

TODAY'S CNY

# WOMAN

FREE

FEBRUARY 2012

life. style. attitude.

1<sup>ST</sup> ANNIVERSARY ISSUE

**Plus:**

Local women  
reaching life's  
milestones!



Aunt  
**Harriet  
Tubman**  
*Living Her-Story*

**What a Woman Wants**

In the classroom, on her fork and for her love.



# HEART ATTACK? EVERY SECOND COUNTS. CALL 9-1-1.

## WHEN YOUR HEART IS ON THE LINE, GETTING HELP FAST CAN MAKE ALL THE DIFFERENCE.

Chest pain isn't the only sign of a heart attack. Shortness of breath; back, arm or jaw discomfort; severe nausea; or heavy sweating also may indicate a problem. As the first Accredited Chest Pain Center in Syracuse, St. Joseph's knows just how important it is to diagnose and treat these symptoms quickly and accurately. Seeking medical help right away can help protect you from serious heart damage and create a more positive outcome from a potentially dangerous situation. So, don't hesitate to call 9-1-1. Your heart—and your life—may depend on it.



**SYRACUSE'S FIRST  
ACCREDITED  
CHEST PAIN CENTER**

**ST. JOSEPH'S**  
Hospital  Health Center  
A Higher Level of Care

St. Joseph's Hospital Health Center • 301 Prospect Ave. • Syracuse, NY • [www.sjhsyr.org](http://www.sjhsyr.org)  
St. Joseph's Resource Line (Physician & Program Information): 315-703-2138

St. Joseph's is sponsored by the Sisters of St. Francis.  
Franciscan Companies is a member of the St. Joseph's Hospital Health Center Network.



The All New  
BMW X3

burdickbmw.com  
315-459-6000



The Ultimate  
Driving Machine.®

# MAKE EVERY DAY LESS EVERYDAY.

Behind the wheel of the all-new BMW X3 lies sophisticated technology that delivers endless possibility. Inside and out, the all-new BMW X3 delivers a responsive, dynamic drive with an aerodynamic silhouette precisely sculpted around an innovative interior. BMW ConnectedDrive affords you the ability to stream music from a mobile device, have emails and text messages read over the speakers and receive information from Google Maps as your drive. Joy is form and function coming together to create the perfect accessory to any lifestyle. Dream it, build it, drive it at **Burdick BMW**.

## THE ALL-NEW BMW X3.

**BMW EfficientDynamics**  
Less emissions. More driving pleasure.

### BMW Ultimate Service™

You pay nothing for 4 years or 50,000 miles. BMW no-cost maintenance covers everything but gas and tires.\*

Brake Pads: \$0 | Brake Rotors: \$0 | Engine Belts: \$0 | Oil Changes: \$0 | Wiper Blade Inserts: \$0 | Scheduled Inspection: \$0



www.burdickbmw.com

**Burdick BMW**

*Serving Central New York since 1937*

Driver's Village, Cicero, NY  
**(315) 459-6000**

For full details on BMW Ultimate Service® visit [bmwusa/ultimateservice.com](http://bmwusa/ultimateservice.com)

©2011 BMW of North America, LLC. The BMW name, model names and logo are registered trademarks.

**EDITOR**

Cammi Clark

**ASSISTANT EDITORS**

Dan Bernardi,  
Courtney Rae Kasper,  
Katherine Photiadis

**DESIGN AND PRODUCTION**

Amy Fields

**PHOTOGRAPHY**

Kimberly Cook

**CONTRIBUTING WRITERS**

Donna M. Adamo, Katie Lemos  
Brown, Deborah J. Cabral, Joleene  
DesRosiers, Michael Aaron Gallagher,  
Nicole Glor, Tracy Higginbotham,  
Andrea McCarthy, Jennie Pikowsky,  
Kelly Quinn, Dani Villalobos

**SENIOR AD REPRESENTATIVES**

Jennifer Hendrix, Mary McCandless

**PUBLISHED BY**

Scotsman Media Group:  
Bill Veit, president,  
Tom Cuskey, publisher,  
David Spearing Jr., distribution

**CONTACT US**

315-472-7825  
750 W. Genesee St., Syracuse, 13221

**EDITOR@TODAYSCNYWOMAN.COM**

**WWW.TODAYSCNYWOMAN.COM**

**ADVERTISING INFORMATION**

Contact Today's CNY Woman  
to advertise at 315-472-7825.



will not knowingly accept or publish advertising which is fraudulent or misleading in nature. The publisher reserves the right to reject or cancel any advertising. The Scotsman Media Group assumes no financial responsibility for typographical errors in advertisements, but if at fault, will reprint the portion of the ad in which the error appears. Style, size of type and location of advertisements are left to the discretion of the publisher. The opinions expressed in this publication are not necessarily those of the publisher. Copyright 2012 Scotsman Press.

# Editor's Note

CAMMI CLARK EDITOR

There are few times in most women's lives when they get an opportunity to prove to others that they are smart, professional and connected. Celebrating the first birthday of *Today's CNY Woman* is one of those moments.

The last year has been more than founding the building blocks of 'just another women's magazine.' This venture has been a much-needed, upscale avenue to tell the amazing stories of Syracuse-area women as well as serve as a connection for the community — both male and female.

Throughout the past year we've connected the community through events like the What a Woman Wants event we held last month at China Towne; engaged readers through social media like the Porter family who we sent to a recent Syracuse University basketball game (see page 6); and even brought to light many personal and professional accomplishments that sometimes go unnoticed.



You've embraced this magazine with open arms and relate to everything about it because you too are a CNY woman.

So from one CNY woman to another, when you hang in there and maintain your professionalism, you realize that no matter what is thrown your way, you have the inner strength to shake it off, move forward and create something amazing. Happy Birthday!

Share your feedback with Clark at [cclark@todayscnywoman.com](mailto:cclark@todayscnywoman.com) or on Twitter @CammiCNYNews



Like us on Facebook  
[www.facebook.com/TodaysCNYWoman](http://www.facebook.com/TodaysCNYWoman)

ASSISTANT EDITORS



**Dan Bernardi**  
Award-winning reporter and photographer, Bernardi is a graduate of SUNY Genesee. He developed an interest in journalism as a contributing sports writer for the college newspaper. His most memorable interviews include NFL announcer and former Syracuse football player Daryl Johnston and October CNY Woman cover girl Erin Hamlin. Follow Bernardi on Twitter @DanielCNYNews.



**Katherine Marie Photiadis**  
With a MA In journalism from Syracuse University and a BA from the College of William and Mary, Photiadis' interest in journalism blossomed as an intern producer for Voice of America, where she wrote and produced stories broadcast globally. Her work has been featured in publications such as the SU Capstone magazine, Untied, and Richmond.com. Follow Photiadis on Twitter @KatieCNYNews.



**Courtney Rae Kasper**  
A graduate of Syracuse University's Newhouse Magazine, Newspaper and Online Journalism master's program, Kasper has written for Syracuse University Magazine, Dance Teacher magazine, Dance Retailer News and Time Out New York. Prior to joining the CNY Woman team, she was an associate editor at Macfadden Performing Arts Media. Follow Kasper on Twitter @CourtneyCNYNews.



# Tell us...

why you support the **American Heart Association** and you could win one of three \$1000 Herb Phillipson's shopping sprees from AmeriCU Credit Union!

[WhatsInYourHeart.org](http://WhatsInYourHeart.org)

AmeriCU has been a signature sponsor of the American Heart Association's Heart Run and Walk for more than 15 years. AmeriCU has a duty to give back to the communities we serve.

It's what's in our heart at AmeriCU. Visit [WhatsInYourHeart.org](http://WhatsInYourHeart.org) and tell us what motivates you to support the American Heart Association with a video, picture, story, poem, letter, or song. Perhaps your grandfather suffered a stroke. Maybe you have heart disease yourself. Or, perhaps you know a child born with a congenital heart defect. Whatever your reason...we want to hear it! Tell your story to be entered to win one of three \$1000 Herb Phillipson's gift certificates from AmeriCU.

\*MUST BE 18 OR OLDER TO ENTER. NO PURCHASE NECESSARY.



Take our free

## Financial Stress Test!

One of the major causes of heart disease and stroke is stress. One of life's biggest stressors is financial difficulty. So take our free "Financial Stress Test" at [WhatsInYourHeart.org](http://WhatsInYourHeart.org) and answer some simple, 100% anonymous questions. Get your score and download free, real-life tips to reduce your financial stress. When it comes to preventing heart disease and stroke, it's important to address all the contributing factors - diet, exercise, and stress!



[www.americu.org](http://www.americu.org) | 800.388.2000

THE CARDIOVASCULAR NURSING STAFF AT UPSTATE UNIVERSITY HOSPITAL PRESENTS

# Strong Women, Strong Hearts

A Day of Education,  
Entertainment  
and Indulgence



**FREE**

## Saturday, February 4

10 am to 2 pm

**HealthLink/OASIS Center** 6333 Rt. 298, East Syracuse (next to DoubleTree Hotel off Carrier Circle)

**JOIN US FOR:** ♥ health screenings ♥ exercise ♥ nutritional information  
♥ heart-healthy tastings ♥ massage, yoga, and meditation ♥ reiki therapy ♥ local vendors with jewelry, foods and more.

To register call Upstate Connect today! 315-464-8668

**UPSTATE**  
HEART & VASCULAR CENTER



Home Boutique, Interior Design  
and Window Treatments.  
**315-569-7420**  
[www.elaninteriordesign.com](http://www.elaninteriordesign.com)

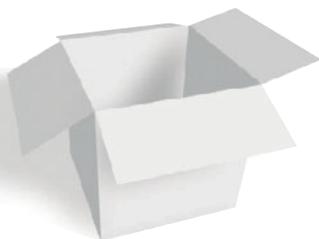
**Both Businesses Under One Roof At**  
37 Fennell Street  
Skaneateles, NY 13152

## ThinkOutside...

OutsidetheBox  
Business Solutions

*"Smart Solutions for Smart Business"*

**Grants • Bookkeeping • Marketing  
Business & Project Management  
E-mail Marketing • Non-Profit Mgmt**



**315-729-1134 or 315-729-0980**  
[www.outsidetheboxbusinesssolutions.net](http://www.outsidetheboxbusinesssolutions.net)

# Giveaways



PHOTO BY KIMBERLY COOK

**TOP:**  
Brandy Porter (left)  
and her son Dylan  
were winners  
of Today's CNY  
Woman Ultimate  
Holiday Gift  
giveaway.

**RIGHT:**  
The Porter family  
at the SU vs.  
Providence game at  
the Carrier Dome.



PHOTO BY RICH BARNES

Each month, *Today's CNY Woman* magazine holds special giveaways for our readers and social media followers.

We recently asked readers to submit a photo of "someone special" for the chance to win a private photo shoot with Kimberly Cook of Big Paw Photography and premium tickets to the Jan. 14 Syracuse University basketball game against Providence, along with a free parking pass.

With more than 50 submissions, we let our readers choose the winner. Hundreds of people voted, and in a narrow victory, Brandy and Dylan Porter's submitted photograph received the most 'likes.' Dylan was especially excited because it was his first SU

basketball game, according to his mother, Brandy.

"Being at the game with my two sons and my husband was such a great time," Porter said. "Watching the game and listening to my boys talk about slam dunks and rebounds just made my night. And I couldn't have done it without you and everyone who voted for us."

To participate in future contests, giveaways and more, check out Central New York's most popular women's magazine on Facebook, Twitter, LinkedIn and of course, our website at [www.todayscnywoman.com](http://www.todayscnywoman.com) ... you could be the next winner!



MAKEUP BY: AUBREY JAMES OF LASHES,  
LOCKS & LIPS MAKEUP ARTISTRY

COVER PHOTOGRAPH BY  
KIMBERLY COOK

»her life

14 HOUSE OF HOPE  
Unique group home in  
100-year-old Menorah Park

16 AARON'S MAILBOX  
Debut of Gayle Guadagnolo's  
book on her late son

18 ROLES TO REMEMBER  
Moe Harrington connects with  
her audience



COURTESY OF NICOLE GLOR

32



PHOTO BY KIMBERLY COOK

30

»her business

20 CIAO!  
Sounds of Italy in CNY

21 WOMAN ENTREPRENEUR  
Lifestyle medicine with  
Kim Thompson

WHAT A WOMAN WANTS | 37

In the classroom, on her fork  
and for her love.

»her passion

23 MICHELLE JONES  
GALVIN New book: the human  
side of Aunt Harriet Tubman

28 DREAM TEAM ON ICE  
CNY girls unite in Skaneateles

30 SUCCESS IS SWEET  
A gluten-free solution to baking

»her health

32 10 TIPS  
Beat the winter blues with Nicole Glor

33 SMOKE FREE  
Helping you kick the habit

34 HEART HEALTHY TIPS  
February marks Heart Health Month

»her solutions

36 MYCNYMOMMY.COM  
Five pantry pinching tips

41 DECLUTTER COACH  
Get organized this new year

»her inspiration

42 THE POWER OF  
AFFIRMATION  
Vow to think positively in 2012

43 PAYING IT FORWARD  
Sheila McAuliffe survived epilepsy  
and helps others find a cure

44 DEFINE YOUR BRIDAL  
STYLE Your wedding, your way

## contributors



**Deborah J. Cabral**

The DeClutter Coach is a professional organizer, productivity and efficiency coach who serves corporate and residential clients. She can be reached at 315-794-9495 or visit her website, [www.decluttercoachdeb.com](http://www.decluttercoachdeb.com).



**Joleene DesRosiers**

A transformational speaker and an award-winning television reporter turned freelance writer,

residing in CNY. Visit her website at [www.jddesr.webs.com](http://www.jddesr.webs.com) and find her on [www.facebook.com/jddesr](http://www.facebook.com/jddesr).



**Tracy Higginbotham**

President, Five Star Events and Women TIES, Higginbotham offers assistance in event management and

promotion for women-owned businesses. Contact her at 315-471-1987 or [www.womenties.com](http://www.womenties.com).



**Andrea McCarthy**

MyCNYMommy is a stay-at-home mom who provides tips on saving money. For coupons and more visit [www.](http://www.MyCNYMommy.com)

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



**Kelly Quinn**

Director of Marketing and Public Relations for Franciscan Companies, Quinn previously worked as a news reporter

and anchor at NewsChannel 9. Quinn's broadcasting career spanned more than 12 years. Visit [www.stfrancisadc.com](http://www.stfrancisadc.com) or call 315-424-1003.



**Kimberly Cook**

In addition to her stunning CNY Woman cover photos, award-winning international photographer Kimberly Cook of Big Paw



Photography provides private portrait, boudoir and event photography. For more information, visit [www.bigpawphoto.com](http://www.bigpawphoto.com).

