. It looked good. Fishy.

I cast a weighted nymph to a couple tail outs, letting it bump along the bottom of a couple pools. Nothing. I drifted the nymph through some light riffles where trout



may be holding, waiting for an easy meal to hit them in the face, excited just enough to eat by the slight rise in the water temperature. Nothing. But these aren't the places I came to fish, they're on my way upstream to my target area, and they just look too fishy not to try. I'd make better time if I could skip over them, but it's impossible to do. I have my fly rod. The spots looks promising. I must cast. Nothing.

I tell myself that this is winter and winter fishing is just tough. It's tough enough just getting to the fish, pushing through heavy knee deep snow. Stumbling over hidden fallen trees and stumps. When I left the house, I told myself I didn't expect to catch anything, it's winter and I have a hard-enough time catching fish on nice summer days sometimes. But as I'm trudging on through the woods along the creek, these spots I cast to, and the spot on the map I'm on my way to, they look very fishy. That spot especially has possibilities. There could be monsters wintering there. I've told



myself I probably won't catch anything, and that it's worth the work, this one spot, because of possible fish. So, in a way I've set myself up to be right no matter what happens. Either way I can say I knew I was right.

I was pretty sure my brother had caught a couple certified pigs from this stretch, or at least this general area. He'd showed me pictures and assured me he'd released them back into the creek, but never did come clean as to where he actually was. Just somewhere on this creek, and my suspicions told me somewhere around here.

And why should he? Blood is thicker than water. Except in fishing. In

fishing water beats blood unless you're talking about fathers and young children, or grandfathers and little grandkids. Whether it be friendly busting chops over little fish, or not letting on to where that near record catch came from, in fishing blood doesn't mean squat. He worked for those fish. And I'd have to also. I trudged on through knee deep snow, probably another fishless winter day, but maybe not.

*Mark Usyk is the author of Reflections of a Fly Rod and writes the Streamer Junkie blog at [jprossflyrods.com](http://jprossflyrods.com). JP Ross is an advocate for clean water and preservation of local wild trout habitat.*

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# The Worm Queen

By Troy Bishopp


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the honey guy and the chicken lady. But in the mix of vendors, you’ll come upon a different kind of livestock farmer and her signature mascot, O’Smiley McWiggler. Yes, ladies, gentlemen, gardeners and farmers, you’ve happened upon a red-wiggler royal: The Worm Queen.

Farmer Tina Jacobs, the passionate, unrivaled purveyor of worm poo and vermicompost is making waves (or castings) in the region for her carefully crafted plant food which gardeners hail as a magical soil amendment. “The magic is in the worm’s gut where all the microbes are. Feeding soil and plants good biological bugs are like humans ingesting probiotic rich yogurt for a healthy lifestyle. And like the benefits of natural probiotics, the quality can be measured in teaspoons not tons,” said Jacobs.

The “casting” call began in 2010. When friends offered to sell their 70-acre former dairy farm to the Jacob’s family; the mother of 4 grown children, wife and former office administrator started the business with moral, monetary and muscle help from her husband, Mike. Unique to the property was a 10-year-old pole barn which their friends had built for their son’s beginning vermicompost business.

It just so happened that in the middle of the barn was a long windrow of compost with some worms still hanging on to dear life. “I was hooked, said Jacobs. We decided to take the farm that wasn’t being used to its full potential and turn it into a productive place that our family could enjoy and would grow nutritious food.”

The business needed a name, but what would one call this exciting new career? It was a clear choice. “The venture was named in memory of my mother and father, Bill and Alice Devine. I cherish the values they lived by including integrity, honesty and love of family. My dad was a full-blooded Irishman so it was natural that our signature, stately mascot would be Irish too. That is how O’Smiley McWiggler came to his prominence on labels for Devine Gardens, LLC.

“Learning about making high quality vermicompost and how it relates to soil health has been fun and interesting,” said Tina. She has attended two North Carolina State University Vermiculture Conferences, the US Compost Council’s 40 Hour Training Course and participated in compost workshops put on by NERC and Cornell Waste Management. Internet resources and studying good books have also been invaluable. “My favorites are Teaming with Microbes by Jeff Lowenfels & Wayne Lewis, Building Soils for Better Crops by Fred Magdoff & Harold Van Es, Vermiculture Technology



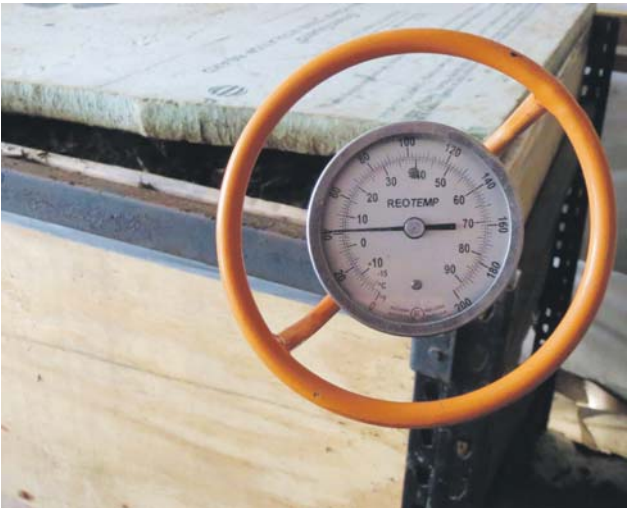
**Tina Jacobs checks on her red wigglers during the winter to make sure they are warm, cozy and well fed.**

edited by Clive Edwards and Worms Eat My Garbage by Mary Appelhof to name a few,” said Jacobs.

Tina gets her ingredients from their dairy barn which is run by their long-time friend, Bob, who raises heifers and pigs. Their waste is combined with bedding and mulch/sawdust that they purchase from a local lumber mill to provide the worm’s feedstock. It’s then thoroughly mixed in an old TMR mixer wagon and moved to a 4-bay aerated static compost system to be pre-composted for at least 3 days at a temperature of at least 131 degrees.

The worm smorgasbord is then moved to the pole barn to feed her 4’x8’x 22” raised beds containing about 32,000 red wigglers (*Eisenia fetida*) per bed as needed. “During the worm’s production season, I’m busy feeding and watering the worms, harvesting their product, screening and packing about 250 yards of finished material, said Jacobs. The worms are fed thin layers of food regularly to maintain aerobic conditions and appropriate moisture levels. The duration of vermicomposting has to be long enough that the worms have totally worked through the feedstock. From December to April the worms are dormant so I tuck them in for winter and give them a nice thick layer of food, water them, cover them with sheets of foam insulation and set their heat cables to 32 degrees.”

The end product is a concentrated screened vermicompost that is tested yearly by Penn State University and sold in one quart, four quart and 16 quart contain-



**A temperture gauge monitors the worm’s living quarters during the winter months**

ers at approximately 10 stores within 50 miles of the farm. Bulk screened and unscreened products are sold at the farm as well as compost tea recipes.

To promote sales, Tina goes to stores and gives away samples and talks with customers as well as promotes at farmer markets and garden shows/festivals in the area. Some sales are through their online website.

**QUEEN -51**

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# The Legacy

By Joan O. Scharf

Now had come the night before. It lay in a thick powder blanketing frozen earth and rock alike. Aikasowa blinked and squinted against the blinding whiteness of the fields. He skirted edges of the forest where trees in soft shades of browns, moss, and evergreen gave respite to his eyes.

He moved stealthily, fur lined moccasins stretched to the limit on his young feet. He soon would need new ones.

The freezing temperature penetrated his limbs. He had been hunting since breaking dawn, and was down to his last 3 arrows, but thoughts of giving up did not enter his mind. The rabbit had been an easy mark; however, a fallen branch hidden by snow cracked underfoot to frighten it away. He came across paw prints of a fox, but judged the trail already cold. Besides, a cagy fox was nearly impossible to shoot.

His eyes drew to a thicket of pines. Was there a slight movement? Patiently he crept and crouched and waited. Without a sound, a deer's head materialized from behind pine branches. Heartbeats throbbed in Aikasowa's ears until he became aware he was holding his breath. Vapor formed in the cold as his lungs released air slowly. He focused on the deer. A young buck. He could see its small horns. Silently he withdrew an arrow from the leather quiver on his back and notched it in his birch wood bow,



pulling the sinew taut, waiting for a clear shot.

On one knee, as still as a statue, the damp chill worked through his worn buckskin leggings. He must not miss. His father, a Seneca warrior of the Wolf tribe was massacred in the Huron raid last month, and the welfare of his mother and young sister now rested on his shoulders.

He carried his father's obsidian-handled honed knife in his sheath, and prayed that his father's spirit guide his hands and sharpen his aim for the kill. He willed the deer to take one more step forward. Just one more. Aikasowa tightened the pull; the arrow balanced lightly on the side of his finger.

The buck moved slightly, brushing against branches to cause a scattering sparkle of snow.

Could he get the shot?

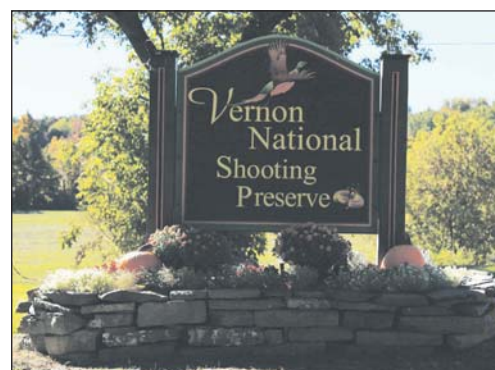
Fraught with uncertainty, he couldn't hold his aim much longer. His fingers were numb and his shoulders ached from the stance.

Suddenly the buck turned to leap away, and in a reflexive action Aikasowa released the arrow to fly into the bower of dark green pines.

The deer disappeared and the moment was over. Aikasowa stood with the bitterness of loss visibly hardening his youthful face. Powdery crystals fluffed from his ankles as he plodded to the spot, hoping at least to retrieve his arrow.

He pulled aside the pine boughs and studied the sharp hoof prints leading away. He took note of the fresh crimson blood spatters trailing alongside on the virgin snow. His face relaxed. He still had two arrows. **E**

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## November \$100 Reader Contest Winner



*Congratulations to Jerald Brown, New Hartford.*

Jerald enjoys *EDITOR* because it covers a wide spectrum of interests in our area. He also said, "It is obvious that time and care is put into producing it making it the 'high quality' local publication." Jerald receives his copy in the mail and looks forward to it every month. He mentioned he took his recent copy to work and now has his friends enjoying *EDITOR*.

## December \$100 Reader Contest Winner



*Congratulations to Marilyn Rahn, Whitesboro*

Marilyn is a long-time reader. She loves the variety in *EDITOR*, including business interviews, local venues, and history. She and her husband always read the ads in every issue. She oversees the local "Reader's Theater" which produces local plays. The prize money will be used toward her Grandbabies' Christmas.

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## Make the year ahead clutter-free

Many people feel the dawn of a new year provides an opportunity to clean the slate and begin anew. That notion can be applied in various ways, including around the house.

Cleaning the slate at home may involve reducing clutter around the house. Clutter can gradually overtake a home's interior, turning a once pristine home into one overwhelmed with nonessential items. Clearing a home of clutter can seem like a monumental task, but the following tips can help homeowners and apartment dwellers make the year ahead clutter-free.

- Scan important documents and save them on a computer. Some documents cannot be discard-

ed, but that does not mean they have to be stored in bulky file cabinets or desk drawers. Scan important documents such as medical receipts or tax returns and save them on your computer where they won't take up any physical space. Purchase an external hard drive as a safety net where you can store backups of important documents in case a computer crashes and cannot be rebooted.

- Thin out DVD and CD libraries. Thanks to streaming services and digital music players, DVDs and compact discs have become somewhat obsolete. Discard or donate DVDs that you can just as easily stream through your television, and convert compact discs to digital files that you can

play on your computer and MP3 players, ultimately donating the discs and clearing space.

- Purchase furniture that doubles as storage. Storage ottomans and benches can help clear common areas and bedrooms of clutter such as blankets and bed linens that can make rooms feel more claustrophobic. Storage furniture might not get excess items out of the house, but such furnishings can create a more comfortable, welcoming environment.

- Switch to e-statements for bank documents and utility bills. Paper is a big contributor to household clutter. That's still the case even though many adults now pay the majority of their bills online. When given the chance to choose between paper or e-statements, opt for the latter so bills and bank statements don't pile up on your desk or throughout your home office. If you still want to keep important bills and bank statements, download them to your computer and keep them in a designated folder on your desktop.

- Adopt an "out with the old, in with the new" mantra. Resolve to discard old items after purchasing new ones or receiving birthday or holiday gifts. Hanging on to old items because they can still function and serve some utility is a recipe for a cluttered home. Anytime you or a family member brings a new item into your home, make sure the item it's replacing finds its way out the door.

Clearing clutter is a goal for many people at the dawn of a new year. As intimidating as clutter can seem, discarding it is easier than it may appear. **E**

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QUEEN from 48

“A lot of people have not heard of vermicompost. I know from my own experience that there are a lot of people who just don’t ever think about soil health and why it’s important. When they become enlightened about what it is and how it will help their plants they are interested, said Jacobs. Anyway, I like talking with people in person. One unexpected benefit is all of the gardening tips I learn from fellow gardeners.”

While selling at a local garden center’s event, she met the director of WISE (Women Igniting the Spirit of Entrepreneurship) Women’s Business Center at Syracuse University. Through WISE she has received marketing mentorship, attends business workshops and received a 6-session sales course. Her work ethic and passion caught the eye of the center and was awarded a top “in-nova-her” success honor at the center’s 10th year anniversary gala.

To improve her communication skills, she joined a Toastmasters group in Cazenovia, NY. “I never have liked talking to a crowd and because of my nervousness I wasn’t effective. Toastmasters International has done wonders for me being able to relate my thoughts in a logical, meaningful way, said Jacobs. I’m presently enrolled in Annie’s Project, a 6-session program that strengthens women’s roles in farm enterprises.” The worm queen was also awarded a value-added producer grant in October 2016 from the USDA worth \$30,743 dollars to improve packaging and marketing in an



The Worm Queen uses a homemade rotary drum to screen the vermicompost into the final dried product

effort to boost sales.

Gardeners are becoming believers in the use of Tina’s castings concoction. They are seeing healthier, bigger, nutrient-dense plants that are more pest and drought tolerant. There is interest from organic farmers who want natural soil amendments for their pastures and row crops. “The market is growing by leaps and bounds and we hope to grow our business right along with it, said Jacobs. “My goal is to help people have more gardening/farming success through the use of my vermicompost and share helpful advice and knowledge.”

Mike and Tina are also expanding into



Devine Gardens homemade 4 bay aerated static compost system

grass-fed Dexter cattle, and some laying and meat chickens for home use. “The cows are more fun to work with than the worms. Worms do not have much personality and they don’t like to be petted either.” “Our hope for the future is that we will make enough profit off of the different enterprises from the farm that Mike and I can eventually both work on the farm. The planning, effort and hard

work that go into attaining that goal is fun for us. It’s a fantastic feeling to know that you’re in the right place making a product that you believe in.”

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## Monday

### -You Old So-And-So

By Mike D. Burke

There's a stigma about the beginning of the week. Not Sunday, I'm not talking about Sunday. Sunday is fine. I'm talking about Monday. You know what I'm talking about. It's everywhere, your friends, co-workers (especially your co-workers), cartoons, books and even your old friend, television. Why? I mean yeah it's technically the beginning of a new work week, but not really. For retailers it's just another day. I suppose it really is the beginning of a new week for those in school. Still though, why the negative vibes for Monday?

A new school of thought out there is the opposite to the cliché of Monday. For myself I like to think of Monday as if I'm stepping out on my back porch and staring at the one hundred acre backyard (I can dream) dreaming of the landscaping possibilities. The new school of thought is to see Monday as a challenge, as if it's full of opportunities and vigor, to get out there and really accomplish something. Each and every day is the same, think about it, you wake up and go do work or school and then go home and eat and go to sleep and then it all repeats. Whether it's Monday, Tuesday or even Friday. So infuse each and every day with a spark in the right direction for you, whatever that means to you. Start with Monday or continue on in Monday. Don't just live like a dream or work incredibly hard at attaining your dream Friday night through Sunday evening. Take Monday back! Make Monday yours again! Rise to the occasion don't lull down into a deep seeded Monday-blues feel. Heck if it helps, pretend Monday is Friday, whatever works, fake it till you make it! A large part of how you feel about any given thing is determined by what you do, which of course is motivated by how you expect it to increase the happiness in your life.

On Monday, any given Monday, you're not going to end up accomplishing everything you need to do to feel complete in your life. However I will say that if you make a list of things to do (like I do each and every day) you will accomplish at least two of the ten things you've written down. Not fearing Monday is important for your accomplishing anything, think about it, you dread it and yet it comes, week after week, like some unrelenting bastard of a thing. So why fight it? Embrace it! Make it a part of the joy of living there is to be had. Look forward to Monday. A new year is coming and it's not going to stop making you experience Monday. So be ready for it, plan and then execute those plans. Research what it is and how it is you need to make happen what you want to happen and DO IT. There's a power in this approach to life, a sense that gives you control in something that you have limited control in. Heck you could grind Tuesday through Sunday and make Monday your relaxation day, even really make you love Monday.