## to do 02.2012

# 7

**WOMEN TIES LUNCHEON:** Learn what it takes to create a buzz by joining entrepreneur Laura Ponticello at the Women TIES Mohawk Valley Luncheon. Ponticello, founder of Laura's List: Books for Women and Big Bridge Connections, will discuss innovative ways to market your business. For more information, visit [www.womenties.com/events](http://www.womenties.com/events).

# 10-12

**COUNTRY FOLK ART CRAFT SHOW:** Craft lovers come out and view a vast array of craft goods, from handcrafted furniture to jewelry at the Empire Expo Center at the State Fair, Syracuse. For more information, visit [www.countryfolkart.com](http://www.countryfolkart.com).

# 11

**CUPID'S CHASE 5K:** Celebrate this Valentine's by doing something good for your heart. The Community Options, Inc. sponsored race starts at 10 a.m. at Onondaga Lake Park, Liverpool. Admission is \$35. To register, log onto [www.comop.org/cupidschase](http://www.comop.org/cupidschase).

# 11

**A TASTE OF CHOCOLATE:** Create a box of goodies for your sweetheart or just enjoy decadent chocolate creations from 1 to 4 p.m. at the Columbian Presbyterian Church, LaFayette. Proceeds benefit the church and LaFayette Outreach.

# 15

**SADA CHARITY PREVIEW:** Take in a private viewing of the latest car models, while enjoying food, cocktails and music at the Oncenter, Syracuse. This black tie-optional exhibit kicks off at 6:30 p.m. Ticket sales benefit participating charities. Find out more at [www.syracuseautodealers.org](http://www.syracuseautodealers.org).

 Like us on Facebook  
[www.facebook.com/TodaysCNYWoman](http://www.facebook.com/TodaysCNYWoman)

# 15-19

**CNY BOAT SHOW:** The largest CNY selection of boats, including more than 500 new models of power and sail boats, cruisers, sport boats, pontoon boats and even a few luxury motor yachts on display. Admission \$10. For more information, visit [www.cnyboatshow.com](http://www.cnyboatshow.com).

# 15-26

**WINTERFEST 2012:** The 27th annual frosty celebration draws more than 100,000 to its dozens of indoor and outdoor events, including cook-offs, parties and competitions. See full list of activities at [www.syracusewinterfest.com](http://www.syracusewinterfest.com).

# 18-19

**MARDI GRAS WINE TRAIL:** Hop from 16 wineries along Cayuga Lake during this 10th annual festivity. Event goers get a specialty set of beads and wine glass, can sample food pairings and win prizes. Purchase tickets at Wegmans, at [www.cayugawinetrail.com](http://www.cayugawinetrail.com) or call 800-684-5217.

# 25

**LAKE EFFECT HALF MARATHON:** All finishers receive a medal at this first-ever race and Moose Mile kids fun run along Onondaga Lake, Liverpool. Proceeds help local Auburn-based charity, TheRun4Life. Visit [www.lakeeffecthalfmarathon.com](http://www.lakeeffecthalfmarathon.com).

# 24-25

**AMY'S SLUMBER PARTY:** Join our inaugural cover girl and 93Q co-host, Amy Robbins, for two fun nights of pampering and female bonding at the DoubleTree Hotel, East Syracuse. For all details, visit [www.93q.com](http://www.93q.com).

# 21-26

**LES MISERABLES:** Famous Artists Broadway Theater Series presents the 25th anniversary production of this classic musical at the Mulroy Civic Center Theaters. Visit [www.centersyracuse.org](http://www.centersyracuse.org) for show times and tickets.

Let Them

# Eat. Cookies

A six-pack assortment (\$9) of raspberry, almond, brownie, peanut butter cup and lavender macarons.



Try something new this Valentine's Day — like a taste of decadent Paris.

BY COURTNEY RAE KASPER  
PHOTOS BY KIMBERLY COOK



Jennifer Walls and Natalie Hansen, co-owners and bakers of The Sweet Praxis

In December, the Huffington Post released a round-up of The 11 Biggest Food Trends of 2011. Making the list at number eight was the macaron (pronounced mack-ah-rohn), a dainty pastel-colored Parisian pastry that is not to be confused with the chewy, coconut “macaroon.” These coveted French confections are made out of almond flour, egg whites and sugar with a ganache, buttercream or jam filling sandwiched between two meringue-based cookies ... ooh la la! But there's no need to jet to France or New York City; this foodie trend has found its way to the Salt City.

Last spring, Jennifer Walls, an interior designer, and Natalie Hansen, an architect, began selling these bite-sized treats at the Central New York Regional Market under the name, The Sweet Praxis. The two young Syracuse professionals realized their shared love for baking through office birthday celebrations at the architecture firm in the downtown area where they both work.

“As designers, we were initially drawn to macarons for their aesthetics. They are beautiful, delicate, minimalist little cookies that come in a rainbow of pretty colors,” Hansen said. “Macarons have such a wonderfully unique texture profile and the flavor possibilities are practically endless. While we offer the classics, we love

to constantly experiment with new flavors inspired by the CNY bounty and seasons. It is important for us to partner with other local businesses and farmers to create French-style macarons with a uniquely Syracuse twist.”

The baking duo recently teamed up with Recess Coffee in the Westcott neighborhood to create their espresso macaron, with Roji Tea Lounge in downtown to craft the Matcha Tea and Earl Grey cookies and with Lockwood Lavender Farm in Skaneateles to concoct a Lavender pastry.

“The response to our macarons ranges from curiosity by those who have never heard of something called a macaron without a coconut base, to recognition and excitement by those who have already experienced them in larger cities or abroad in Paris,” Hansen said. (The positive feedback has landed their pastry popup a return spot at the Regional Market this May.)

The two dream of one day opening their own storefront, featuring a sweet and savory menu, but in the meantime The Sweet Praxis handmade goodies can be purchased at Cafe Kubal (James Street and Salina Street locations) or by special order at [www.thesweetpraxis.com](http://www.thesweetpraxis.com). ■

# her words



# 1st

# Happy Birthday



ERIN HAMLIN, OLYMPIAN, OCTOBER 2011 ISSUE

I just recently saw and read two different issues of your magazine, Today's CNY Woman. The two issues had Beezie Madden and the other had Kaylea Nixon on the covers. I really love the magazine!  
**Judy Sobczak, Ithaca**



KAYLEA NIXON, SEPTEMBER 2011 ISSUE

Hello from a male reader of your magazine. I must say that your magazine is one of the best quality publications that I have ever seen. Great articles/quality photos and graphics. As the father of three daughters, I thank you for all you do to highlight women.  
**John Scala, Baldwinsville**

Just received the new issue in the mail! Love it! I think you have had some really interesting articles. I can't wait to get my issue every month and I would love to see more inspirational articles about women that have made a change in the CNY area.  
**Sandra Montgomery Elsey**

I would like to congratulate you on your publication. It's written and presented very eloquently. I really enjoyed reading all the articles. I would love to carry your magazine in my gift shop, as I know many of my customers would love to read it!  
**Jan Strodel Constat, The Gift Box, Syracuse**

...I just picked up a copy of CNY Woman, and despite the fact I'm outside of your target market, I really enjoyed your publication. I'm not embarrassed to say I got it for the articles! The graphic layout and print quality are top-shelf. Thank you for all your hard work in bringing this to the women (and a few enlightened men) of CNY.  
**Bruce Reeves, Baldwinsville**

I just finished reading it...well done! Love the layout and design -- excellent photography and nice short stories.  
**Amber A. Spain Mosher, Oswego**

Thank you so incredibly much for helping put together a wonderful magazine...I grew up in CNY and absolutely love the area! I think your magazine is a wonderful publication that is both inspiring and uplifting. I also think it is wonderful that others outside of CNY read this magazine and see what a great job you guys are doing. The message this magazine sends is a powerful one which is very worthy to be shared not only in CNY but across the country.  
**Nicole M. Hartford, Boston**



AMINY AUDI, APRIL 2011 ISSUE

...the April issue looks great!! Love the Aminy Audi article and photos!  
**Michael Mancini, SUNY Empire State College**

CNY Woman is a terrific new publication. We so appreciate learning of all the positive, energetic women that truly care about our community.  
**Karen Green, Manlius**

Looking forward to the next (several hundred) issue. Go CNY WOMAN!  
**Terri Pontello Gates, Syracuse**



You have embraced Today's CNY Woman with open arms. So in celebration of our first year together, we thought we'd share a few letters to the editor with you. Thank you for letting us tell your amazing stories.

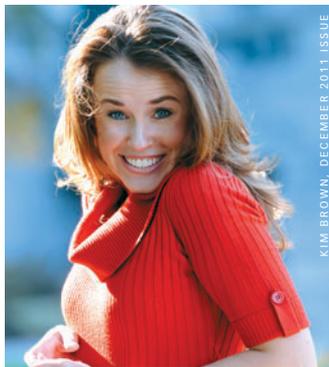
PHOTOS BY KIMBERLY COOK, BIG PAW PHOTOGRAPHY

I wanted to comment on how great the latest edition of CNY Woman is. You have taken it to new heights. This past Saturday, I was in my Dr.'s office and picked up the latest edition. I just had to congratulate you on a great job. I wanted to let you know how much I have enjoyed the magazine. I know how much work goes into each edition...congrats!

**Mary Beth Romano, Syracuse**

I just wanted to drop a note to say how thrilled I am that Kim Brown was selected to be the December "Cover Girl." She is a wonderful example of a young professional who lives, eats and breathes all that CNY has to offer. I am so excited to get a copy!

**Jessica B. Burch, Syracuse**



I just received the first issue of Today's CNY Woman. I really enjoyed the magazine. I am fairly new to the area and I really enjoyed reading about the successful business women in the area. I am currently looking for my next career move and was inspired to read about some of the companies some of these women own or work for. Thank you for this informative magazine.

**Marcia Palamara, Syracuse**

Awesome, love this mag!!! Picked up my copy of CNY Woman today--we rock! How wonderful to see Amy Robbins on the cover--she's quite the role model and you have a lovely magazine...

**Meg Martin**

Such a fascinating magazine. I love how it's educational and has inspiring stories of local women. It's nice to know us women can be recognized for our hard work and appreciated by others.

**Reena Nyquist, Liverpool**

AMY ROBBINS, FEBRUARY 2011 ISSUE



To the team on this magazine, great job! I not only love the photos in this magazine but the articles. Great articles - so moving. I can't brag about this enough but had to let you know. I hope more women and men read this magazine. The photos and article on Carol Baldwin were good. I idolize her - she's a survivor and great family and wonderful in the community also ... looking forward to your next magazine.

**Barbara Jean, Fulton**

I've finally been able to get my hands on a copy of the April issue of "Today's CNY Woman." Your article featuring Freida Gates is wonderful. Thanks for the excellent coverage!

**Danica Bryant Kaltaler, Syracuse**

... Congratulations on the launching of CNY Woman! I love the magazine! I also have to add that your magazine gave a "shout out" to a not-for-profit I run, Maureen's Hope Foundation, on your February calendar as we were one of the recipient charities of the SADA Charity Preview ... Thanks and continued success with your magazine.

**Susan Bertrand, Baldwinsville**



**TELL US YOUR THOUGHTS.** Send your Letter to the Editor to [editor@todayscnywoman.com](mailto:editor@todayscnywoman.com) or post on our Facebook at [www.facebook.com/TodaysCNYWoman](http://www.facebook.com/TodaysCNYWoman)

# FAMOUS ARTISTS BROADWAY THEATER SERIES



**Les Misérables**  
THE NEW 25TH ANNIVERSARY PRODUCTION

*Dream  
the  
dream*

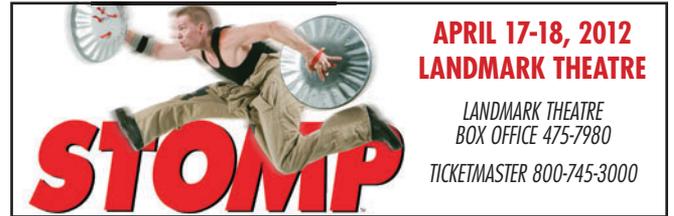
FEBRUARY 21-26, 2012



RODGERS & HAMMERSTEIN'S  
**SOUTH PACIFIC**  
MARCH 20-22, 2012  
BASED ON THE LINCOLN CENTER THEATER PRODUCTION



Mel Brooks  
DIRECTOR  
**YOUNG  
FRANKENSTEIN**  
Susan Stranman  
MAY 15-17, 2012



APRIL 17-18, 2012  
**LANDMARK THEATRE**  
LANDMARK THEATRE  
BOX OFFICE 475-7980  
TICKETMASTER 800-745-3000

**STOMP**

## CROUSE-HINDS THEATER AT THE CIVIC CENTER

FAMOUS ARTISTS: 424-8210 • ONCENTER BOX OFFICE: 435-2121 • TICKETMASTER: 800-745-3000

**Y94FM**

[FamousArtistsBroadway.com](http://FamousArtistsBroadway.com)

**NEWS  
CHANNEL 9**



Keeps me enjoying  
the outdoors

**SOSPLUS**  
AFTER HOURS ORTHOPEDIC INJURY CARE

5719 Widewaters Parkway  
Syracuse, N.Y. 13214

315-883-5652  
[www.sosbones.com](http://www.sosbones.com)

For sprains, fractures, dislocations  
and sports injuries.

**HOURS FOR SOS PLUS:**  
MONDAY - FRIDAY 5pm – 8:30pm  
SATURDAY AND SUNDAY 8am – 12pm

# MILESTONES

Important events or turning points in one's life often signify the beginning of a new chapter down the road of life. As *Today's CNY Woman* celebrates its first birthday, the following CNY women are marking the anniversary of an event that shaped who they are today.

her life

# House of Hope

One special needs advocate created the first-ever group home for developmentally disabled Jewish women in Central New York.