Reverse engineer everything you can. As a writer myself one lesson I've learned is to always know where you want the story to end, then you know what things have to happen in order to get there and while you're planning that, you can enjoy the ride. **E**



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**Dented Can... A Do or a Do NOT??**

Dented cans have long been a source of confusion and concern for shoppers. They may be discounted and seem like a good deal, but some of those dented cans may not be safe to eat. Damaged cans may be harboring food that contains botulism and other toxins. According to the United States Department of Agriculture Food Safety and Inspection Services, if a can of food has a small dent but is otherwise in good shape, the food should be safe to eat. However, deeply dented cans should be discarded. Dented cans of food that are safe will have smooth dents or dents that are not on the seams of the can. A person should avoid sharp dents, dents in the seam and dents where the seam and the can meet. In addition, if the can is bulging or swollen, it should be avoided. Dents in a seam can let in air and bacteria. Deep dents may have left pinholes, again where bacteria can enter. When in doubt, avoid dented cans.

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# Simple ways to cut back on sodium

Salt is widely relied on to give foods some added flavor. Many people may

feel that unsalted foods are not as tasty as their salty counterparts, but

it's important that people of all ages understand the threat that excessive sodium consumption poses.

According to the Harvard School of Public Health, kidney problems may result from excessive sodium consumption. In addition, the American Heart Association notes that excess sodium and salt in the body puts a person at risk for a host of ailments, including stroke, heart failure, stomach cancer, and osteoporosis.

Cutting back on sodium should be a goal for anyone who hasn't already done so. But the HSPH notes that people over age 50, people who have high or slightly elevated blood pressure, diabetics, and African Americans are at high risk of developing the health problems related to excessive sodium consumption. Because sodium is so prevalent, some people may think that cutting back on its consumption must be nearly impossible. However, there are some simple ways to cut back on sodium.

• Ask for low-sodium recommendations when dining out. The AHA

notes that the average person consumes 25 percent of his or her overall sodium at restaurants. Some places now require restaurants to list total sodium content alongside offerings on their menus, and diners living in such areas should choose only those meals that are low in sodium. Diners who live in areas where sodium levels are not listed on the menu can ask for low-sodium recommendations or if existing menu items can be prepared without sodium or with lower amounts of sodium.

• Read labels. According to the AHA, 75 percent of the sodium in the average American diet comes from salt added to processed foods. Diners who have resolved to push away the salt shaker at the dinner table might still be exceeding their daily recommended sodium limits if they are eating prepackaged foods with high sodium levels. Food manufacturers use salt to give prepackaged foods longer shelf lives, so concerned diners should read labels before taking items home from the grocery store. The AHA recommends that adults consume no more



Resisting the urge to sprinkle salt on meals when dining can help diners reduce their sodium intake.

than 1,500 milligrams of sodium per day, and shoppers should keep that in mind when reading labels and planning meals.

• Opt for low-sodium condiments. Salt is not the only condiment on restaurant or kitchen tables that can add flavor to a meal, but it's one of the few that can have a devastating effect on long-term health. Forgo table salt when sitting down at the dinner table and opt for low-sodium condiments instead. Balsamic vinegar, horseradish and the juice of a lemon each pack a flavorful, low-sodium punch.

• Read vegetable packages as well. Shoppers who do not buy fresh vegetables from the produce

aisle or farmer's market should read the packaging on canned or frozen vegetables to ensure their veggies are not being doused in salt. Some manufacturers may use salt to preserve canned and frozen veggies. Diners who do not have access to fresh vegetables or the time to buy fresh veggies each week should compare packaging on canned and frozen vegetables and choose the product with the lowest amount of sodium.

Sodium can make meals more flavorful, but cutting back on sodium intake can improve long-term health. **E**

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## Calcium and vitamin D important throughout life

Calcium and vitamin D are frequently touted for their ability to improve bone health. While consuming foods rich in vitamin D and calcium is especially important for aging women, both vitamin D and calcium also help to keep the body strong and vital at any age.

Calcium and vitamin D help fight bone loss, and not just in older women. Younger, active women need it to prevent stress fractures and other bone injuries. A 2008 study reviewed the health of 5,000 female U.S. Navy recruits, and those who did not take additional calcium and vitamin D were 25 percent more likely to suffer a stress fracture. A stress fracture is a small fracture of a bone caused by repeated physical strain. Gymnasts,

runners and even marching soldiers can suffer such fractures even if they are otherwise healthy.

Calcium is also needed for other parts of the body. The National Institutes of Health Osteoporosis and Related Bone Diseases National Resource Center says calcium is necessary for the heart, muscles and nerves to function properly. It also helps blood to clot. Furthermore, pregnant women need ample calcium in their diets in order to supply calcium to a growing fetus. If a pregnant woman does not get enough calcium through diet, the baby will draw it from Mom's own

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## 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.

### CALCIUM from 54

bones, threatening the mother's health while leading to bone fragility and increasing her risk of fractures.

Calcium and vitamin D work in conjunction. Although a balanced diet may provide enough calcium, many times high levels of salt and protein in one's diet can increase calcium excretion through the kidneys. Also, people who have an intolerance to lactose may not be getting the calcium they need. Vitamin D is necessary for the body to absorb calcium. Without vitamin D, a woman cannot produce enough calcitriol, impairing calcium absorption from her diet. In turn, the body will take calcium from stores in existing bone, weakening them and preventing the formation of strong, new bone.

Women who may have been deficient in vitamin D and calcium can develop osteoporosis and other bone-loss conditions as they age. Thanks to osteoporosis, half of all women over the age of 50 will have a fracture of the hip, wrist, or vertebra during their lifetime, according to the U.S. National Library of Medicine. A drop in estrogen at the time of menopause can contribute to bone loss. Drinking large amounts of alcohol, maintaining a low body weight and smoking can each cause osteoporosis.

In order to maintain bone and body health, there are certain dietary

intake recommendations regarding calcium and vitamin D. Adults under age 50 should consume between 1,000 and 1,300 milligrams of calcium and roughly 600 IU of vitamin D daily. Calcium can be found in dairy

products as well as in salmon, shellfish, brazil nuts, dried beans, and green, leafy vegetables. Vitamin D is found in fish, eggs and fortified milk. Vitamin D can also form when the body is exposed to sunlight. Even as

few as 10 minutes of daily exposure to sunlight can produce vitamin D.

Consuming enough calcium and vitamin D can help a woman's body stay healthy as she ages. **E**

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# SMART START

Breakfast recipes for a healthy New Year



### Blueberry Buckwheat Pancakes

Recipe created by The Chef Next Door on behalf of Milk Means More  
Prep time: 5 minutes  
Cook time: 15 minutes  
Servings: 4

- 3/4 cup buckwheat flour
- 3/4 cup all-purpose flour
- 2 tablespoons sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 eggs
- 1 3/4 cups lactose-free, 2 percent milk
- 2 tablespoons vegetable oil
- 1 teaspoon pure vanilla extract
- 2 cups fresh blueberries, plus additional for topping (optional)
- syrup (optional)

In large bowl, whisk together flours, sugar, baking powder, baking soda and salt. In small bowl, beat eggs then add milk, oil and vanilla; mix well. Stir wet ingredients into dry ingredients and mix to combine.

Heat griddle or large skillet over medium heat. Using 1/4 measuring cup, pour batter onto griddle. Gently place several blueberries all over surface of pancakes.

Flip pancakes when bubbles start to form around edges and bottoms are golden brown. Cook on other side until golden brown, about 2 minutes. Remove to plate and cover to keep warm.

Top pancakes with additional blueberries and syrup before serving, if desired.

### Huevos Rancheros Oats

Recipe created by Comfortably Domestic on behalf of Milk Means More  
Prep time: 5 minutes  
Cook time: 15 minutes  
Servings: 2

- Oats
- 1 cup 2 percent milk
- 3/4 cup water
- 1/8 teaspoon salt
- 1 cup old-fashioned oats

- Huevos Rancheros
- 1/2 cup sweet onion, peeled and chopped
- 1 1/2 teaspoons light olive oil
- 1 can (10 ounces) diced tomatoes with green chilies
- 1/4 teaspoon chipotle chili powder
- 2 eggs
- kosher salt
- black pepper
- 1/4 cup sharp cheddar cheese, freshly grated

In medium saucepan over medium-high heat, bring milk, water and salt to boil. Stir in oats. Reduce heat to medium-low and simmer oats, stirring occasionally, 4 minutes. Remove oats from heat and place lid on saucepan. Set aside.

In nonstick skillet over medium heat, saute onion in olive oil until soft, about 4 minutes. Stir canned tomatoes with green chilies and chipotle chili powder into onions to combine. Continue to heat salsa to boil, about 1 minute. Make two wells in middle of tomato salsa. Crack eggs into wells. Season eggs with salt and pepper, to taste. Cover skillet and poach eggs in salsa to desired doneness; about 3-4 minutes.

Divide oats evenly between two bowls. Spoon eggs and salsa over oats. Serve immediately with cheddar cheese.

**A** commitment to health and wellness means taking care of yourself and your family, exercising and eating right. The New Year is the perfect time to refocus your goals and make better health a priority.

A nutrient-rich breakfast can set you up for success each and every day. Dairy foods like milk, cheese and yogurt are good sources of high-quality protein, which is an essential part of a healthy diet. Protein serves as the building block for cells throughout the body and may aid in managing weight by helping you feel full.