BY **DANI VILLALOBOS** AND **KATIE PHOTIADIS**  
PHOTOS BY **KIMBERLY COOK**



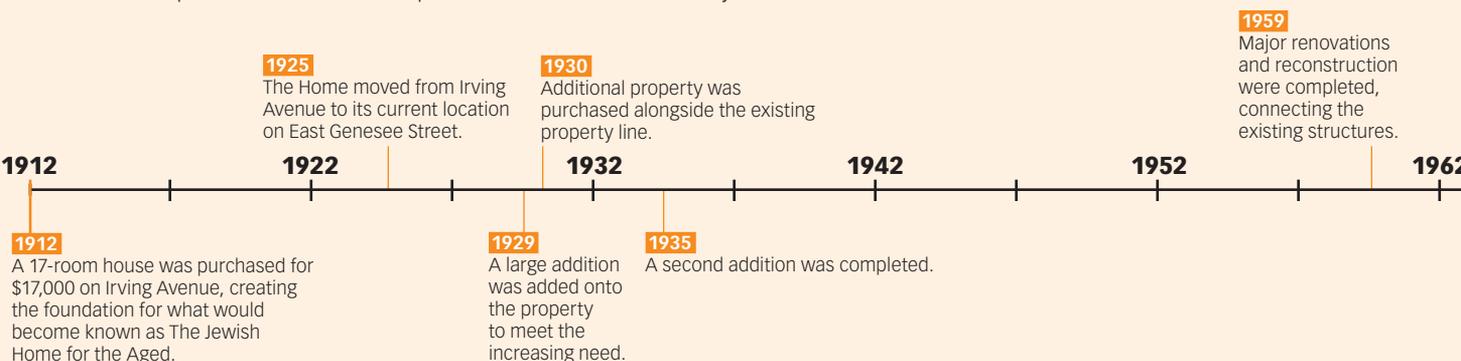
Sally Ullman (right) and Felicia Neveldine, group home director, at the Menorah Park Beit Tikvah Group Residence on Jamar Drive in Fayetteville.



Sally Ullman

## 100TH ANNIVERSARY OF MENORAH PARK

In 1912, the Jewish population of Syracuse recognized a need to protect the elderly, when an old man was left alone to die in the basement of a local Synagogue. Today, 100 years later, Menorah Park is their legacy. Menorah Park has developed into the most comprehensive senior care facility in Central New York.



When Sally Ullman was asked to create a group home for Jewish women with disabilities, she was ready for the challenge.

“The object was to give them a chance to grow into a community where they could lead as normal a life as possible, culturally, socially and emotionally,” Ullman said.

Ullman, of Syracuse, is no stranger to helping special needs children. In 1964, when her son, Stephan, was born multihandicapped and deaf, there were few programs for children born with developmental disabilities. In order to make sure that her son received an education and not just a glorified babysitting service, Ullman became an advocate for special needs children. As a result of her determination, her son received schooling until the age of 20; he currently resides in a group home.

After retiring from her day job, Ullman became actively involved as a volunteer, working for the Kosher Meals on Wheels program for the Syracuse Jewish Family Service, a subset of the non-profit agency, Menorah Park. When the Director of the Syracuse Jewish Family Service approached Ullman to develop a Kosher group home for young adult special needs women, Ullman knew this was something she couldn't pass up. She finally had the opportunity to help adults with disabilities learn to live independently, by providing them with a rich spiritual life. And so began the project that would bring the first home for Jewish developmentally disabled women in CNY.

“I was very determined that this was going to happen,” Ullman said. “Not for myself,

but for those four girls and their families. Once an individual reaches a certain age it becomes difficult to keep nestling them, and I believe that there is a time when parents should let go. It takes a lot of courage.”

The Beit Tikvah, which is Hebrew for House of Hope, opened its doors in October 2008. With four women residents in their 20s and 30s, the group home provides services such as teaching basic life skills, onsite medical assistance and open communication between the families and staff, while continuing to uphold traditional religious customs. Inside the stone house on Jamar Drive, the women have personally decorated bedrooms, a library and a kosher kitchen. The current group home director, Felicia Neveldine, even helps set daily goals for the women to accomplish individually, such as counting the change in their wallets or taking out the necessary ingredients for a recipe.

Ullman believes that religious traditions go hand-in-hand with helping disabled adults connect to society and remember their roots. She recalled a holiday party from December. In a voice filled with emotion, Ullman described how children at the event were singing Chunakkah songs, when all of a sudden a developmentally disabled 62-year-old man jumped up, started dancing and cried, “I remember! I remember!”

A lot of special needs individuals haven't had enough knowledge of their faith, she said. “But the interesting thing that we find is when we give them symbols or something related to their holiday traditions, they light up.” ■

## THE MISSION:

Provide independence and dignity for residents in Central New York, by offering a broad range of the highest quality of health, residential and community services. Menorah Park is committed to maintaining Jewish values and traditions.

### THE OAKS AT MENORAH PARK

Independent retirement community

### THE INN AT MENORAH PARK

Supportive housing

### THE JEWISH HEALTH AND REHABILITATION CENTER

Rehabilitation and long-term care needs

### ROTHSCHILD ADULT DAY CARE CENTER

Medical adult day care program

### SYRACUSE JEWISH FAMILY SERVICE

Non-profit coordination of care provider

### JUDAIC HERITAGE CENTER

Preserving the history of Jews in the CNY community

### BEIT TIKVAH GROUP RESIDENCE

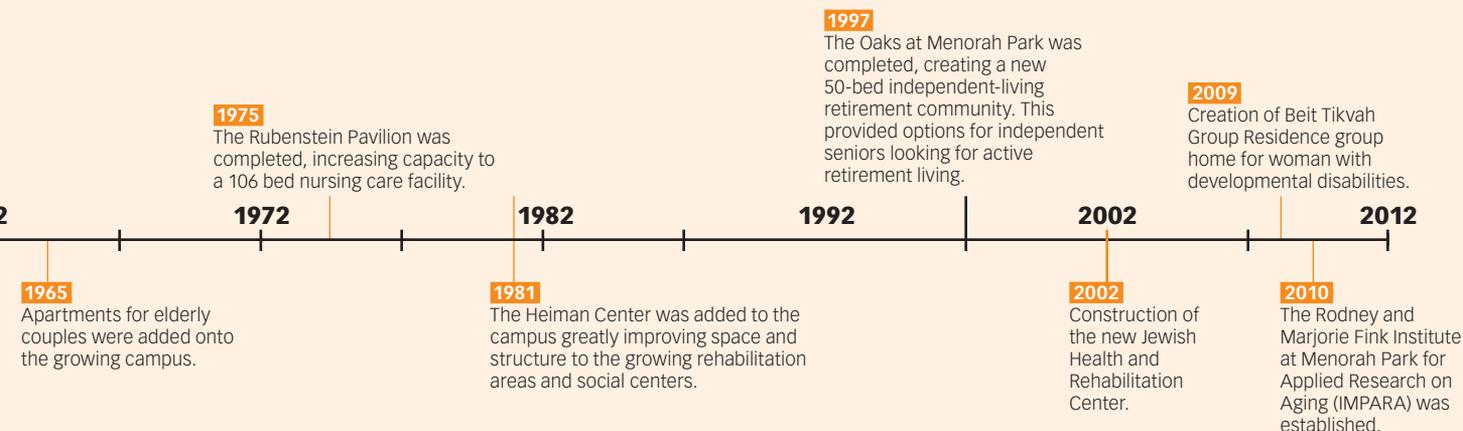
Group home for developmentally disabled women

### IMPARA

Implied Research on Aging

4101 East Genesee St.  
Syracuse, NY 13214  
315-446-9111

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



# Messages FROM Aaron

One mother's journey to regain hope  
as she reconnects with a son taken too soon.

BY COURTNEY RAE KASPER

Numbness spread over Gayle Guadagnolo the moment she laid eyes on her son Aaron's newly purchased motorcycle. She knew in the pit of her stomach that something wasn't right. She and her husband, Tom, had tried everything to change his mind about getting the bike. They even went so far as to tell him that he wasn't allowed in their house if he bought it. But there was no stopping Aaron's determination. Two weeks later, on Tuesday, May 20, 2008, the mother of four boys received a devastating phone call: 21-year-old Aaron had been killed in a motorcycle accident.

Looking back, Guadagnolo realizes that her uneasy feelings were all intuitive signs. Now, three years after Aaron's death, the Jordan native has come to understand that there's always a bigger picture and that lost loved ones are still there if we just listen. "We all encounter different paths and choices to be made on our journey through life," Guadagnolo said. "The knowledge of spirit existence and the insight that they bring to us to help us through can offer a peaceful, joyful life and hope to us all." But reaching this place of peace didn't come without taking a leap of faith amid what seemed to be a never-ending spiral of despair.

"When it's your child, you think that no one else can feel the pain that you're feeling. I was so far in my own grief that I couldn't see past his death," Guadagnolo said, adding that she couldn't speak about Aaron or stomach saying his name without falling apart. "A friend even gave me a journal to write down my thoughts. I wanted no part of it. I would've had to accept that he was gone."

Guadagnolo never considered seeing a medium, much less believed in life after death. However, fate would have it that a mother who was experiencing the same loss encouraged her to try communicating with her son. Enter Intuitive Medium Melanie May, a woman who Guadagnolo hasn't gone a day without speaking to since their first meeting in September 2008. "I couldn't explain it but I didn't want her to leave the first day we met at her reading," May said. "Now I know that there was something bigger at work. It's a connection that Aaron wanted us to have. She's my sister that I didn't find until I was 40."

Unlike any other spirit May has encountered, Aaron has been so insistent and strong about when and how she contacts his mother. In fact, it was Aaron who sent the message that Guadagnolo would write a book to help

others. Last December, she released *Aaron's Mailbox*, a detailed personal account of reconnecting with her son through the miracles that his spirit sends. Aaron also said that his mother should work for May, and as of January 2009, Guadagnolo has been May's full-time assistant. She fields phone calls, schedules appointments and has the opportunity to connect with people everyday who have shared the same heartache.

"I never had the intention to write a book. I'm not an author. I'm just the one who put it down on paper," Guadagnolo said. "My wish is that it will help people like me who are devastated and don't know where to turn or what to do. I want to provide words of comfort for others out there who have experienced a tragic event."

Since releasing the book, May has in turn noticed its effect on Guadagnolo. "The night we had the book signing was Aaron's birthday," she said. "Something came over me that night so strong from him and a few others that something had changed within Gayle. I've seen and felt a difference in her; that some hurt has been lifted. It wasn't until she saw how her book was received in helping others. This was Aaron's purpose for her." ■



Gayle Guadagnolo and Melanie May at the book launch event for "Aaron's Mailbox" held on Dec. 2 at Fitness & Dance of CNY in Cicero.

PHOTO BY KIMBERLY COOK



Aaron Guadagnolo

## REMEMBERING AARON

**AARON'S MAILBOX:** After Aaron died, Gayle Guadagnolo's brother, David, placed a mailbox at Aaron's gravesite where family and friends can leave written messages, or whatever they wish to, for him. Guadagnolo titled her book in honor of this thoughtful act and to acknowledge that Aaron is constantly sending his messages to loved ones, too.

**WEBSITE:** In addition to the book, Guadagnolo runs a website and blog at [www.aaronmailbox.com](http://www.aaronmailbox.com) where she posts the most current messages, miracles and other notions of her ongoing connection with Aaron, as well as messages written by others who have shared their own stories.

**TWITTER:** Follow Guadagnolo @aaronmailbox for the latest blog and event updates.

**MOTIVATIONAL SPEAKING:** Guadagnolo and Melanie May have teamed together to share their informative insight, real-life experiences and knowledge of spirit involvement with audiences from all walks of life. More information is available at [www.melaniemay.net](http://www.melaniemay.net).

**TO SHARE YOUR STORY:**  
Email [gayle@aaronmailbox.com](mailto:gayle@aaronmailbox.com)



PHOTO BY LAURA BRAZAK

# Roles to Remember

Absorbed in a world of make-believe, one local actress finds something real to hold on to.

BY MICHAEL AARON GALLAGHER

FEBRUARY 2012 | TODAYSCNYWOMAN.COM



PHOTO BY LAURA BRAZAK



PHOTO BY AMELIA BEAMISH

(Left) Moe Harrington discusses "Reaching For Marsby" with Jeff Kramer. (Center) She performs on stage as Mrs. Robinson in "The Graduate."

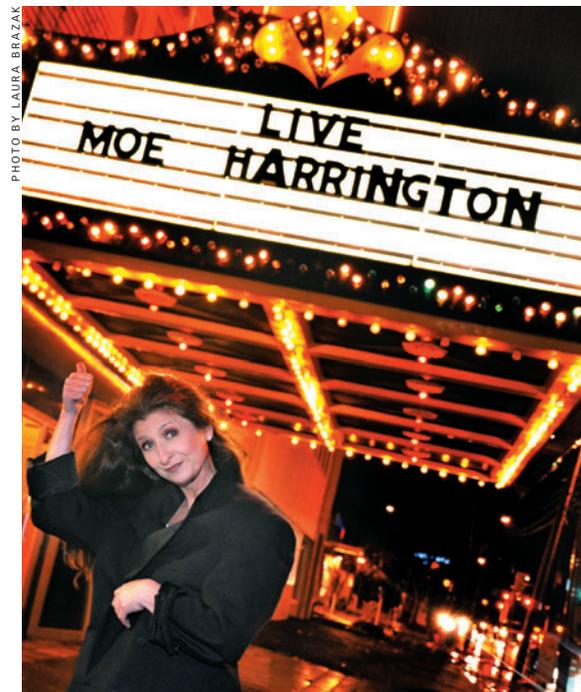


PHOTO BY LAURA BRAZAK



PHOTO BY LAURA BRAZAK

Moe (center) with her daughter, Mae, and husband, Michael O'Neill.

“The connections that I make with people, the connections that I make with agencies, my work, how I raise my child, how we live as a family — it’s all connected.”

After decades of live performances, Moe Harrington, 50, still loves to make something out of nothing. “You’re given something on a flat page with lines and you turn it into this living, breathing, palpable thing and that totally turns me on,” she said.

One recent role even required Harrington to get naked and smoke on stage as Mrs. Robinson in the Covey Theatre Company’s version of “The Graduate.” “I was more nervous about smoking on stage and making it look natural,” she said. “I mean we all get naked, but I had never smoked before in my life.”

But Harrington said she was also concerned about her 14-year-old daughter being OK with her taking on such a provocative role. “When I asked her how she would feel about people’s reaction to the nude scene in ‘The Graduate,’ she said, ‘Mom, if people don’t know the difference between my mother and a character on stage, that’s not my problem, it’s theirs,’” Harrington said.

In March, Harrington takes on another

first — she will join her husband, Michael O’Neill, on stage in “Reaching for Marsby” by Jeff Kramer.

In addition to acting, Harrington is the associate development director at The Q Center, a gay, lesbian, bisexual and transgender youth facility run by AIDS Community Resources.

For more than 20 years, Harrington has been a part of the fight against HIV and AIDS, while working to overcome the inequalities that exist for those who experience discrimination and abuse. The center provides a safe, creative, nurturing environment in Central New York, she said. “We’re losing kids at a rapid rate,” Harrington added. “They are four times more likely to commit suicide than heterosexual kids, 98 percent of them have been verbally abused, 67 percent of them have been physically attacked and 46 percent of the kids living on the street right now (and are homeless) identify as gay.”

Part of her responsibilities include fundraising efforts and special performances. “When I look at the things I want for

my own daughter, to be happy, to be successful, to find love — if my daughter were gay, the things that I would want for her would not be any different,” Harrington said. “There should be no difference. And there seems to be.”