By adding protein to your day, health and wellness goals can become easier to achieve. Daily protein needs should be met by spreading intake throughout the day in every meal and snack you eat. Not only does protein help satisfy hunger, which may aid in weight management, but it also helps preserve muscle.

No matter your breakfast style, dairy foods can enhance your dish. These recipes show how, from sweet to savory and cold to hot, your breakfast can be unique while providing high-quality nutrition in each bite. Learn more about the role of dairy in a healthy diet at [MilkMeansMore.org](http://MilkMeansMore.org).



### White Pizza Frittata

Recipe created by Rachel Cooks on behalf of Milk Means More  
Prep time: 10 minutes  
Cook time: 35 minutes  
Servings: 8

- 1 tablespoon extra-virgin olive oil
- 1 large clove garlic, minced
- 12 ounces frozen spinach, thawed and water pressed out
- 12 large eggs
- 1/4 cup skim milk
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon dried oregano leaves
- 3/4 cup part-skim ricotta cheese
- 1/2 cup grated Parmesan cheese
- 1/4 cup minced fresh basil
- 1/2 cup shredded, part-skim mozzarella cheese

Heat oven to 325 F.

In oven-safe skillet, heat olive oil over medium heat. Add garlic and cook 2 minutes, or until fragrant. Once garlic is fragrant, add spinach; break up to incorporate and heat.

In medium bowl, whisk together eggs, milk, pepper, oregano, ricotta, Parmesan and basil.

Add egg mixture to skillet, reduce heat to low and cook 1 minute, stirring gently. Move to oven and bake 25-30 minutes, or until eggs are almost completely set. Carefully remove from oven and add mozzarella. Return to oven and bake until mozzarella is melted, about 5 minutes.

May be served hot, at room temperature or cold.

### Ricotta and Fig Oatmeal

Recipe created by Foxes Love Lemons on behalf of Milk Means More  
Prep time: 5 minutes  
Cook time: 3 minutes  
Servings: 1

- 3/4 cup milk
- 1/2 cup old-fashioned rolled oats
- 1/8 teaspoon kosher salt
- 2 tablespoons ricotta cheese
- 2 dried figs, halved
- 1 tablespoon sliced almonds
- 1 tablespoon honey

In microwave-safe bowl, stir together milk, oats and salt. Microwave on high 2 1/2 minutes, or until oats are tender and most liquid is absorbed.

Remove bowl from microwave; stir in ricotta. To serve, top with figs and almonds, and drizzle with honey.

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# Work Out Your Post-Workout Snack

(Family Features) You walked or ran your legs off, biked until you dropped, lifted your body weight at the gym and swam the distance of the English Channel. Now it is time to refuel.



It may seem counter-intuitive to eat and drink after working hard to tone your body and burn calories, but a workout takes its toll on your muscles and other body systems. The key is to make smart selections that provide the necessary recovery without packing on excess calories that cancel out your effort.

Most experts agree that protein plays a role in helping repair and build, regardless of whether it comes from a shake, a glass of milk or an energy bar. Look for a choice with low to moderate sugar content and aim for 10-20 grams of protein for your post-workout snack.

Working out may work up an appetite, but a snack that promotes satiety without making you feel over-full is an effective way to nix the temptation to overeat later in the day. Reach for a snack that combines protein and carbs, such as a handful of nuts and string cheese, hummus and veggies or a container of nonfat Greek yogurt.

Rehydrate with a refreshing food that has high water content, such as watermelon. At 92 percent water, watermelon is an ideal workout buddy for rehydrating, refueling and recovering. This Watermelon Beet Post-Workout Smoothie supplies the right amount of protein to refuel and has the carbs necessary to restock glycogen stores. It also comes with the nutrients that are assembly-line workers in repairing tissues, including vitamins B and C, calcium, iron and magnesium. Prep ahead of time and freeze watermelon, beet and banana for an extra cool treat.

Find more recipes ideal for refueling after a workout at [watermelon.org](http://watermelon.org).

# Watermelon Beet Post-Workout Smoothie

Servings: 2 (2 cups each)  
1/2 medium beet, chopped  
1 cup chopped watermelon  
1 banana, peeled  
1/2 cup coconut water

1 cup nonfat, plain kefir  
1/2 lime, peeled  
2 tablespoons honey  
1 teaspoon vanilla extract  
2 tablespoons vanilla protein powder

Place all ingredients in blender and blend until smooth.

**Nutritional information per serving:** 486 calories; 5% fat (2.7 g); <1 g saturated fat; 4 mg cholesterol; 18% protein (22 g); 77% carbohydrate (94 g); 6.4 g fiber.



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# Creating HEALTHY Eating Habits

FAMILY FEATURES

When it comes to eating, it can be difficult to find foods that kids can enjoy while also introducing them to valuable nourishment and health principles. Instead of giving in to ice cream for every meal or forcing children to eat something their taste buds don't agree with, there are tasty recipes like Chicken Noodle Soup, Cinnamon-Sprinkled French Toast and Flower Salad that can quench their appetites without giving up nutritional value. These fun recipes can give kids a chance to help in the kitchen, learning important life skills while spending quality time with family.

To find more fun, kid-friendly recipes that include both taste and nourishment, visit [culinary.net](http://culinary.net).

## Connect Kids with Food for Healthy Habits

More than nine in 10 millennial moms think it's important for their kids to learn about where their food comes from, and more than three-quarters of those moms actively do things with their kids to help learn just that, according to recent findings.

Building healthy habits is the top reason moms cite for encouraging more learning when it comes to food, according to research conducted by IPSOS on behalf of Cuties – the sweet little clementines. Even when the weather is colder outside, recipes like this Flower Salad can help encourage kids to eat healthy for a lifetime.

For more kid-friendly recipe ideas and content exploring where food comes from, visit [cutiescitrus.com/our-story](http://cutiescitrus.com/our-story).

### Flower Salad

Recipe courtesy of Ellie Krieger  
Servings: 1

- Flower:**
- 1 Cuties clementine
  - 9-10 thinly sliced strips red bell pepper, cut in 1-inch pieces

- 1/2 grape tomato
- 1 celery stick, cut to 3 inches
- 2 small leaves romaine lettuce
- 1 piece English cucumber, unpeeled, seeded and cut to 1 1/2 inches then thinly sliced

- Dip:**
- 2 tablespoons plain Greek yogurt
  - 1/2 teaspoon honey
  - 1/4 teaspoon fresh lemon juice

Peel clementine and separate sections almost all the way, leaving attached at the base. Place on plate with base down. Place piece of red bell pepper between each citrus section, and half tomato in center to form flower.

Place celery and lettuce leaves underneath as stem and leaves. Arrange cucumber slices below to represent grass.

In small bowl, stir together yogurt, honey and lemon juice.

Serve dip in dish alongside flower, or in a mound underneath cucumber slices.

**Nutritional information per serving:**  
76 calories; 0.5 g total fat; (0.3 g saturated fat, 0.2 g poly fat); 4 g protein; 15 g carbohydrates; 2 g fiber; 2 mg cholesterol; 21 mg sodium.



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# How to improve alertness during the workday



A long workday can be both mentally and physically draining. As a result, office workers and professionals whose jobs are more physically demanding than office work may find themselves less alert at the end of the workday than at the beginning.

A loss of alertness as the workday draws to a close might be unavoidable. But professionals whose sense of alertness begins to dwindle in the thick of the workday might need to take steps to improve their alertness to protect themselves from injury and to ensure the quality of their work does not suffer.

• Avoid caffeine in the late afternoon. Some professionals rely on caffeinated beverages such as coffee or energy drinks to combat afternoon drowsiness. While that afternoon caffeine fix might provide an

immediate, if temporary, jolt of energy, it might also affect a person's energy levels the following day. A 2013 study published in the Journal of Clinical Sleep Medicine found that caffeine consumed as early as six hours before bedtime can significantly disrupt sleep. Professionals who reach for a cup of coffee in the late afternoon might get a sudden boost of energy, but their energy levels the following day might be lower due to a poor night's sleep.

• Avoid high-fat foods at lunchtime. Foods that are high in fat should always be avoided thanks to their connection to a host of health problems. Such foods also negatively affect energy levels when consumed in the middle of the day. The University of Rochester Medical Center notes that the body digests and absorbs high-fat foods very slowly. That means workers who eat high-fat foods for lunch won't get the afternoon energy boost that low-fat, healthy lunches will provide.

• Snack healthy. Professionals who find themselves needing a snack in the mid- to late-afternoon can sate their hunger and give themselves an energy boost by snacking healthy. Avoid snacks like potato chips that tend to be high in fat and low in nutrition. Foods that are high in fiber and/or protein can provide a longer energy boost and quell the afternoon hunger pangs at the same time. Fresh fruit and Greek yogurt fit the bill.

• Change your workout schedule. Regular exercise improves short- and long-term health while also

increasing daily energy levels.