For her, both roles — actress and development director — are about making a meaningful connection that impacts her audience. “Out of that moment on stage, comes all of these other amazing things,” she said. “The connections that I make with people, the connections that I make with agencies, my work, how I raise my child, how we live as a family — it’s all connected.” ■

## IF YOU GO

**WHAT:** “Reaching for Marsby”

**WHEN:** March 2-4, 8-11 and 15-18

**WHERE:** Civic Center’s Bevard Studio

**COST:** Tickets are \$22, general, and \$20, seniors and students with ID, at the Oncenter Box Office, 760 S. State St., Syracuse. The tickets, with processing fees added, can also be purchased by calling the box office at 315-435-2121 or at [www.ticketmaster.com](http://www.ticketmaster.com).

her business



BY KATIE PHOTIADIS

# A Match Made in Italy

Woman co-hosts new CNY radio show that explores and celebrates the unique customs of Italian Americans.

TUNE IN 3 P.M. SUNDAYS | 91.3

PHOTO BY KIMBERLY COOK

Walk into the WCNY FM radio station studio on a Wednesday afternoon and you'll meet a dynamic duo — a dynamic, Italian duo, that is.

With gesturing hands, raised voices and a constant playful competition over who talks first, Joey Nigro and Jim Battaglia are the two hosts of the new CNY Italian-American radio show, CIAO!. The show launched on New Year's Day and airs at 3 p.m. Sundays on WCNY 91.3, Syracuse.

In the studio, Nigro, an accomplished singer, and Battaglia, a gourmet Italian cook and wine-maker, banter back and forth. To win the argument, Nigro, a Syracuse University graduate, raises her voice and winks, "I'm not yelling — I'm Italian."

To complement the playful sparring between the two hosts, CIAO! plays a wide variety of lyrical and flowing songs. The show features both Italian-American and Italian artists, spanning a century of music, including Dean Martin, Frank

Sinatra, Tony Bennett and Bobby Darin, in addition to Italian classical melodies such as Andrea Bocelli and Lou Monte.

In between the sets, Nigro and Battaglia share their unique experiences growing up in Italian-American households in Syracuse. Nigro was born in New York as a second generation Italian American; her family emigrated to the United States at the turn of the 20th century. Battaglia, on the other hand, was born in Italy and moved to Syracuse in 1950, when he was just 2. Despite these differences, the pair share many similar childhood traditions and memories.

Nigro and Battaglia believe that there are some traditions that bond all Americans who have Italian roots, whether they emigrated to the United States in 1850 or 1950. The radio show explores and celebrates the unique customs of Italian Americans — a culture that encompasses Pavarotti and Michael Bublé, lasagna with Thanksgiving dinner and, last but not least, avoiding the evil eye.

"When I was a teenager I remember asking my mother why we always say 'God bless you' when we compliment someone. Very matter-of-factly, she answered, 'So we don't accidentally give someone the malocchio,' which means the 'evil eye,'" Nigro said.

As co-hosts of the new radio show, Nigro and Battaglia have established a comfortable, yet competitive, rapport in the studio.

"I can't win an argument; she's always interrupting me," Battaglia said with a smile. Both hosts argue in a good-natured way, as they discuss the evolving identity of Italian Americans and play classic Italian-American songs.

"Whether you're Polish, German, Indian or whatever, if you love to live life, we want you at our table," Battaglia said.

To truly embrace the Italian spirit, listen to the show while cooking homemade marinara sauce and sipping a glass of Chianti. ■

# *Inspirational* **Woman Entrepreneur**

One woman finds her calling after a life-threatening accident

BY **TRACY HIGGINBOTHAM**

Sometimes, experiencing an unexpected circumstance can trigger a woman to realize her true calling. For Kim Thompson, the entrepreneurial spirit struck after she survived a serious car accident in 2002. Thompson saw little improvement while being treated with a traditional medicine approach, and began to explore alternative care. After witnessing the innate ability of the human body to heal given the proper environment of nutrition and wellness, she decided to enter the functional nutrition and lifestyle medicine field. Today, she is the founder of Healthy Transformations, a New Hartford-based business that helps others reach optimal health through lifestyle medicine.

Thompson's business mission is to change the way individuals approach health care from an illness model to a wellness model. "Lifestyle medicine for a lifetime of health" has become the company's motto, and it has helped hundreds of clients improve their overall well-being. Thompson conducts in-depth consultations to review a client's medical, family and social history, along with their current lifestyle, medications and supplements. She then discusses the personal health goals the client is looking to achieve.

One of Thompson's popular programs is a weight-loss challenge that she created in 2009 with former "Biggest Loser" contestant, Trent Patterson. The program provides a fun environment to learn healthy habits while competing for weight loss. "I found the competitive environment works well for most people and is the key that keeps them motivated and on task," said Thompson.

The most important principal she stands by is a quote by Ralph Waldo Emerson: "What lies behind us and what lies before us are small compared to what lies within us." Thompson is an inspirational woman entrepreneur fueled by passion, strength and fortitude to pursue and live a professional life of purpose, while also making a difference in her industry. ■



Kim Thompson

## The Dump Boutique and Image Studio

- Seasonal Color Analysis
- Cosmetic Makeovers
- Chic and Unique Accessories
- Eye Glass Frames
- Bra Fittings

Tuesday - Saturday: 11 - 5 • Sunday 12 - 4

(315) 673-3867

email: [lookgood@thedumpboutique.com](mailto:lookgood@thedumpboutique.com)

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

22 South Street • Marcellus, NY 13108



**“How can I take care of my seriously ill parents?”**

Hospice of Central New York can answer your questions.

315-634-1100

### Did you know...

Hospice of CNY is the only agency certified to deliver hospice care to residents of Onondaga, western Madison & southern Oswego Counties.

Hospice care is usually covered by Medicare, Medicaid and insurance.

Out-of-pocket medical costs can often be reduced.

Hospice of Central New York also offers bereavement counseling and grief therapy, not just for Hospice families but for the community as well.

[www.hospicecny.org](http://www.hospicecny.org)



**Is it time to think about a new you in 2012?**

# Weight Loss Surgery.

## Now at Crouse.



Jeffrey DeSimone, MD; Kenneth Cooper, DO; Stephanie Sullivan, NP

As a regional leader in surgical services, we're proud to welcome CNY Surgical Physicians **Jeffrey DeSimone, MD**, and **Kenneth Cooper, DO**, to the Crouse family and are now providing the latest in patient-focused weight loss surgery.

**CROUSE HOSPITAL**  
Your care. In our hands.

[crouse.org/weight-loss-surgery](http://crouse.org/weight-loss-surgery)

### Is weight loss surgery for you?

Learn more at one of our upcoming informational sessions.

**Feb. 7**

**Feb. 16**

**Feb. 25**

**Mar. 6**

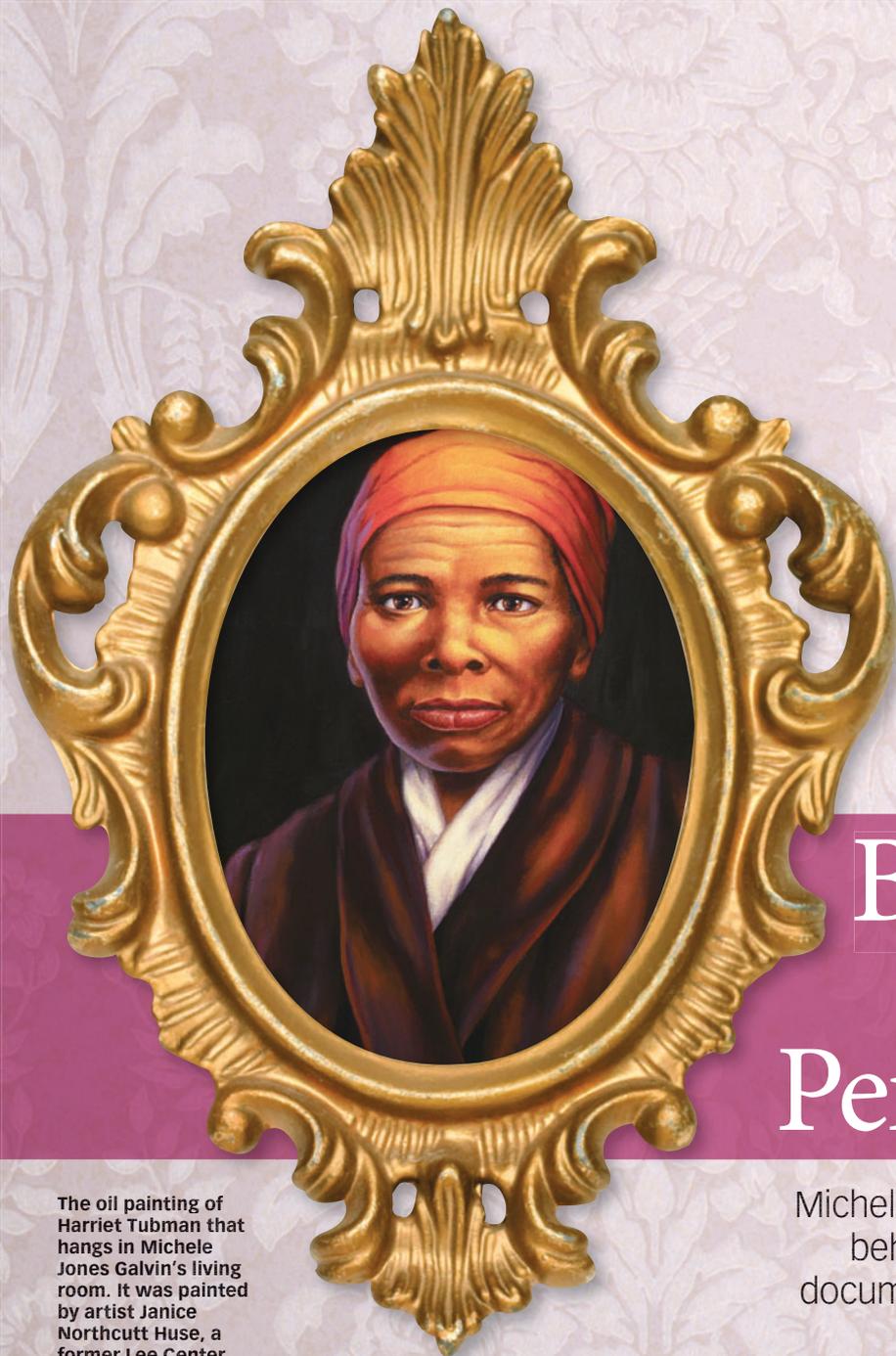
**Mar. 15**

Pre-registration requested by calling **472-2464** or online at [crouse.org/weight-loss-surgery](http://crouse.org/weight-loss-surgery).

Marley Education Center, 765 Irving Ave.  
(Free parking in Marley garage)



her passion



BY COURTNEY RAE KASPER

## Beyond the Portrait of Perseverance

Michele Jones Galvin reveals the story behind her 13-year labor of love to document her family's historic legacy.

The oil painting of Harriet Tubman that hangs in Michele Jones Galvin's living room. It was painted by artist Janice Northcutt Huse, a former Lee Center resident now based in Port Charlotte, Fla.

Celebrated Civil Rights era literary figure James Baldwin famously said, "Know from whence you came. If you know whence you came, there are absolutely no limitations to where you can go."

Michele Jones Galvin carries the air of a dignified woman who knows exactly from where she came. And lining the walls of her 1930s Syracuse home are testaments to this pride — African folk art paintings, prints

of Buffalo Soldiers, a framed Harlem Renaissance poster, among other cultural pieces. But the most striking glimpse into her heritage hangs in the back corner of her living room. It is a portrait of a wise black woman, cloaked in a coffee-colored shawl and iconic head scarf. Many know this woman as Harriet Tubman, the conductor of the Underground Railroad. But to Galvin, she is simply "Aunt Harriet."

"Every time I look at that picture I see my grandmother. The resemblance is uncanny," said the great-great grandniece of the legendary abolitionist. While Galvin has known about her relationship to the historical heroine since she was a little girl, the full significance of the connection did not impact her until she and her mother, Joyce Elliott Jones, began coauthoring a novel about their family's lineage. "I became almost obsessed with Aunt Harriet

## her passion

and really wanted to make sure that everything my mom wanted to be told in the book really came forward, which is to give readers a more personal sense of Harriet, like I had grown to learn,” Galvin said.

The idea for a book began in the 1970s, after Jones produced a Black History Month segment on the family’s famous roots for WCNY. Jones knew how she was related to Tubman; her quest was to discover how her blood tie was connected and to learn about all the ancestors along the line. For the next 20 years, she spent every free moment extensively researching, collecting notes and recording passed down family accounts. Galvin joined her mother in 1999 as editor to help compile Jones’ work into a manuscript format. “I’ve always fallen in line

behind my mom because it’s her dream to have the book published. My role has been to assist her in getting this done,” Galvin said.

And she remembers the exact moment she typed those two little words every author anticipates. “It was 2:20 p.m. on July 15, 2010. I was on the veranda of the summer place where my husband and I stay in Martha’s Vineyard. I’m sitting there and I finally say, ‘The End,’” she recalled. “To know that the journey that my mother and I have been on for such a long time was finally complete and ready to share was an exuberant, very emotional feeling.”

Now at 294 pages, *Beyond the Underground: Harriet Tubman, A Heroine* is in the waiting game of

finding a publisher with the help of Skaneateles-based literary agent, Laura Ponticello of Big Bridge Connections. What makes this book so unique from other historical novels is the fusing of creative literature and facts with family memories (recollected by Jones) and flashbacks coming forward (told through the eyes of Galvin’s maternal great grandmother and grandmother, who both knew Harriet) to paint a more humanized picture of Tubman.