Professionals who find their alertness levels waning in the afternoons can combat such drowsiness in various ways. **E**

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## Travel Smart Tipping

Tipping men and women who work in the food service industry is commonplace in the United States and Canada, where citizens typically tip between 15 and 20 percent when dining out at restaurants. But American and Canadian travelers about to depart for overseas destinations may want to familiarize themselves with the practices regarding gratuities before their planes touch down. Some countries automatically add gratuities onto customers' bills. For example, the government in Dubai mandates that a 10 percent service charge be added to all hotel, restaurant and bar bills. This service charge is then divided by the staff at the establishment, making the charge the equivalent of a tip. Diners in Morocco, where the gratuity is sometimes included in the bill, might be surprised to learn that a 10 percent tip in that country is considered generous. Tips are included in the bill in Costa Rica, where travelers need not feel obligated to leave any additional gratuities. Service is often included in the bill within the United Kingdom as well, though travelers should inspect the bill before assuming gratuity was included. Visitors to Spain should not feel obligated to leave a gratuity larger than 13 percent, and even a tip in the range of 7 percent is considered acceptable. **E**

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# Tips for realizing goals in the year ahead

The dawn of a new year represents a chance to start anew and set goals for the months ahead. New Year's resolutions are often made to provide the motivation people need to improve their lives and make a new year as productive and happy as possible.

While people who make New Year's resolutions

fully intend to realize those goals, few actually stick to the game plan. According to researchers at the University of Scranton, just 8 percent of people who make their New Year's resolutions actually achieve those resolutions. While that might make it seem like the odds are against men and women who have resolved to improve their lives in the year ahead,

the following tips can help adults realize their goals for the new year and beyond.

- Emphasize time management. Hectic schedules can quickly derail resolutions. Many people want to eat healthier and exercise more but find their time is stretched pretty thin, which can make it difficult to get to the gym or prepare healthy meals at home. Finding ways to manage time more effectively can make it easier to stay committed to New Year's resolutions. Right down your daily schedule and look for ways to free up time. If you routinely take an hour for lunch each day, use that time to exercise and eat at your desk when you return from your walk, workout or jog. Try to wake up 30 to 60 minutes earlier each morning to exercise, and make use of time before bed by preparing a healthy lunch for the following day.

- Make your goals public. By publicly declaring

your intention to improve your life, you're putting some positive pressure on yourself to fully commit to your goal. Friends and loved ones can be great sources of support, and once they're aware of your efforts, you likely won't want to let them down. Once you have decided on a resolution, post your short-term and long-term goals to your Facebook page or let your immediate family and closest friends know of your goals in person. Their encouragement can help you stay on track, and they may even offer to help you realize your goals.

- Keep track of your progress. Keep a resolutions journal or start a blog that allows you to write about your efforts. If your goal is to pay down debt, make a spreadsheet that tracks your progress. That spreadsheet might be more motivational than simply seeing a loan or credit card balance gradually reduce on your monthly statement. Writing about your trials and errors can help others and also provide a great way for you to explore your approach and tinker with it to ensure your ultimate success.

- Expect setbacks. If realizing resolutions



Blogging about your New Year's resolution efforts can help others and allow you to analyze your approach more effectively.

was easy, the success rate would be greater than 8 percent. Setbacks are inevitable, so don't allow them to derail your efforts. Even if setbacks occur when you're well on your way to success, regroup and get back on track without getting down on yourself.

- Reward yourself.

Don't hesitate to reward yourself as you realize your short-term goals and draw closer to making your long-term goal a reality. For example, if weight loss is your goal and you've adhered to your diet and lost some weight, reward yourself with a favorite meal eaten in moderation.

New Year's resolutions may be difficult to realize, but a few simple strategies can help you achieve your goals and enjoy the fruits of your hard work.

## Aerobic exercise benefits...

- Aerobic exercise can help men and women maintain healthy weights over the long-term. The foods people eat and the fat they store provides energy the body uses as fuel during cardiovascular exercise. The longer and more intense aerobic exercise sessions are, the more calories the body burns during those sessions. Successful weight loss programs should include routine aerobic exercise.

- Studies have shown that aerobic exercise improves mood. Aerobic exercise triggers the release of endorphins, a group of hormones that can quickly and effectively improve mood.



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817 Nails  
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950 Real Estate For Sale  
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1040 Services Offered  
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# Stop Smoking with Millie Ritter

**M**illie Ritter and her Pathway of PEARLS is located 2249 State Route 5 (behind Dave's Diner), in Schuyler (it has a Utica mailing address) New York. As you enter the building a sense of peace and tranquility comes over your body. Millie offers life coaching, crystal healing, reflexology, and there is a metaphysical gift shop.

Pathway of PEARLS (People Enduring All Realities of Life Successfully) believes there is a much greater chance of achieving optimal health, mind, body, and spirit, when you are functioning in a state of balance. There are 7 major energy forces, known as chakras, that govern your body and its systems. The goal at Pathway of PEARLS is to help clients recognize their chakras and keep them in balance.

Millie explained that she has a spiritual method to stop smoking. She said, "It's a different consciousness level. Like hypnotism but it's a meditative relaxation state of consciousness." Millie explained that by

quieting the mind and relaxing you will decide what you need to do. "You'll decide to lose your desire to smoke."

Millie's goal is to reach the heart chakra. Realigning the heart chakra will lead to a self-love. The ability to give and receive love without fear helps to combat the trigger for smoking habits.

Millie said, "It's a lifelong commitment to keeping yourself healthy; body, mind, and spirit. The more you commit, the better it is a finding a healthy alternative for a non-healthy behavior."

Hypnotism can help but won't always get to the root of the issue; the soul. Fix the spirit and you can fix the habit. Millie's mantra is, "Face it, embrace it, release it." Get to the root of your smoking habit and break the habit. For more information, go to: [www.pathway-ofpearls.com](http://www.pathway-ofpearls.com) or follow her on Facebook: Pathway of Pearls **E**



## Resolving to unplug from devices

**M**any people now spend ample time each day texting, posting to social media and watching videos on their smartphones. Devices such as phones and tablets might play big roles in many peoples'

lives, and few may realize just how much time they're spending on their devices.

According to Nielsen's Total Audience Report, Americans aged 18 and older now spend more than 11 hours a day watching television,

listening to the radio or using phones and other electronic devices. Common Sense Media, a nonprofit focused on assisting people in navigating the world of media and technology, notes that American teens and tweens spend about

nine hours using media for enjoyment. Research conducted by Silentnight, a United Kingdom-based bed and mattress company, found that mobile phone usage, at eight hours and 41 minutes per day, in the UK has now exceeded the amount of



time people spend sleeping. Sleep experts warn that constant exposure to electronic devices is contributing to poor sleep and can have other negative effects on a person's health.

Cutting back on electronic device usage can prove challenging. However, with some patience and practice, it is possible to wean off devices without digital withdrawal symptoms.

- Keep tech devices out of the bedroom. Make bedrooms device-free zones so they don't disturb sleep. Various studies have found the blue light emitted from phones and other electronics can wreak havoc with the body's natural circadian rhythms, reducing melatonin production and causing the body to think it's daylight. Turn off devices at least 60 to 90 minutes before bed to give the mind time to wind down.

- Reach for a book. When a diversion is needed, grab a book or another reading material. Keep magazines, traditional books instead of e-books

and newspapers at the ready.

- Turn off notifications. Eliminate pop-ups and audible sounds. Check posts and emails on your own schedule.

- Delay turn-on times. Push back the time that you first turn on a phone or another electronic device by a couple of minutes per day.

- Leave phones home when running quick errands. Leave phones at home when stepping out of the house to run quick errands. Follow suit when shopping for groceries or heading to the gym for a workout.

- Set limits. Establish a schedule when devices can and cannot be used in the house, enforcing this schedule strictly. When not on devices, get outdoors or engage in physical activity.

A popular new resolution is to cut back on the amount of time spent using electronic devices. This can reduce dependence on technology and help improve overall health as well. **E**

*Happy New Year*

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# Recognize potentially dangerous household chemicals

**H**omes are safe havens that people retreat to in an effort to relax and unwind. However, homes may be harboring some hazards that put their inhabitants at risk.

Cleaning products and chemicals can be found in every home, but some may be putting people in jeopardy. Even seemingly safe items can prove dangerous when they are used and/or stored incorrectly.

Individuals who make a concerted effort to educate themselves about common household chemicals can reduce the likelihood that such cleaners will hurt them in the long run. The following are some commonly used products that may prove dangerous or irritating with prolonged use.

## Air fresheners

These seemingly innocuous products may be doing more harm than good. Information published in a 2015 issue of The Journal of Toxicological Sciences linked air fresheners to volatile organic compounds, or VOCs. They also may contain ultra-fine particles of formaldehyde and phenol. In addition, National Geographic's The Green Guide states that many air fresheners contain nerve-deadening chemicals that coat nasal passages and temporarily block one's sense of smell. Many widely available air fresheners use phthalates, which are linked to hormonal and reproductive issues, birth defects and developmental disorders. In lieu of chemical air fresheners, spray diluted essential oils around the house.