“What makes this book very different is that it’s written by a relative and it gives a family context to Aunt Harriet, as opposed to simply being a historical figure,” Galvin said. “She had the same challenges, the same loves and life experiences that all women have. Our story allows readers to see her as a woman in love, who is rejected in love,



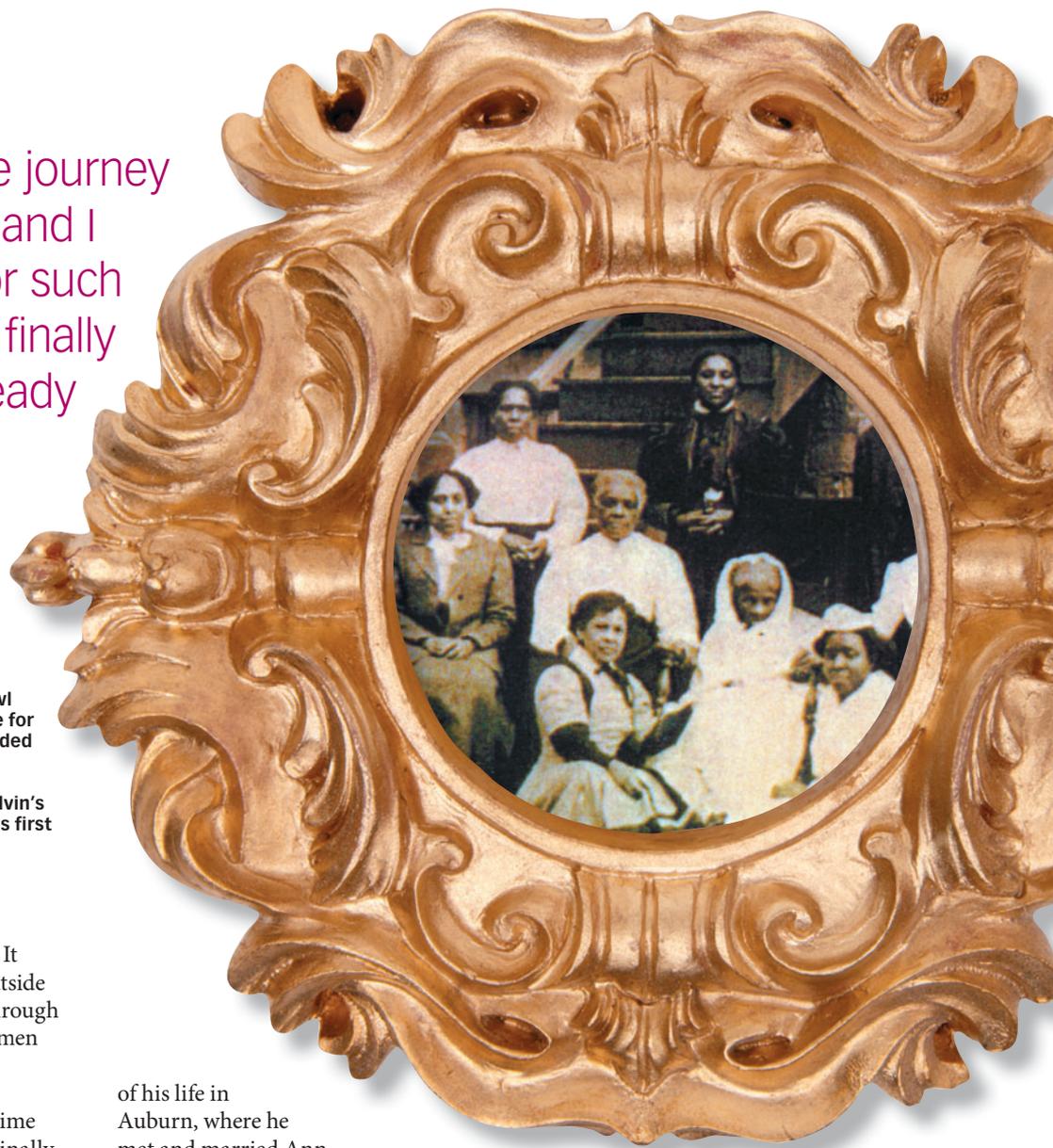
Galvin and her mother, Joyce Elliott Jones, at the two-story brick Harriet Tubman home on South Street in Auburn. Built circa 1880, it is the home where Tubman lived with her second husband, Nelson Davis, after their marriage in 1869.

PHOTO BY KIMBERLY COOK

“To know that the journey that my mother and I have been on for such a long time was finally complete and ready to share was an exuberant, very emotional feeling.”

**Harriet Tubman (center, white shawl and dress) at the John Brown Home for the Aged circa 1912. She is surrounded by the matrons and members of the Board of Managers. Tubman's grandniece, Mary Elliott Gaskin, Galvin's maternal great grandmother, stands first to the left in the back row.**

PHOTO COURTESY OF MICHELE JONES GALVIN



who finds love for a second time. It shows her being a person who outside of her heroic deeds really went through the same kinds of things that women today deal with emotionally.”

Although the process was more time consuming than Galvin had originally thought, the opportunity to delve deeper into her roots was rewarding in itself. The challenging part was uncovering partial documentation, because the lives of many slaves and African Americans were not well recorded or photographed. “The fact that we did enough research to find when people died but couldn’t find out where they were buried was really trying. People could live whole lives and almost not be accounted for,” Galvin said. But their intensive genealogical study did lead them to unearth many interesting and unknown tidbits about their family.

Take for instance the puzzling case of where her maternal great-great grandfather, Thomas Elliott, was buried. Galvin and her mother knew that the escaped slave had spent most

of his life in Auburn, where he met and married Ann Marie Stewart, Galvin’s great-great grandmother and Tubman’s niece — the cornerstone of their connection to Harriet. So they were shocked to find a document that read that his death certificate was ordered in Willard. Further research led to the discovery that Elliott had in fact spent the last two years of his life in the Willard Asylum for the Insane.

On Oct. 9, 2010, 126 years after his death, Galvin and her family held a memorial service in his honor. “We sat around his gravesite in lawn chairs and all said something about him. It was a day of celebrating his life,” Galvin said. “Initially, we knew the coordinates, but there wasn’t a headstone, just a little metal marker. Now sits a foot stone engraved with his name, birth and death years and ‘Freedom Fighter.’”

The experience also allowed Galvin to connect the thread of common family values dating back to Tubman. “It may not be unlike what other families believe in but clearly faith and taking care of one another is what we have found not only through our work and Aunt Harriet but just understanding generation to generation how things have been passed down; not artifacts but feelings, values and helping your neighbor whenever and however you can,” Galvin said.

She translates this into her own life through her volunteer work and following the path that has led her to a fulfilling career in helping others. Galvin has been instrumental in paving the way for the most needy in the Syracuse community to receive

her passion



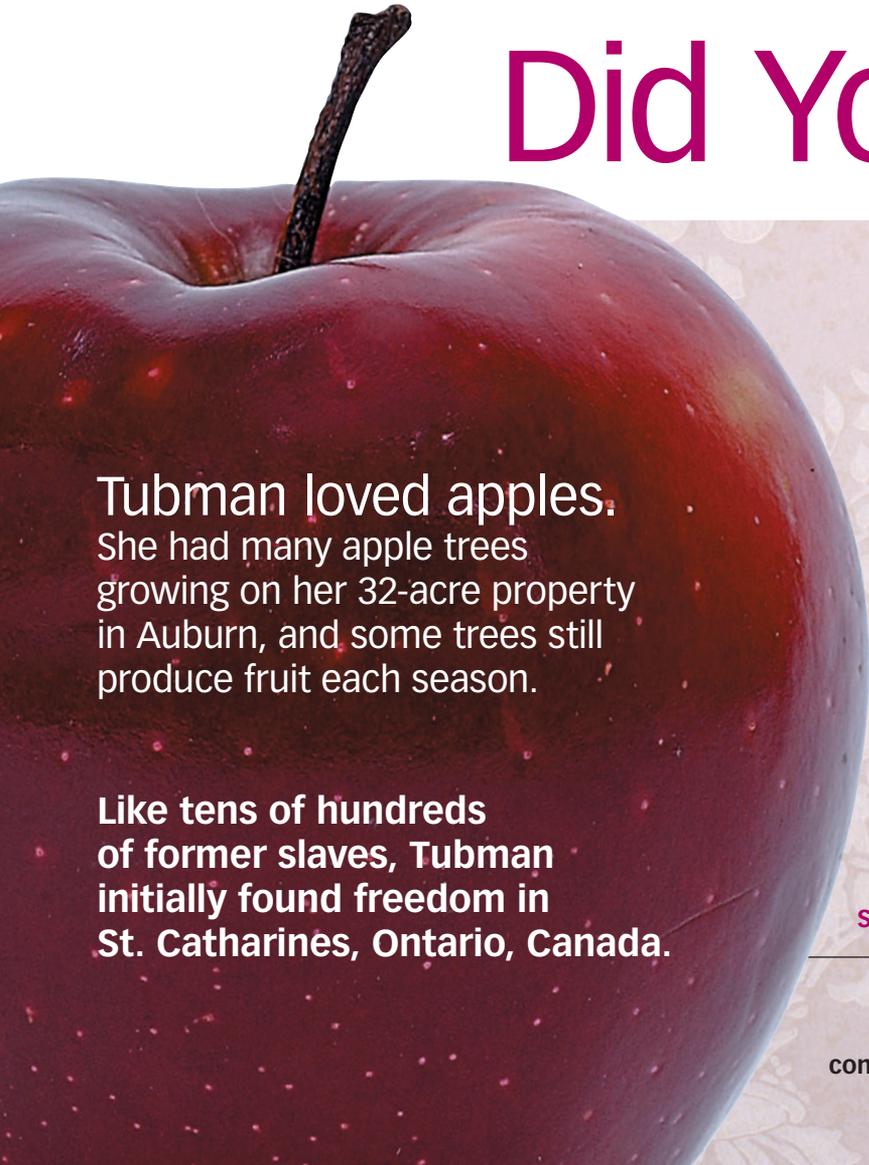
During the Civil War, Tubman served as a spy for the Union Army and was the first woman in American history to lead a military expedition. She also made gingerbread cakes for the Union soldiers.

Members of Tubman's family that escaped slavery took the last name Stewart. The original family name was Ross. When Tubman escaped, she had already married her first husband, John Tubman, so she kept her married name. She wed a second time to Nelson Davis, and in her later years, she was known as Harriet Tubman Davis.



Clarence Morgan Stokes, Galvin's maternal grandfather, who was raised in Auburn in the 1890s, was a renown horseman. As a teen, he drove Tubman by horse and buggy to do errands and visit relatives and friends.

## Did You Know?



**Tubman loved apples.** She had many apple trees growing on her 32-acre property in Auburn, and some trees still produce fruit each season.

**Like tens of hundreds of former slaves, Tubman initially found freedom in St. Catharines, Ontario, Canada.**

### 1913

The year Harriet Tubman died. Before her passing, she received a medal for her heroism from the Queen of England. Through extensive research, Michele Jones Galvin and her mother, Joyce Elliott Jones, were able to uncover its current whereabouts, which is revealed in their novel.

**Tubman bought her property on South Street Road on the Auburn-Fleming line from Secretary of State, William H. Seward. Seward served under President Abraham Lincoln.**

For more information about *Beyond the Underground: Harriet Tubman, A Heroine*, contact Galvin at [mjgalvin@mosesofherpeople.com](mailto:mjgalvin@mosesofherpeople.com).



PHOTO BY KIMBERLY COOK

Galvin at the Barnes-Hiscock Mansion on James Street in Syracuse. Built in 1853, the house is recognized as a national stop along the Onondaga Freedom Trail.

healthcare and support services as the Director of Community Initiatives for the Onondaga County Department of Social Services. She also sits on the board of directors for community-based efforts like the George and Rebecca Barnes Foundation, Loretto Nursing Home, Syracuse Corinthian Club, Central New York Health Systems Agency and Health Advancement Collaborative of CNY.

While Galvin and her mother hope that their novel will be read by everyone and most importantly, picked up by educational institutions around the globe to inspire young minds, this doesn't mean that they don't have dreams for their manuscript beyond the print world.

"The book is the big dream, but we've had people say to us that if it's what we're claiming, then it sounds like a slave epic [film]. That's certainly something we would like to see happen," Galvin said. "Although we haven't figured out who we'd like to play what person yet, we'd like to see Maya Angelou, Denzel Washington, Meryl Streep, Glenn Close — the best of the best to play characters from slaves to masters to mistresses to Aunt Harriet to Thomas Elliott to my great grandmother. It would just be incredible." Spoken like a woman who sees no limitations when it comes to carrying on the story of her family's legacy. ■

From the slopes to the sand...

**Resolve to Radiate Beauty!**  
Look and feel your best all through the New Year with a gorgeous glow from Total Tan!  
UV Free Mystic HD available at select locations.

**TOTAL TAN**  
www.TotalTanCorp.com

**Redefine Yourself**  
with a Degree from  
**SUNY Empire State College**

With flexible study options and affordable tuition, you can get the education you need to get ahead. Study online, work face-to-face with a faculty mentor, join a study group, attend a residency or combine these options to fit your needs.

Find out why over 20,000 students chose Empire State College to redefine themselves.

**For Information**  
Call 877-372-6750  
Visit [www.esc.edu](http://www.esc.edu)

Syracuse • Auburn • Binghamton  
Fort Drum • Ithaca • Utica  
Watertown • online

STATE UNIVERSITY OF NEW YORK  
**EMPIRE STATE COLLEGE**

her passion



# Dream Team ON ICE

BY DAN BERNARDI

Twenty-five girls from seven schools are lacing up their skates for Skaneateles and setting their sights on beating the state's best

After only one season, the future of the first girls' varsity hockey team in Skaneateles was skating on thin ice. A lack of interest following that inaugural 2003 season left them without enough players to field a competitive squad.

But now, the program has skated back from adversity and is challenging the state's top powerhouse programs.

The road to hockey glory started in 2005, when a dedicated group of hockey parents pledged to raise enough money to bring the Skaneateles girls' hockey program back after failing just two years prior. Following three years of fundraising, along with a generous donation to build the girls a locker room at the Austin Park Pavilion, the Skaneateles Board of Education

approved the team to become an official, sustainable, varsity sport.

The 2008-09 season marked the first-ever Skaneateles High School funded girls' varsity ice hockey program. The team was coached by Jerry Morrissey with assistant Andy Rozak.

Presently in its fourth year (since becoming a "true" varsity sport), the Skaneateles girls' hockey team is bigger and better, thanks to a number of players who do not even attend Skaneateles schools.

The team reached out to other local schools to assure they have enough players to maintain the team both now and in the future. Last year was the first time the Skaneateles School District allowed the coaches to draw from outlying Central New York schools. This year the Lady Lakers welcomed 13 girls from outside districts.

For some of the girls from other schools, being invited to play on the Skaneateles team has given their hockey career a second wind.

Erin Ganley, senior captain from

Baldwinsville, said she did not play hockey as a freshmen or sophomore, but got back into the sport thanks to Skaneateles opening up their roster. She was urged to join the group by current players, many of whom are friends and former youth hockey teammates.

As for the members of the team from Skaneateles, they welcome the players from other schools with open arms.

"I like having all the different girls on the team because it gives them the opportunity to play varsity," said Nina Elia, Skaneateles senior and captain. "The only teams that are close to us are Ithaca and Oswego and we play all northern teams. It's all Massena, Canton, Chazy, which are all way up north. That's something that is new to them (players from other schools). It's extensive traveling on a school bus, but it's great."