## All-purpose cleaners

Many cleaners list bleach and ammonia among their ingredients. Bleach may be listed as sodium hypochlorite. When used as directed in a well-ventilated space, bleach and ammonia can be relatively safe. However, fumes from bleach or ammonia can cause rashes and skin irritation and irritate the eyes and respiratory tract. Bleach and ammonia should never be mixed because mixing the two can produce a deadly chloramine gas.

Vinegar and baking soda can be used as a replacement for many household cleaning products, and these alternatives have virtually no dangerous side effects.

## Drain and oven cleaners

Many drain and oven cleaners contain lye (sodium hydroxide or potassium hydroxide), a chemical derived from salt or wood ash that is used to break down other substances, particularly those that are sticky. Lye is quite caustic in high amounts and extremely alkaline, which can cause burns and skin irritation. Lye is also found in soaps and detergents. When handled correctly in safe amounts, lye can be used safely. However, it can be dangerous if it gets into the hands of children or is touched by pets.

## Antibacterial products

Antibacterial soaps, lotions and wipes may contain triclosan, triclocarban and at least 17 additional ingredients that are linked to various negative health effects. In September 2016, the U.S. Food and Drug Administration banned the use of these antibacterial agents. These chemicals can disrupt hormone cycles and cause muscle weakness.

"There's no data demonstrating that over-the-counter antibacterial soaps are better at preventing illness than washing with plain soap and water," the FDA said in a press release issued shortly after the rule was announced.

In addition to the aforementioned products, some carpet cleaners, toilet cleaners and other detergents may prove harmful. Always read ingredient lists, use products in the proper fashion and keep any and all chemicals away from children and pets. **E**



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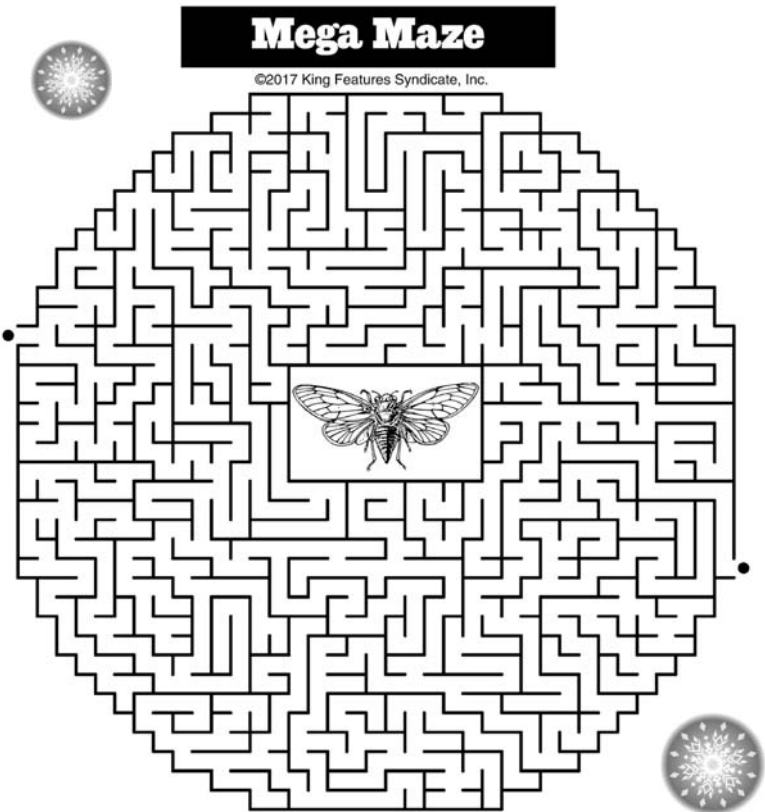


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Mega Maze

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Weekly SUDOKU

by Linda Thistle

	6		9		7	
9				1		3
		8	6		5	
		4	1			6
	7		3			2
2				4	3	5
	4			8		6
		2	5	7		1
1				6	9	

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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King Crossword

ACROSS

- 1 Rebuff a masher  
5 Whip  
9 Vanna's cohort  
12 Twosome  
13 Reverberate  
14 Center  
15 — -European  
16 Part of Q.E.D.  
17 "Monty Python" opener  
18 Egg container?  
19 Symbol of intrigue  
20 Hoofbeat sound  
21 Mound stat  
23 Sib  
25 Like wet snow  
28 There  
32 Pot  
33 Of service  
34 Construction pieces  
36 Prepares to propose  
37 Bottom line  
38 Egos' counterparts  
39 Crooked  
42 Under the weather  
44 "G.W.T.W." plantation  
48 Regret  
49 Verbal

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15					16					17		
18					19				20			
			21	22			23	24				
25	26	27					28			29	30	31
32								33				
34					35		36					
			37				38					
39	40	41			42	43			44	45	46	47
48					49				50			
51					52				53			
54					55				56			

- 50 Enthusiastic, plus  
51 "All the Things You —"  
52 Exhaust-pipe output  
53 Undressed  
54 Pantheon member  
55 Unoriginal one  
56 Ball-bearing items  
5 Room to maneuver  
6 Farm fraction  
7 Down-at-the-heels  
8 Stolen  
9 Donahue or Collins  
10 Car  
11 Recipe meas.  
20 Potential winner  
22 Lyricist's specialty  
24 Circular  
25 Take to the slopes  
26 U.K. pol. party  
27 Multipurpose truck  
29 Conk out  
30 Right angle  
31 Scale members  
35 Rouse  
36 Strikingly effective  
39 Boast  
40 Continental coin  
41 Requisite  
43 Like some excuses  
45 Chills and fever  
46 Took the shuttle  
47 Quite some time  
49 Son-gun link

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LAFF - A - DAY

"I don't want tonight's company staying late, so be ready to play around 10."

Amber Waves



by Dave T. Phipps



CHARLES SPURGEON  
1834-1892

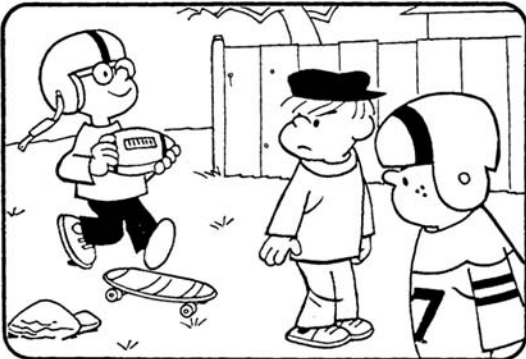
R.F.D.



by Mike Marland

HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Strap is missing. 2. Post is missing. 3. Skateboard is missing. 4. Collar is different. 5. Stripe is missing. 6. Number is changed.

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A good character is the best tombstone. Those who loved you and were helped by you will remember you when forget-me-nots have withered. Carve your name on hearts, not on marble.

~Charles H. Spurgeon

Puzzles4Kids

by Helene Hovanec

RIDDLE SEARCH - LUNCH TIME

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: What do polar bears eat for lunch?

- AVOCADO  
BACON  
BRATWURST  
FISH  
HAMBURGER  
HOT DOG  
JUICE  
MACARONI  
MILK  
OLIVE  
PASTA  
PIZZA  
SALAD  
SANDWICH  
SPAGHETTI  
TACO  
TUNA  
YAM  
YOGURT

I	I	T	T	E	H	G	A	P	S
C	E	O	D	A	C	O	V	A	A
B	M	A	C	A	R	O	N	I	L
J	T	E	H	O	T	D	O	G	A
Y	U	R	P	L	W	G	H	T	D
O	N	I	M	I	L	K	S	E	N
G	A	A	C	V	Z	A	I	R	O
U	Y	H	S	E	P	Z	F	C	C
R	E	G	R	U	B	M	A	H	A
T	T	S	R	U	W	T	A	R	B

Riddle answer: \_\_\_\_\_

MAGIC MAZE • ON THE EDGE

U Q M J F B Y U R O K H D A X  
U Q N K H E B Y V S P M J H E  
B Y V Y T Q O L I B G D B Y W  
T R P M R K I F D O B B Y W U  
H S Q O M E K I S U G F D B Z  
E C X W U S H Q M N N O N L B  
J R A M H F D P I D I B C O M  
A Y O E W V E L I A C G R I T  
S Q P H B R I N K R N D R U N  
L K I H S A F E C Y E T B A C  
Z Y W V R E G N I R F P I L M

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- Beach Bumpers Lip Rim  
Border Curb Margins Shore  
Boundary Fencing Periphery Trim  
Brink Fringe Railing

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# How to tame indoor home odors

Although dirt and other grime can contribute to the odor of a home, additional culprits can contribute to foul smells as well. Everything from pets to the foods cooked in the kitchen to the hidden presence of mold can impact air quality and odor inside a home. Fortunately, there are ways to remedy stinky problems and come away with sweet-smelling solutions.