In his second year as head coach, Mike Major, also assistant principal at Skaneateles High School, and Assistant Coach Stephanie Sauda, assembled the 25 girls from seven schools, including Skaneateles, West Genesee, Port Byron, Auburn, Marcellus, Baldwinsville and



## 2011-2012 ROSTER:

NAME	GRADE	SCHOOL
Emily Kupp	9	Skaneateles
Erin Ganley	12	Baldwinsville
Rachel Campbell	12	Solvay
Madison Singler	10	Skaneateles
Carley Mills	8	Skaneateles
Alison Weiss	7	Skaneateles
Maddie DuBeau	12	Marcellus
Morgan Matthews	10	West Genesee
Nora Garrett	11	Auburn
Nikki Cole	11	Skaneateles
Julia Allyn	9	Skaneateles
Marykate McHale	9	Marcellus
Molly Kerstetter	9	Skaneateles
Claire Michel	9	West Genesee
Sam Bentley	12	Skaneateles
Sophie Kush	7	Skaneateles
Sarah Sauda	10	West Genesee
Paige Postalwait	9	Baldwinsville
Nina Elia	12	Skaneateles
Mikaela Scanlon	9	Marcellus
Meredith Frank	9	Skaneateles
Brigid Corcoran	11	CBA
Amanda Lupo	10	Port Byron
Gabe Caruso	12	CBA
Maria Christou	9	Skaneateles

CBA to take on perennial powerhouse programs from the North Country.

Playing the teams from the North Country presents a tremendous challenge, because while the girls on Skaneateles have been playing hockey most of their lives, they have not played together as long as their competitors. Major credits his captains for establishing team unity and helping the younger players — some seventh graders — adjust to the competitive style of play.

While the sport of girls' hockey continues to gain momentum in CNY, it has not yet matched the popularity in the north. But this doesn't faze the Lady Lakers, Elia said.

"In the north, their life is hockey," she said. "Once you get up to Chazy, Saranac Lake and Lake Placid, it's huge. Salmon River has their rink attached to their high school, it's just ridiculous up there."

Elia explained that playing against such strong programs gives the team an underdog mentality. "It's not the biggest sport down here, so the northern teams underestimate us," she said.

Skaneateles joins Ithaca, Oswego and

Alexandria Bay to make up the Section III regional division. They face teams from the Section VII regional division, including Albany Academy for Girls, Beekmantown, Lake Placid and Saranac Lake; and will face Section X foes, including Canton, Massena, Potsdam, Salmon River and St. Lawrence Central.

Looking to the future, Major said he sees the sport continuing to gain ground, thanks to the continued growth of youth hockey and the lack of winter athletic opportunities for girls in high school.

"If you don't play basketball and you don't run indoor track, volleyball has moved out of the winter around here and there is not a lot of opportunity for girls to play a winter sport," Major said.

The Skaneateles Youth Hockey Association girls' program, which was started in 2000, is now feeding the high school team with greater numbers of dedicated, skilled and passionate hockey players.

With the support of both the community and the district, along with a pipeline of upcoming talent, the future is bright for girls' hockey in Skaneateles. ■

## MEET THE CAPTAINS



### MADDIE DUBEAU

**HIGH SCHOOL:** Marcellus

**YEAR:** Senior

**AGE SHE STARTED PLAYING:** 10  
**MOTIVATION:** Dubeau saw a flyer looking for players to participate in the Skaneateles Youth Hockey Association. She also follows in her cousins' footsteps and other family members who played before her.

**TOP COLLEGE PICKS:** University of Vermont and University of Massachusetts Amherst

**STUDY:** Environmental Studies

**HOCKEY FUTURE:** Play in college



### NINA ELIA

**HIGH SCHOOL:** Skaneateles

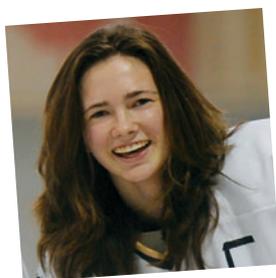
**YEAR:** Senior

**AGE SHE STARTED PLAYING:** 6  
**MOTIVATION:** Of all the sports Elia has ever played, hockey was the only one she ever loved.

**TOP COLLEGE PICKS:** Vanderbilt, Johns Hopkins and Penn State

**STUDY:** Professor of Classical History or Physicians Assistant

**HOCKEY FUTURE:** May participate on a club team in college and plans to coach when she gets older



### ERIN GANLEY

**HIGH SCHOOL:** Baldwinsville

**YEAR:** Senior

**AGE SHE STARTED PLAYING:** 10  
**MOTIVATION:** Watching her cousins play hockey.

**HAPPY TO BE BACK:** Ganley did not play in ninth or 10th grade, but got back into the sport thanks to Skaneateles allowing girls from other schools to participate.

**TOP COLLEGE PICKS:** Plattsburgh, Oswego, Syracuse University and Utica

**STUDY:** Accounting/Business

**HOCKEY FUTURE:** Play in college



### MADISON SINGLER

**HIGH SCHOOL:** Skaneateles

**YEAR:** Sophomore

**AGE SHE STARTED PLAYING:** 7  
**MOTIVATION:** Singler did not like figure skating and developed an interest in hockey after watching her older brother's games.

**TOP COLLEGE PICKS:** Syracuse University and Mercyhurst College

**STUDY:** Sports Management or Physical Therapy

**HOCKEY FUTURE:** Play for the SU Women's Hockey Team

her passion

# Success is *Sweet*

Chocolate cupcakes and iced sugar cookies fill the glass display case, and the smell of homemade lasagna wafts through the air at Yum-Yum's Gluten Free Bakery and Café.

BY JENNIE PIKOWSKY

PHOTOS BY KIMBERLY COOK



PHOTO BY MARSHA FAYNSHTAYN



A whimsical café table inside Yum-Yum's Gluten Free Bakery and Café. Menu items include dinners, entrées, breads, sandwiches, assorted baked goods and desserts.

Owner Erin Gridley, a single mother of four, is celebrating the two-year anniversary of her business with a newly-opened restaurant located at 116 Seeley Road, Syracuse. The catalyst behind her business hits close to home and started in 2006 when her son, William, was diagnosed with celiac disease, an autoimmune disorder in which the body cannot digest gluten. Later on, one of her other children was also diagnosed.

"I was extremely overwhelmed, I didn't even know where to begin," Gridley said. "I went to the grocery store and it took me three and a half hours to grocery shop. I had to read every ingredient on the label."

Over the next four years, Gridley experimented with different recipes and



Erin Gridley (left) with her children Olivia, William, Shannon and Gabriella.

soon discovered the challenges to perfecting great tasting gluten-free food.

“At first it was really bad, I was throwing a lot of stuff in the garbage,” she said. She went through the mixes and prepackaged foods until she decided to modify the recipes on her own. People began complimenting her gluten-free recipes and suggesting that she sell them due to the growing need in Central New York. So in February 2010, Gridley set up shop in Paradise Market on Erie Boulevard. Unfortunately, the market closed 15 months later.

“I knew I had to figure out something, I have four kids to support,” Gridley said, after discovering the market was closing. Her children who motivate her to keep going, she said. “I always think to myself how am I going to do this? But then I dig deep and I

know in my heart that I can do it, I believe in myself.”

Gridley continued on, and just a few months ago, her dream became a reality, when she opened her eatery, Yum-Yum’s. She said her hope is to establish her business as the gluten-free version of Panera Bread. For more information and a list of menu items, visit her website, [www.yummyglutenfreebakery.com](http://www.yummyglutenfreebakery.com) or call 315-314-7542.

The establishment’s success motivates her to help women in similar situations. “I want to start an organization to help women better themselves. To fund a program that will assist and teach women they can be successful on their own, while raising a family,” she said. “Along with Yum-Yum’s, that’s where I want to put my time and energy.” ■

## DID YOU KNOW?

### What is celiac disease?

It is an autoimmune disorder in which it is difficult for the body to digest gluten.

### What are the symptoms?

Symptoms include abdominal pain, diarrhea, anemia and more.

### Which food is gluten found in?

Gluten is found in foods containing wheat, rye and barely.

**Is there a cure?** There is no cure for celiac disease. However, it is manageable with a gluten-free diet.

### For more information:

Celiac Disease Foundation  
[www.celiac.org](http://www.celiac.org)

her health

# 10 TIPS



PHOTO BY SHARPSHOOTER PICTURES

## Nicole Glor's 10 Tips to Staying Fit:

- 1** Make an upbeat music playlist and dance around as you straighten up at home; find a hip-hop or African dance class at a gym; or bellydance at an adult education class.
- 2** Hire a personal trainer or take advantage of free training sessions with a new membership. An appointment is a commitment you're more likely to keep.
- 3** Spice up home exercise with a new fitness DVD or tune in to the Fitness Channel.
- 4** Yoga disciplines your mind/body connection to help you stick to your workout routines.
- 5** Get a slow-cooker/crock pot for hearty, veggie-heavy meals with minimal preparation.
- 6** Every exercise is a victory. Many of us waste time saying we need to work out. I read an anonymous quote that said, "If you started working out when you first thought about it, you'd be done by now!"
- 7** Walk the stairs, or layer up and go outside during your lunch.
- 8** Are you on hold? Do 10 crunches, while you're on the telephone. Is breakfast cooking? Do 10 push-ups. Are you putting groceries away? Do bicep curls using the grocery bags.
- 9** Read fitness articles.
- 10** If all else fails give a friend 50 dollars, and then have her pay you back for exercising.

## BANISH THE WINTER BLUES

BY DONNA M. ADAMO

Nicole Glor is a regular fitness expert on the Fox News Channel's "Fox and Friends," and the star of seven fitness DVDs. The pint-sized beauty, whose husband is CBS Evening News and Early Show anchor, Jeff Glor, is a certified NYC personal trainer, trained yoga instructor, and author of the upcoming book "Slimnastics." The Glors met at WSTM in the late 90s when Jeff was the morning show anchor and Nicole, the assignment editor.

Nicole began designing her fitness regime when she was an SU cheerleader from 1995-99 during the Donovan McNabb era.

"I remember all too well those long, dark Upstate New York winters," she said. "The ice, cold and frozen car doors motivated me to teach fitness classes at the gym."

Her passion for fitness continued and led her to create seven fitness DVDs.

Nicole's latest love is Yoga. She was certified in 200-hour Registered Yoga Teachers training through YogaFit and uses SilverSport towels and yoga mats to avoid picking up germs at the gym. Her mantra is "Work out because you can!" and never take your body for granted.

Nicole says her 2-year-old son Jack is her own personal trainer; the two participated in a mom and baby workout DVD when Jack was 4 months old. Nicole is so passionate about fitness, she even turned her C-section into an inspiring "Hard Core Abs" DVD.

Although Central New York winters present fitness challenges for working mothers, there's no doubt the right workout can help you beat those winter blues.

"Winter IS tough," Glor said, "but you're tougher."

For Nicole Glor's newsletters, music playlists, video demos and DVDs visit [www.nikkifitness.com](http://www.nikkifitness.com). Search for "NikkiFitness" on Facebook and Twitter.



Start the New Year

# Smoke Free

Why it's time to kick this bad habit

BY KELLY QUINN

The New Year brings with it a universal mindset that it's a fresh start. With the exception of losing weight (what woman doesn't want to do that?!), quitting smoking is a top New Year's resolution. In fact, the New York State Smoker's Quitline is barraged with calls this time of year and with good reason — tobacco wreaks havoc on your body and cuts 14 years off your life. Lung cancer is the number one cancer killer of women and smoking goes hand-in-hand with heart disease.

"We know that women tend to be more susceptible to the negative effects of tobacco. Pound for pound, women need to smoke fewer cigarettes to see the same health problems that men do," said Leslie Holmberg, MS, RN, director of the Tobacco Cessation Center at St. Joseph's Hospital.

Smoking also causes women to look older. "When women smoke, their skin is very dry and has a yellow tinge. They age faster and the lines are very pronounced around their lips, eyes and mouth,"

said Patricia Briest, NP. "Their teeth are yellow," added Holmberg. "With all the concerns that many women have about their appearance, tobacco use is going to achieve the opposite effect than they desire."

Kicking the habit for good, though, is a tough challenge because nicotine is highly addictive. It traditionally takes seven to 10 times to quit permanently. You know how it goes...you're motivated in December, thinking to yourself, "Jan. 1 I'm going to do it. I'm going to [insert resolution]." But, soon after, the resolution is forgotten.

"You have to decide this is what you want to do," Holmberg said. "There are a lot of women who will stop smoking cigarettes when they're pregnant, yet go right back to it after they have the baby. They were successfully able to stop for nine months but they're not stopping forever because they're not doing it for themselves. It helps to stop for the spouse, child or pet, but you have to want it yourself."

It's not as simple as flushing the rest of the pack. Cold turkey usually doesn't work.

"Getting counseling and having some sort of evidence-based therapy such as nicotine patches, lozenges, gum or a prescription medication works best," Briest said. "Evidence shows people who get counseling are more likely to be successful at quitting — no matter what method they use to quit."

"So many times, women put themselves last," Holmberg said. "They don't want to subject the family to their struggle. We need to realize that the best thing we can be for our family is to be there and to be healthy. It is worth the extra time and energy of the whole family to support the woman in this."

Many women are concerned about the weight gain that is typically associated with smoking cessation. Yes, you can gain about seven pounds; however, you'll be adding 14 years to your life. It's time to decide which is more important? ■

For more information, contact the Tobacco Smoking Cessation Center, St. Joseph's Hospital, at 315-458-2222, or the NYS Smoker's Quitline at 866-697-8487 or [www.nysmokefree.com](http://www.nysmokefree.com).



Live Better With **Life's Simple 7™**

**Get your free personal heart score and custom plan today.**

You're invited to start a new life resolution. All you need is a goal, a plan and the desire to live better.

To find out where you stand, take the My Life Check assessment. In just minutes, you'll know how you're doing and have the information you need to Live Better With Life's Simple 7.

[heart.org/MyLifeCheck](http://heart.org/MyLifeCheck)



**My Life Check™**  
Live Better With Life's Simple 7™

©2010, American Heart Association. 5100S3871

We proudly support  
**Sally Ullman and her wonderful achievements**



[www.jewishfederationcny.org](http://www.jewishfederationcny.org)



**The Jewish Community  
Foundation of  
Central New York, Inc.**

[www.jewishfoundationcny.org](http://www.jewishfoundationcny.org)

**5655 Thompson Rd. • DeWitt, NY 13214**

*Kick Up Your Heels with*  
**Bridge  
STREET**

Weekday Mornings At 10



# Life's Simple 7™



## SEVEN SIMPLE STEPS TO LIVE BETTER.

No matter what day it is, it's never too late to make better choices for good health. All you need is a goal, a plan and the desire to live better. Start small and keep it simple. Before you know it you've stopped making poor choices and started making life affirming choices.