It's important for homeowners to realize that foul air inside a home can be the result of poor indoor air quality — which can be a health hazard. The United States Environmental Protection Agency ranks indoor air quality as a top five environmental risk to public health. EPA studies found indoor air pollutants were generally two to five times greater than outdoor pollution levels. In some cases, indoor air pollution was 100 times greater. The United States Consumer Product Safety Commission says the following can contribute to poor indoor air quality and also to some interior odors: combustion sources; tobacco products; building materials and furnishings; wet or damp carpet; cabinetry or furniture made of certain pressed wood products; products for household cleaning and maintenance and even outdoor sources such as radon, pesticides and outdoor air pollution.

So how does one remedy poor indoor air quality and odors inside a home? These tips can improve conditions.

- Ensure adequate ventilation. Open win-

dows and doors when weather permits to eliminate the concentration of pollutants and help air out odors. Use exhaust fans in kitchens and baths to pull indoor air to the outside.

- Invest in an air filter. A high-efficiency particulate air filter will force air through a fine mesh and trap harmful particles, such as pet dander, smoke, pollen, and dust mites, that can build up in a home. Remember to change the filter regularly.
- Increase the number of plants. Plants can brighten interior spaces, and they're also remarkable at cleaning indoor air. The Clean Air Study conducted by NASA set out to find out the best way to clean the air in space stations. The association found that the Boston fern, spider plant, Chinese evergreen, weeping fig, variegated snake plant, and English ivy, among many other plants, were ideal for filtering air and removing harmful contaminants.
- Ditch disposal odors. Food can become trapped and decompose in garbage disposals. Cut citrus fruit into chunks and drop them into a running disposal to remove many odors.
- Air out the washer. New washing machines have tight seals and gaskets that do not allow air to penetrate (or water to leak out). Mildew can grow as a result. Leave the washer door open after a round of laundry to let things dry and air out.
- Tame pet odors. Pets contribute heavily



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to odor in a home. Wet dog smells are prevalent on rainy days, while cat litter boxes can pack a pungent punch. Cleanliness can cut down on smells. Use activated charcoal in litter products to tame smells and empty the litter box frequently. Make sure dogs are dried off thoroughly when coming in from the rain, and use a deodorizing spray on pet fur. Regular grooming can help as well.

Odors in a home can be embarrassing and set a poor tone when inviting company over or showcasing a home for prospective buyers. Keep odors at bay by identifying the sources of smells and taking action. **E**



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**collagen and elastin. Since this system is based on Traditional Chinese Medicine, the Mei Zen Practitioner also uses acupuncture point selections on the body to complete the balancing of energy. This results in an overall rejuvenating effect of body, mind and spirit. Diet, lifestyles, and skincare are also evaluated and addressed.**

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*Dr Kozminski was trained in the Mei Zen Technique of Cosmetic Acupuncture's.*



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# STEPS

## to a more organized, functional garage

Organization can help homeowners transform their homes into less cramped, more spacious oases without forcing them to finance potentially expensive expansion projects.

Homeowners who park in their driveways may find that their garages have become crowded, cluttered spaces in which searching for tools can

feel like scouring a haystack in search of a needle. Organizing a garage can create extra room in a home while affording homeowners the chance to protect their vehicles from the elements. Homeowners who want to turn their garages into something more than cluttered storage units can employ the following strategies to transform these largely overlooked areas into more valuable spaces.

- Choose the right day. Garages tend to be separate from the rest of the homes they're a part of, meaning the only way to organize a garage is to first remove all items from the garage and into the driveway. Because items removed from the garage will be exposed to the elements, homeowners should choose a day that's temperate and sunny to clean their garages. If possible, homeowners should opt to organize their garages in late spring, summer or early fall when there are additional hours of daylight. This protects homeowners from having to work in the dark should the job take longer than they initially anticipated.

- Discard or donate duplicate items. Duplicate items are some of the main culprits behind cluttered garages. As garages gradually become more cluttered, homeowners may buy tools they already have simply because they cannot find their original tools. When organizing the garage, create separate piles for duplicate tools, placing still-useful items in a pile that can be donated to neighbors, local charities or organizations and another pile for old tools that are no longer useful.

- Host a garage sale. Homeowners who want to organize their garages and make a buck at the same time can host garage sales. Make only those items that are still



Organized garages that are free of clutter can serve as valuable work spaces for handy homeowners.

functional available for purchase, and let neighbors and bargain hunters do the bulk of your organization work for you.

- Designate areas of the garage for certain items. Once the items that won't be going back into the garage have been sold, donated or discarded, organize the garage by designating areas for certain items, making sure to separate items that can pose safety risks.

For example, store kids' bicycles and outdoor toys in a corner of the garage that is opposite the corner where potentially dangerous items such as power tools and gas cans will be stored. Keep the center of the garage open for vehicles.

- Periodically park cars in the garage. Homeowners who are comfortable parking their vehicles in their driveways can improve their chances of

maintaining organized garages over the long haul by periodically parking in the garage. Doing so not only prevents the gradual buildup of clutter that can slowly take over a garage, but also protects homeowners' automotive investments.

Maintaining an organized garage can help homeowners make more practical use of the space in their homes. **E**

## Snow tires a worthy investment

It's not too late!

Automotive experts say that snow tires are a worthy investment that improve maneuverability and stopping power on winter roads. Many people leave all-season tires on their vehicles throughout the year, but snow tires may help decrease snow-related accidents and may even help drivers save money on their auto insurance.

- Snow tires are particularly helpful for people who cannot wait for roads to be cleared before they begin their days. Snow tires provide greater traction in wet, snowy or slushy conditions. Snow tires provide ample grip and make it easier for cars to turn corners and stop on slick roads.

- As the mercury falls, the rubber used to make traditional tires can become hard and less pliable, com-

promising its ability to grip the road. However, many snow tires are made with a specialized rubber that remains supple even in very cold temperatures, making it easier for the tire to hug the roadways even when those roads are in poor condition.

- People who live in very cold climates and areas where snow and ice dominate the landscape for several months per year often find all-season tires are inadequate and likely to slip. Snow tires make for safer alternatives in such regions.

Snow tires can make roads safer for drivers who live in locales with long, snowy winters. They also are ideal for drivers who desire more traction, cornering and stopping capacity on winter roadways. **E**

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Answer

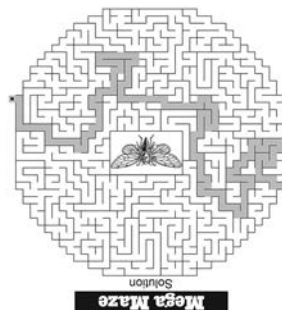
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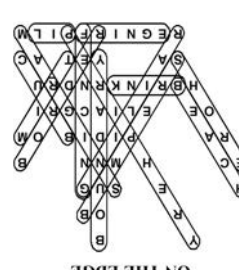
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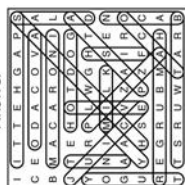
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# HOW TO MANAGE MORE EFFECTIVELY

**H**ectic schedules can make managing time seem like a riddle wrapped inside an enigma. Many people feel there are not enough hours in the day. But busy men and women need not look for extra hours in the day to manage their time more effectively.

• Examine your existing time management. Before creating strategies for changing the way you manage your time, you first need to understand how you are currently spending it. Jot down what you do during an average week. Include how long you spend conversing, when you start working, how often you check your email, etc. Analyze this time in an effort to determine how much of it is being spent doing something productive and how much is getting in the way of getting things done.



• Complete crucial tasks first. Figure out which of your daily tasks are most important and take care of those first before moving on to less important tasks. This can reduce stress and make you feel more confident that you can accomplish the smaller tasks.

• Write things down. It's easy to feel overwhelmed when there are many things swimming around in your head. Put your to-do list on paper. Seeing it in black and white can help you separate the important tasks from other things that can be put off for the time being or delegated to someone else. If necessary, use a day planner or set notifications on your smartphone.

• Turn off email notifications. Email notifications can be very distracting when you are trying to get work done. Turn these off so you can concentrate more on the tasks at hand.

• Recharge with downtime. Physical and mental fatigue can contribute to procrastination. Plan periodic breaks throughout your day. These breaks can help you be more productive by reenergizing you.

• Avoid instant access. Schedule a time to return phone calls and instant messages rather than thinking you need to

reply right away. Some notes may require immediate attention, but many likely do not.

• Block out distractions. Turn off your television and phone and steer clear of social media while trying to get things done. Come back to them later when

you've completed your tasks.

• Be flexible. What works for another person may not work for you. Therefore, try a variety of strategies to get a better handle on time management until you discover one that works best for you. **E**

“

Lost time is never found again.- Benjamin Franklin

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# Helping boys become better readers

Conventional wisdom has long intimated that girls are more adept at language arts and reading than boys of the same age. A recent study indicates there may be some merit to the assumption that boys tend to lag behind girls in reading. In order to bol-

ster interest in books and reading comprehension, parents and educators can look to many successful literary series that tend to draw the attention of boys.

## Boys and reading

A 2010 study by the Center on Education Policy that looked at

trends beginning from 2002 to 2008 found boys have been lagging behind girls on standardized reading tests in all 50 states. According to Jack Jennings, president of the Center on Education Policy, "We found no state in which boys did not lag behind girls in reading at the elementary level, the

middle school level and the high school level. So it's pretty clear: Boys are not doing as well as girls in reading."

There are many theories as to why boys seem to eschew reading for other things. Some say that boys in general are always on the defensive, and reading -- which often calls to mind emotion and vulnerability -- is not something that boys would like to admit to doing. Furthermore, schools heavily push classics full of fictional characters as the mainstay of literary curricula. However, research points out that

boys tend to gravitate toward nonfiction. Others argue that boys do not have enough male literary role models. The majority of adults involved in shaping boys' interest in reading are women, and boys might not view picking up a good book as a masculine activity.

Another theory as to why girls perform better on standardized reading tests revolves around brain function. Girls' brains tend to be more verbally oriented, which can make reading skills easier. Boys are more visually oriented. It stands to reason that boys are

more physically restless than girls as well. Sitting for long periods of time reading can be challenging, even for an otherwise well-behaved male student. This was discovered as early as 1986 in an analysis of more than 100 studies by psychologist Warren Eaton and his colleagues at the University of Manitoba in Canada. The findings revealed that the average boy is more active than about 69 percent of girls.

## Choosing reading materials

Here are some titles boys can explore.

\* "2095" by Adam McCauley: Children on a field trip to New York's Museum of Natural History travel one hundred years into the future.

\* "Adventures of Captain Underpants" by Dav Pilkey: Fourth grade boys get into trouble with their principal and decide to hypnotize him into the superhero "Captain

READERS -69



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# Family-friendly winter activities

Many people may run indoors when the temperatures outside approach or dip below freezing. But the truly adventurous see no reason why a little cold weather should keep them cooped up indoors for months at a time. Sports and other physical activities can provide the perfect respite from the cabin fever that can settle in during long winters. Families looking to get some quality time outdoors together this

winter can enjoy a host of activities in the great outdoors, even if the temperatures are a tad on the chilly side.

- **Sledding:** Sledding may remind adults of their childhoods and turn kids' snow days into fun afternoons they will never forget. Kids can seemingly ride their sleds and toboggans down snowy hills all day long, but even parents get a kick out of racing kids downhill or sharing a sled with their

youngsters. While older kids can typically handle sleds on their own, parents should ride along with toddlers to prevent falls and handle steering duties. When sledding, keep a close eye for any signs that suggest kids might be getting too cold, such as shivering or clothes that are soaked through.

- **Snowshoeing:** Parents may not know that many retailers sell snowshoes for children. While snow-



shoeing can be physically demanding, it's also a fun way for families that like family walks to continue

those traditions even if there are a few inches of snow on the ground. Make sure kids are bundled up, paying extra attention to their footwear. Kids will enjoy snowshoeing more if their boots are both comfortable and capable of keeping their feet warm.

- **Snowman building:** Perhaps no outdoor winter activity is more con-

**FAMILY -70**

## READERS from 68

- Underpants.”
- \* “Babe & Me: A Baseball Card Adventure” by Dan Gutman: Main character Joe wants to discover the legend of Babe Ruth and his home run predictions.
  - \* “The Beast in Ms. Rooney’s Room” by Patricia Reilly Giff: Ms. Paris, the reading teacher, helps Richard get serious about reading and win a contest for best class.
  - \* “Encyclopedia Brown” series, by Donald Sobol: Readers solve the cases and explore adventures through the stories.
  - \* “Hatchet” by Gary Paulsen: A boy must learn to live in the wild alone after the plane he was traveling in with his father crashes.
  - \* “Lunch Money” by Andrew Clements: Greg is a sixth-grader who is good with money. He begins creating and selling comic books at lunch until a rival cuts into his business.
  - \* “Rufus and Magic Run Amok” by Marilyn Levinson: Rufus discovers he has magical powers, but this special talent isn’t what he expected. **E**

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## How everyday people can CUT energy consumption

**C**urtailing energy consumption is a great way for people to protect the planet's natural resources and save money at the same time.

Part of the difficulty with regard to reducing energy consumption is that energy plays such a big role in our lives. Smartphones and tablets have become must-have items, and these items, though not necessarily big consumers of energy, must be plugged in and charged. But individuals won't have to unplug from their lives to reduce their energy consumption. In fact, there are several easy, non-invasive ways for everyday people to reduce their energy consumption.



*Ceiling fans can help homeowners and apartment dwellers reduce energy consumption and save money.*

### • Start with your windows.

The windows in a home can help homeowners and apartment dwellers reduce their heating and cooling costs. On cold days, pull back curtains so the natural sunlight can come in and warm the house, reducing the need to turn up the temperature on the thermostat. When the weather outside is especially warm, hang blackout curtains to prevent the hot sun from warming rooms and increasing the need for air conditioning. In addition, address any leaks around windows to ensure hot and cold air is not escaping and contributing to excessive energy consumption.

### • Maintain appliances and replace older ones.

While reducing reliance on energy-thirsty appliances is a great way to reduce energy consumption, no one needs to throw away their refrigerators. Instead, maintain appliances so they are not forced to work harder, and thereby consume more energy, to function. Routinely clean the filters on window air conditioners, replacing them if they're worn down. In addition, have HVAC units serviced annually to ensure they're operating at peak capacity. Replace older appliances, including refrigerators, that are no longer effective.

### • Install a low-flow shower head.

The U.S. Department of Energy recommends that eco-conscious consumers looking to reduce their energy consumption install low-flow shower heads with flow rates less than 2.5 gallons per minute. This is especially important for people living in homes with dated fixtures. Water fixtures installed before 1992 might have flow rates as high as 5.5 gallons per minute, which is both wasteful and costly. Test the flow of a shower head by placing a one-gallon bucket beneath a shower head running at the pressure you normally use. If the bucket fills up in less than 20 seconds, install a low-flow shower head.

### • Install ceiling fans.

Ceiling fans can be installed to reduce energy consumption in both summer and winter. In summer, ceiling fans can make home interiors more comfortable by circulating air around a room. That circulation can make rooms feel cooler, providing the same benefit of an air conditioner while consuming considerably less energy. In winter, reverse the rotation of ceiling fans so they circulate warm air and reduce reliance on heating systems.

Reducing energy consumption does not require substantial sacrifice, but it can produce substantial savings and benefit the planet in myriad ways. **E**

### FAMILY from 69

ducive to family fun than building a snowman. The season's first substantial snowfall provides the perfect opportunity for parents and their children to start building some snowmen. While "snowman building" is unlikely to find its way onto any gym schedules, building a snowman provides a great workout. Lifting snow is great strength training, while pushing snow to form Frosty's body is a great way to get in some cardiovascular exercise.

• Skiing and snowboarding: The earlier youngsters start skiing and/or snow-

boarding, the more likely such activities will prove second nature. Many resorts offer skiing and snowboarding lessons to kids and adults, so parents can book weekend getaways for the family to nearby resorts and foster a love of winter sports in youngsters.

While it's tempting to huddle up indoors when winter hits full swing, families who embrace the great outdoors when the temperatures dip can avoid cabin fever and enjoy one another's company along the way. **E**



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\*MINIMUM MONTHLY PAYMENTS REQUIRED. Applicable to purchases made January 1 through December 31, 2016. PR: 22.8%. Minimum Finance Charge: \$1.00. CFNA reserves the right to change APR fees and other terms, unilaterally. \*\*5% Discount program is subject to modification or cancellation at the discretion of the merchant or CFNA. Discount cannot be combined with any other offer. \*EXCLUDES TIRES

**BRANDS YOU TRUST!**



**WHY CHOOSE TALLMAN'S?**

**INCLUDED WITH EVERY INSTALLED TIRE...**

- FREE LIFETIME ROTATION
- FREE AIR CHECK & MAINTENANCE
- FREE WHEEL ALIGNMENT CHECK
- FREE TPMS REPROGRAMMING
- SERVICE AFTER THE SALE
- 5 STAR RATED LOCATIONS
- LOW PRICE GUARANTEE
- NATIONWIDE ROAD HAZARD REPLACEMENT AVAILABLE

**Utica**

1719 Genesee Street  
**315/732-6522**

**Yorkville**

5176 Commercial Drive  
**315/736-2442**

**Rome**

1905 Black River Blvd.  
**315/339-8473**

**Herkimer**

231 Sunset Avenue  
**315/866-5400**

OPEN Mon.-Fri. 7:30am-5:30pm,  
Sat. 8am-2:00pm

**OPEN 24 HOURS at**

**www.TallmansTire.com**



**The Price We Quote Is The Price You Pay... No Hidden Fees!**

Rebates: Ask an Associate or log on to our Nearest Stores' Facebook Page for details. Tallman's Tire & Auto Repair. Not responsible for typographical errors.