### LIFE'S SIMPLE 7

#### Control Cholesterol:

Cholesterol is a soft, fat-like, waxy substance found in the bloodstream and in all your body's cells. It's normal to have cholesterol. Cholesterol is an important part of a healthy body because it's used for producing cell membranes and some hormones, and serves other needed bodily functions. But too much cholesterol in the blood is a major risk for coronary heart disease (which leads to heart attack) and for stroke.

#### Get Active:

Find time in overscheduled lives for exercise. The benefits far outweigh the sacrifices it takes to carve out time. And anyone who has successfully managed to do so will tell you how happy they are to have found the time. They'll tell you how much more energy they have, and how they are actually able to do more than before they started getting regular exercise.

#### Eat Better:

A healthy diet and lifestyle are your best weapons to fight cardiovascular disease. However, there are a lot of mixed messages and myths out there about healthy eating. With all the differing opinions, it's best to get informed from credible sources so you can make smart choices in your diet for long-term benefits. It's the pattern of your choices that counts most.

#### Stop Smoking:

Smoking is the most important preventable cause of premature death in the United States. Smokers have a greater

risk of developing many chronic disorders, including atherosclerosis — the buildup of fatty substances in the arteries — which can lead to coronary heart disease, heart attack and stroke. Controlling or reversing atherosclerosis is an important part of preventing a heart attack or stroke.

#### Reduce Blood Sugar:

American Heart Association considers diabetes one of the six major controllable risk factors for cardiovascular disease. In fact, adults with diabetes are two to four times more likely to have heart disease or a stroke than adults without diabetes. Diabetes is treatable, but even when glucose levels are under control it greatly increases the risks.

#### Manage Blood Pressure:

Hypertension, or high blood pressure, is the single most significant risk factor for heart disease. Uncontrolled high blood pressure can injure or kill you. It's sometimes called "the silent killer" because it has no symptoms. One in three adults has high blood pressure, yet 21 percent don't know it.

#### Lose Weight:

Among Americans age 20 and older, 145 million are overweight or obese (BMI of 25.0 kg/m<sup>2</sup> and higher). Obesity is now recognized as a major, independent risk factor for heart disease. If you have too much fat — especially if a lot of it is at your waist — you're at higher risk for such health problems as high blood pressure, high cholesterol and diabetes.



feb3

#### NATIONAL WEAR RED DAY:

Women are encouraged to wear red to raise awareness of heart disease, the number one killer of women. To learn more about the movement, visit [www.GoRedForWomen.org](http://www.GoRedForWomen.org).

feb8

#### I HEART WOMEN

#### HEALTH LUNCHEON:

BIG (Believe, Inspire, Grow), a local women's group, and "Today's CNY Woman" magazine are hosting a luncheon to help increase awareness and raise money for the American Heart Association's Go Red for Women campaign. The event is 11 a.m. at the Cavalry Club, Manlius. To register, visit [www.iheartwomen-efbevent.eventbrite.com](http://www.iheartwomen-efbevent.eventbrite.com).

Take the assessment at [www.MyLifeCheck.org](http://www.MyLifeCheck.org) to know how you're doing with each one of life's simple seven.

You'll get your own personal heart score and life plan.

- 1** Start by keeping track of the lump sum you spend on groceries each month. Get a journal and jot down the amounts you spend at each supermarket, drug store and big-box chain like Wal-Mart and Target. Knowing how much you are actually paying can help you set a budget goal for the new year.
- 2** Also take note of the individual cost of items you buy frequently, such as meats, cheeses, deli products, produce, soft drinks, baked goods, snacks, cereals, etc. Log these prices for several weeks. Sales typically run on a six-week or so cycle, which means that the lowest cost comes around that often. Recording the prices will let you know when the item hits the best bargain point.
- 3** Once you have determined the cheapest price, that is the time to buy — and don't buy just one! If you notice that the item took five weeks to get to the lowest price and you use that item once a week, buy five at that rock bottom price. The objective is to have enough on hand so that you never have to pay full price or a higher price again.
- 4** Stores give out many incentives to get you to come in and to come back. Take advantage of store reward programs like loyalty cards and catalina rewards at checkout when you buy specific items. Often times you can score multiple freebies using these programs.
- 5** Use coupons offered by the store plus a manufacturer coupon on top of a sale to grab the biggest discounts on products. Almost all stores in the CNY area allow this practice called “stacking.”

# Pantry Pinchers

BY ANDREA MCCARTHY

## 5 ways to lower your monthly grocery bill

One of the largest expenses in modern households is groceries. Reducing what is spent on stocking the cupboards each month will free up money for other budget needs. Here's expert advice on chopping grocery bills in 2012. For more information on savings tips, visit [www.MyCNYPommy.com](http://www.MyCNYPommy.com).

# What a Woman Wants

A VALENTINE'S WISH

**HUGE SALE**  
Sat Jan 21 - Sun Feb 5

**Up To 75% Off!** **2 Weeks Only!** **Almost FREE**

Brand New Gowns  
Sweaters & Jeans  
Jackets & Jewelry  
Spring Clothing Too!

**BOOM★BABIES**  
489 Westcott St 472-1949 M-F 11-8, Sat 11-7, Sun 12-5



*Dance the Night  
Away with Your  
Valentine*  
at our NEW  
Ballroom Dance Studio!

*New Year. New Dance.  
New Life*

2 Private Lessons &  
1 Group Lesson for \$30

Gift Certificates Available  
fredastairesyracuse.com  
118 Mill Street | Fayetteville | NY | 315.637.3718



*Avicollis's*  
Restaurant - Pizzeria  
CLASSIC ITALIAN DINING




Visit our website: [www.avicollisrestaurant.com](http://www.avicollisrestaurant.com)

7839 Oswego Rd., Liverpool | 622-5100

**Terra Organic Spa**



**Professional  
Massage Therapy  
& Skin Care**

**BOOK ONLINE!!**  
Spa Boutique, Gift Certificates, Appointment Scheduling Available  
[www.TerraOrganicSpa.com](http://www.TerraOrganicSpa.com)

Gift Certificates are available ONLINE!  
Email, print instantly or choose a Gift Card

**TERRA ORGANIC SPA**  
Fayetteville | NY | 315-637-0767

**INNOVATIONS**  
Salon & Spa  
*Valentines Day Spa experience for two...*

Relax together in the soothing atmosphere of our couples room, receiving 75 minute massages with smooth, hot river stones followed by a warm oil foot massage, melting away tension leaving you both in a blissful state of love and relaxation.

*Valentines Special Price*  
**\$200 (save \$40)**

**315.622.3005**  
3627 Route 31, Liverpool • [www.innovationsdayspa.com](http://www.innovationsdayspa.com)

*Have beautiful looking skin  
with eMatrix & Hydra~facial*  
(as seen on The Doctors)



Try it for only  
**\$99** (limited time offer)

**Laser  
Solutions**   
For Hair & Skin

**(315) 622-3005** located inside Innovations Salon  
3627 Route 31, Liverpool  
[www.innovationsdayspa.com](http://www.innovationsdayspa.com)

# What a Woman Wants

## A VALENTINE'S WISH

**Kimberly's Salon & Spa**  
(formerly Kimberly's Casa Di Bella)



**Valentine's Gift Certificates Available**

Hair | Waxing  
Body Treatments  
Massage | Aesthetics  
Manicures | Pedicures

<p><b>Any Massage Package</b></p> <p><b>\$15 OFF</b></p> <p><small>Cannot combine offers. One coupon per person. Not valid on prior purchases. Expires 3/31/12</small></p>	<p><b>Couples Swedish Massage Special</b></p> <p><b>\$99</b></p> <p><small>Cannot combine offers. One coupon per person. Not valid on prior purchases. Expires 3/31/12</small></p>	<p><b>Any Color Service</b></p> <p><b>\$10 OFF</b></p> <p><small>Cannot combine offers. One coupon per person. Not valid on prior purchases. Expires 3/31/12</small></p>	<p><b>One Hour Facial</b></p> <p><b>Buy 1 Get 1 1/2 off</b></p> <p><small>Cannot combine offers. One coupon per person. Not valid on prior purchases. Expires 3/31/12</small></p>
--	--	--	---

**463.2735 | 2520 James Street | Syracuse** 

## THE WEIGHT IS OVER!

You've found the **most experienced** Lap-Band® Surgeon in the area! Dr. Carl Weiss specializes in Laparoscopic Gastric Bypass and Lap Band Surgeries.  
[www.fingerlakesbariatrics.com](http://www.fingerlakesbariatrics.com)



**The Best Care is Close to Home**  
The BEST destination for weight loss surgery options in Central New York is Fingerlakes Bariatrics

Auburn Memorial Hospital  
17 Lansing Street | Auburn, NY 13021 | 315.255.7036

**FINGERLAKES BARIATRICS**

*the lovewell*  
**POST**

A BLOG FOR THE LOVELIEST WEDDINGS & INSPIRATION FOUND IN CENTRAL NEW YORK

*you're invited*

LOVEWELLPOST.COM

© www.ActivityVillage.co.uk

**Mod Squad FASHION**

Classic and cool styles for women and girls!

**\* Enjoy 10% OFF Your 1st Purchase! \***  
Please present coupon.

**Select Sweaters and Pj's 40% Off**

Also visit us at [www.modsquadfashion.com](http://www.modsquadfashion.com) \* 315.350.6395  
Market Fair North, Rt 31 (next to Gino & Joe's) \* Clay, NY 13041  
Mon-Wed 10-6, Thurs 10-7, Fri-Sat 10-6, Closed Sun


## New Year, New You!

- Face Lift - Lifestyle Lift®
- Eyelid Surgery • Rhinoplasty
- Botox® & Injectables
- Breast Augmentation
- Liposuction
- Tummy Tuck
- Hair Transplants



New Xeomin®, FDA approved, wrinkle treatment

ALL MAJOR CREDIT CARDS ACCEPTED  
ACCREDITED DR. ON-SITE  
FINANCING AVAILABLE, FREE PARKING  
COMPLIMENTARY CONSULTATION

**315.471.8404** [www.cosmeticsurgeonsyracuse.com](http://www.cosmeticsurgeonsyracuse.com)

**SYRACUSE FACIAL PLASTIC AND COSMETIC SURGERY**

## CNY HEALING ARTS

Wellness Center & Spa

### Give the gift of health.

Acupuncture      Skin Care  
Massage            Nutrition  
Yoga Classes      Workshops  
Laser Therapies    Retail Products

Gift Certificates Available.

**Syracuse**      **Albany**      **Rochester**  
315-671-5755      518-724-5750      585-244-1280

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

# What a Woman Wants

## A VALENTINE'S WISH

**ICHIBAN**  
**JAPANESE STEAKHOUSE**

FUN  
 ERUPTS  
 HERE!



COME  
 WATCH OUR  
 HIBACHI  
 CHEFS!

302 Old Liverpool Road  
**LIVERPOOL • 457-0000**

**Girls Night**  
*The Musical*

A Broadway Show!

Feb 18

The Palace Theater  
 Hamilton NY  
 palacetheater.org  
 315.824.1420

Happy Valentine's Day

*kiss & tell*

**FREE**  
 SUGAR LIPS CAMI

with a \$75 purchase\*

**Apricot Lane**  
 BOUTIQUE

WEGMANS DEWITT PLAZA  
 apricotlanefayetteville.com • 315.565.5586

\*Expires 2/14/12. While supplies last. One per customer. Subtotal must be \$75.

Give The Gift That  
**Soothes & Comforts**

2 Week  
 Gelish Nails

**OMG! \$20** No Dry Time!  
 Valid on gift certificates. Not valid on prior purchases. No cash value. Exp. 2/29/12

**WOW! \$30 Facial**  
 First Time Clients Only  
 La Fleur de Beauté Day Spa 449-4036  
 With coupon. No cash value. Not valid with other offers or purchases. Not valid on gift certificate purchases. Expires 2/29/12.

**STRESS RELIEVER!**  
**\$85**  
 Facial & Massage  
 La Fleur de Beauté Day Spa 449-4036  
 With coupon. No cash value. Not valid with other offers or purchases. Expires 2/29/12.

**\$45**  
 Manicure & Pedicure  
 (Reg. \$65)  
 La Fleur de Beauté Day Spa 449-4036  
 With coupon. No cash value. Not valid with other offers or purchases. Expires 2/29/12.

**\$25 OFF**  
 A Gift Certificate Purchase of \$125 or More  
 Offer Good Through 2/29/12

Guy...Make It Easier For Yourself Valentine's Day  
**Gift Certificates Always Fit!**

**La Fleur de Beauté Inc. A DAY SPA**

6900 Highbridge Rd. • Lyndon Corners, Rt. 92 Fayetteville (just past Industrial Color Lab)  
**449-4036 • www.lafleurdebeaute.com**

European Facials • Manicures & Pedicures • Body Treatments • Waxing & Much More

**\$5 off**  
 your next salon service



Coupon must be presented and surrendered at time of purchase. One coupon per visit. Not valid with any other coupon offer. Unauthorized duplications, reproductions or facsimiles of this coupon cannot be accepted.  
 Offer valid through 12/31/12.

**jcpennysalon** Carousel Mall  
 466.2422

# What a Woman Wants

IN HER CHILD'S EDUCATION



**Immaculate Conception**  
Elementary School

**Faith • Academics • Service**

In just three words - this theme expresses what Catholic Schools are all about. Our effort is to educate the whole child in an atmosphere of faith and academic excellence.



High Academic Standards  
Prestigious Middle States  
Accreditation  
Full Day Kindergarten

Integrated use of the latest  
technology  
Spanish taught in grades K-6  
After School Program

400 Salt Springs Street • Fayetteville, NY 13066  
Phone: 315-637-3961 [www.icschool.org](http://www.icschool.org)



A preschool & elementary school for children ages 3-12.

## Accepting Applicants

Call to schedule appointment

*independent thinker,  
curious learner*

155 Waldorf Parkway  
Syracuse, NY 13224

315.449.9033

[www.mssyr.org](http://www.mssyr.org)



## MPH! Here's why



"Because they are involved in hands-on learning about topics that are of real interest to them, Lower School students approach each day with enthusiasm. We recognize the importance of childhood, allowing children to create, explore, and grow at their own rates in a non-competitive setting."

—JOLINE HEMMINGER  
Head of Lower School

Find out what MPH can do for **your** child.

Call 446-2452.

**NOW ENROLLING STUDENTS FOR THE 2012-2013 ACADEMIC YEAR**

**MANLIUS PEBBLE HILL SCHOOL** | 5300 JAMESVILLE RD. | DEWITT, NY 13214 | [WWW.MPH.NET](http://WWW.MPH.NET)  
An independent school for grades Pre-K through 12 | Merit scholarships and tuition grants available.

### For home...

The  
**DeClutter Coach**  
Organization motivation!



Deborah J. Cabral  
Professional Organizer,  
Productivity &  
Efficiency Coach

### For work...



**DC Efficiency Consulting**  
Reinvent the Way You Work

To meet growing demand in the workplace, The DeClutter Coach is thrilled to announce our new corporate division, **DC Efficiency Consulting**. See both websites:

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

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

or call (315) 794-9495 for more information!



# Organize for the New Year



Before: The busy family avoided cleaning this space for years.



After: This area went from cluttered and unusable to an orderly, relaxing place. The family is happy to have the room back.

BY DEBORAH J. CABRAL

The holidays and all of the excitement that comes with them are over. It's a new year, a time to reflect on the past and look forward to the future.

Last year, on a cold and snowy January Sunday morning during mass, Father Joe's sermon had definitely gotten people's attention. Taking a cue from David Letterman, he told us the Top 10 Most Common New Year's Resolutions. As I'm sure you can guess, getting organized was on the list. Some friends sitting nearby smiled in my direction, happy that Father had in some way helped market my business. However, he also went on to say that most folks break their resolutions within one week! Well, so much for marketing from the pulpit. The truth is, it takes motivation and determination to make a resolution, but persistence and hard work to follow it through.

As a professional organizer, I work with clients who make the decision to get organized and take back their life. Is it easy? No! But the rewards are significant. I've seen lives literally transform. It's quite amazing.

Physical clutter breeds mental clutter. Your home should be your sanctuary, an escape from the outside world and all of its problems. However, when a home is filled with clutter, it literally sucks the life out of you. You feel tired, restless and depressed. It's no longer a safe haven,

but a place causing more stress than you may even realize. Let this year be the year where you say enough is enough. I promise small steps will yield big results!

**Here are some tips to provide organization motivation and help you get rid of the clutter that is dragging you down:**

**1** Decide which area of your home is causing you the most stress or where clutter is the worst. It can be a closet or an entire room. Get into some comfortable clothes, blast your favorite music and just start! There is no time like the present and remember "later" is clutter's best friend. Take some photos of the area before you start.

**2** Go through all the items in the room at a quick pace. Throw away all items that are broken or unusable. Create an area to sort items into two piles, one space for items to keep and one for those items you can donate or sell. While you are going through the items, keep in mind that if you save everything, nothing has value. Only save those items that you absolutely love or absolutely need. If you haven't used it in a year, let it go! It can be very liberating. If you are having

trouble letting go of items, ask a family member or friend to help.

**3** Commit to spending a set amount of time every day or week to getting organized. Even 10 to 15 minutes a day over the course of a few weeks will really make a difference. Little by little you will see progress and be motivated to continue. For every minute spent organizing, an hour is earned. Don't give up!

**4** Once the room is totally cleared, bring back only those items that belong in the space. Deliver items to donate and make an appointment to drop off those items that are sellable to a consignment shop. Take another photo of the space and compare it to the first snapshot.

After following these steps, you will have tackled the most difficult area of your home. Plus, you'll have the images to prove it. This should be motivation to continue to other areas of your house.

Organizing is like exercising, sometimes you just don't want to do it, but you know the benefits are so great. Come on, what are you waiting for? You can do it. Start today. ■

her solutions



## Define Your Bridal style

BY **KATIE LEMOS BROWN**  
OWNER/CELEBRATION  
CONSULTANT,  
[WWW.LOVEWELLDDESIGN.COM](http://WWW.LOVEWELLDDESIGN.COM),  
[WWW.LOVEWELLPOST.COM](http://WWW.LOVEWELLPOST.COM)

PHOTOS BY  
**KIMBERLY COOK**

Hooray, you're engaged! Now it's onto the planning. And while it's exciting, it can be a little more overwhelming than you expected. First big piece of advice? Breathe.

Next, let's define your wedding look. This can help with every decision you'll make going forward. So, what kind of bride are you?

Pick the style to the right that best suits you. Now, take your collected images (don't worry, I know you're already obsessed), and delete the ones that don't reflect you. Remember, they can still be pretty and creative and not a right fit for your wedding.

Lastly, grab a journal and write down every thought that comes to mind when envisioning your special day. Then take a look at your

inspiration images and detail those. Compare your words with the pictures, scratch out ones that don't match, circle ones you love and pare down to three. Taking a look at all the words you've accumulated, which best describe your day? I suggest two adjectives and one verb. For example, a romantic bride might characterize her day as, "lush, effervescent and sweeping."

Anytime you need to make a decision, double check your style guide. For instance, does your cake design match being a modern bride with an edgy, urban and surprising wedding? Happy Planning! ■



**FROM LEFT:** (seated), Adam Revoir, Hastings, Alex Brown, Amanda Brown, Cedar Rapids, both of Iowa, Michael Kinney, Oswego, Timothy Halsey, Mexico; (standing) Michael Coughlin, Vermont, Cassandra Naugle, Mexico, David Graves, Syracuse, Jessica Westberry, Oswego, Cheryl Halsey, Liverpool, Elizabeth Olin-Taylor (bride), Christopher Taylor (groom), both of Oswego, Suzanne Bartholomew, Saranac Lake, Kaitlyn Corbett, Clarence, Brian Sheldon, Clay, Anthony Kinney, Oswego, Adam DeMott, Fulton

**BELOW:** Chelsie Miller of Berne and singer EITielno

**BOTTOM LEFT:** Elizabeth Olin-Taylor and Christopher Taylor of Oswego

**BOTTOM CENTER:** Charlene Bennett of Brookfield

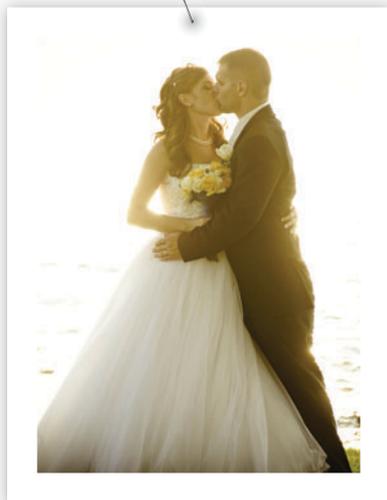
**BOTTOM RIGHT:** Elaine Bilinski of Auburn

### Modern:

You are fashion-forward, trendy to the hilt. You are bold, aren't afraid of color and reject the cookie-cutter wedding. You might embrace all the wedding traditions, but you're going to do it in a way that's contemporary and chic.

### DRAMATIC:

No, you're not a bridezilla, you're just excited about the production! You've always dreamt of a themed wedding, whether it's country, tropical, 1920s, Old Hollywood or Twilight-inspired, you can't wait to bring your vision to life — and star in your dream role.



### Romantic:

You see your soiree in soft focus. Whether you're a fairy princess or a Grecian goddess, there is something whimsical and nostalgic about your vision. You expect magic to happen on your wedding day.



### Classic:

Your big day will exude timelessness; nothing too much of the now, the past, or the future. You love wedding traditions — veil, garter, cake and all. Your tastes are clean and understated, enduring the test of time.



### Artistic:

Artistic choices define you, so the same goes for your wedding. Who cares about budgets, it's time to start designing your dress! You're eclectic, sometimes abstract, and you're OK breaking the rules — it's all for the sake of being utterly unique!

“I love and approve of myself.”



## The Power of affirmation

Transform this year with a vow of positive thinking.

BY JOLEENE DESROSIER

Look around the room (provided you're in one with several people). How many people do you think are suffering from low self-esteem right now? How many do you think are sitting at their desks degrading themselves with thoughts like, "I'm not good enough. I'm too fat. I'm an idiot." You can bet a lot.

For so many of us, accepting what we look like and who we really are can be very difficult, especially when we see smart, beautiful, vibrant women plastered on television and movie screens and between the pages of glossy magazines. We compare ourselves to celebrities and therefore think that's how we're supposed to look and act. It's a mind game that can cause a lifetime of suffering. More than that, it can push some to the brink of abusing their bodies in ways that can cause permanent mental and physical damage. However, there is a way to turn it around. It takes time, but time is all it takes.

Repeating positive affirmations is a good way to start. Such phrases have been proven by cognitive therapy and now, metaphysical science, to turn things around when they are repeated. Author and self-help pioneer, Louise Hay, brought

this concept to the forefront in the 1970s. At first, many thought her ideas to be radical, but now research has shown that the power of positive thinking really does work.

Begin by choosing an affirmation for yourself. I use one directly from Hay: "I love and approve of myself." I say it over and over and over again. At first it may feel awkward and untrue, just don't give up. Do it every day, all day, 100 times a day if you must. Write it on a small index card and put it on your mirror in the bathroom or bedroom. Give it a chance; it truly does work. Soon the flaws you pull to the forefront will fade, and you'll see a person that you really do love and accept. I did this. I still do. And it's turning things around for me. There are still days when I want to hide in a corner and curse the body that I was born into; but those days are becoming less and less frequent. That's why I continue to say, "I love and approve of myself. I love and approve of myself. I love and approve of myself."

My 92-year-old grandmother always says, "It takes all kinds to make a world." Once we accept and realize this, we can live with who we are and what we look like. It takes time. But time is all it takes. ■



PHOTO BY CRYSTAL HERRY PHOTOGRAPHY

Once unsure if she would ever live a life free of epileptic seizures, today Sheila McAuliffe Marano is happily married to her husband of five months, Frank.

# Paying It Forward

Sheila McAuliffe Marano was once hopeless for a cure. Now, she's dedicating her life to helping others find theirs. **BY COURTNEY RAE KASPER**

Sheila McAuliffe Marano knows the feeling of desperation. At just 14 years old, the Navarino native discovered she had partial complex epilepsy. By age 22, during her last semester at Niagara University, she was experiencing 30 seizures a day.

"It was the darkest time of my life. I felt like I was locked in my own body. There were so many things that I wanted to do and I knew that I was capable of doing, but my life was controlled by my condition," Marano said.

After years of failed attempts trying different medications and seeing numerous doctors, Marano thought finding a cure was impossible. In 2006, she made the trip to Ohio's Cleveland Clinic hoping to discover the source of her seizures. While specialists at the clinic warned her that she was possibly signing herself up to be a stroke victim since testing and surgery would require going near the language center of her brain, Marano was set on remedying her spells no matter the risk.

"I couldn't do it anymore. I had isolated myself from all of my friends and my condition had reached the point to where it was closing off my airways with each spasm," she said.

After a month of tests, the doctor discovered a tumor on her brain. One year later, the tumor was removed, along with part of her left frontal lobe. It has taken Marano five years to feel comfortable talking about her surgery, and she now realizes that prior to the operation, she'd been hiding her medical condition.

"I look back now and realize that I was very secretive about it because it didn't look like a convulsion type seizure, it was more of a five-second long tightening of my muscles, so I would blame it on sports cramps or nerve pain," she said. "I just wanted to be normal, but the looks I would get broke my heart. People didn't know how to respond. I felt really judged and disabled."

Now 27 and completely seizure free, Marano is on a career path that will allow her to pay forward the same personalized medical care that altered her life for the better. She is currently a registered neurology nurse at Upstate University Hospital and will graduate from SUNY Upstate Medical University's Nurse Practitioner Program this spring. She aspires to one day work at the Cleveland Clinic Neurological Institute.

Last September, she married the man of her dreams, Frank Marano, after a two-and-a-half-year engagement. The two were joined at St. Patrick's Catholic Church in Otisco (a church that her paternal grandfather helped build) with a reception at Turning Stone Resort and Casino.

"I never thought I'd have this life. I never thought I'd get married, have a career, have a house," she said. "Anytime I have a bad day at work or I'm really stressed out about something, I remind myself that this is the best stress I've ever had. I appreciate every day and every person I come into contact with." ■

# ***NO WINTER BLUES HERE!***

MAZDA MAKES WINTER DRIVING FUN



WHAT DO YOU DRIVE?

## ***2012 MAZDA CX-9***

### **UP TO \$5,000.<sup>00</sup> OFF**

Purchase your CX-9 at Romano Mazda and receive \$250 off your purchase. For a limited time only. See dealership for details.

- ✓ Seating for 7 in the lap of luxury
- ✓ Luxurious reward rests in the details
- ✓ Big on amenities
- ✓ Easy come. Easy go. Easy everything.
- ✓ Right-brained passion. Right-foot thinking.
- ✓ Peace of mind



Call:  
Lorrie Anderson  
Certified Sales Consultant  
landerson@romanocrm.com  
(315) 720-3811

**Romano Mazda**  
3120 Erie Blvd. East  
Syracuse, NY 13214



**mazda**

zoom-zoom forever

# Shrinks Your Fat



4117 Medical Center Drive  
Fayetteville, NY 13066

...Pumps  
Your  
Ego.

 **coolsculpting**<sup>®</sup>  
Reclaim the real you.

**Exclusively at Living Proof Longevity Centre.**

This revolutionary new body contouring treatment precisely targets the stubborn fat you want to lose.

It's never been easier to sculpt the body you want – naturally, safely and without surgery or downtime.

CoolSculpting is FDA-cleared with undeniable results after just one treatment.



*Before*



*3 months after one procedure*

Procedure by Ivan A. Rosales-Berber, MD

Is CoolSculpting right for you? Call us at **(315) 329-4975** to schedule your consultation.

For more information visit us at [www.livingproofmd.com](http://www.livingproofmd.com)

Financing available through **CareCredit**

Living Proof Longevity Centre is part of the  **NMC**  
North Medical Family of Practices. NORTH MEDICAL

TODAY'S CNY



750 W. Genesee St.  
Syracuse, NY 13204  
315-472-7825  
www.todayscnywoman.com



*Empowerment*

**Knowledge is Power.**



COMPREHENSIVE BREAST HEALTH

**THE PROGRAM**

*of Central New York*

**Welcome to the program.**

Every day thousands of women are making smart decisions about their breast health, deciding to have a regular mammogram. The program was designed for women that need a second look, a second opinion. Entering the program gives you access to a multidisciplinary care team and a nurse navigator to help you to make informed decisions about your care. You, knowing what's next, the sequence of events, and all of the options you have. **The program is all about you.**



*Ask your doctor if they participate in The Program.*

- Ultrasound • CT Scanning • Digital Mammography • Vacuum Core Breast Biopsy
- Nuclear Medicine Studies • Fluoroscopy • X-ray • Vein Ablation • Fistulograms
- BSGI, Breast Specific Gamma Imaging • Stereotactic Breast Biopsy



**TO SCHEDULE AN APPOINTMENT: (315) 452-2004 | [www.StJosephsImaging.com](http://www.StJosephsImaging.com)**

NORTH MEDICAL CENTER | GENESEE MEDICAL CENTER | NORTHEAST MEDICAL CENTER | MEDICAL CENTER WEST | RADISSON HEALTH CENTER | RIVER VISTA MEDICAL CENTER | ROME