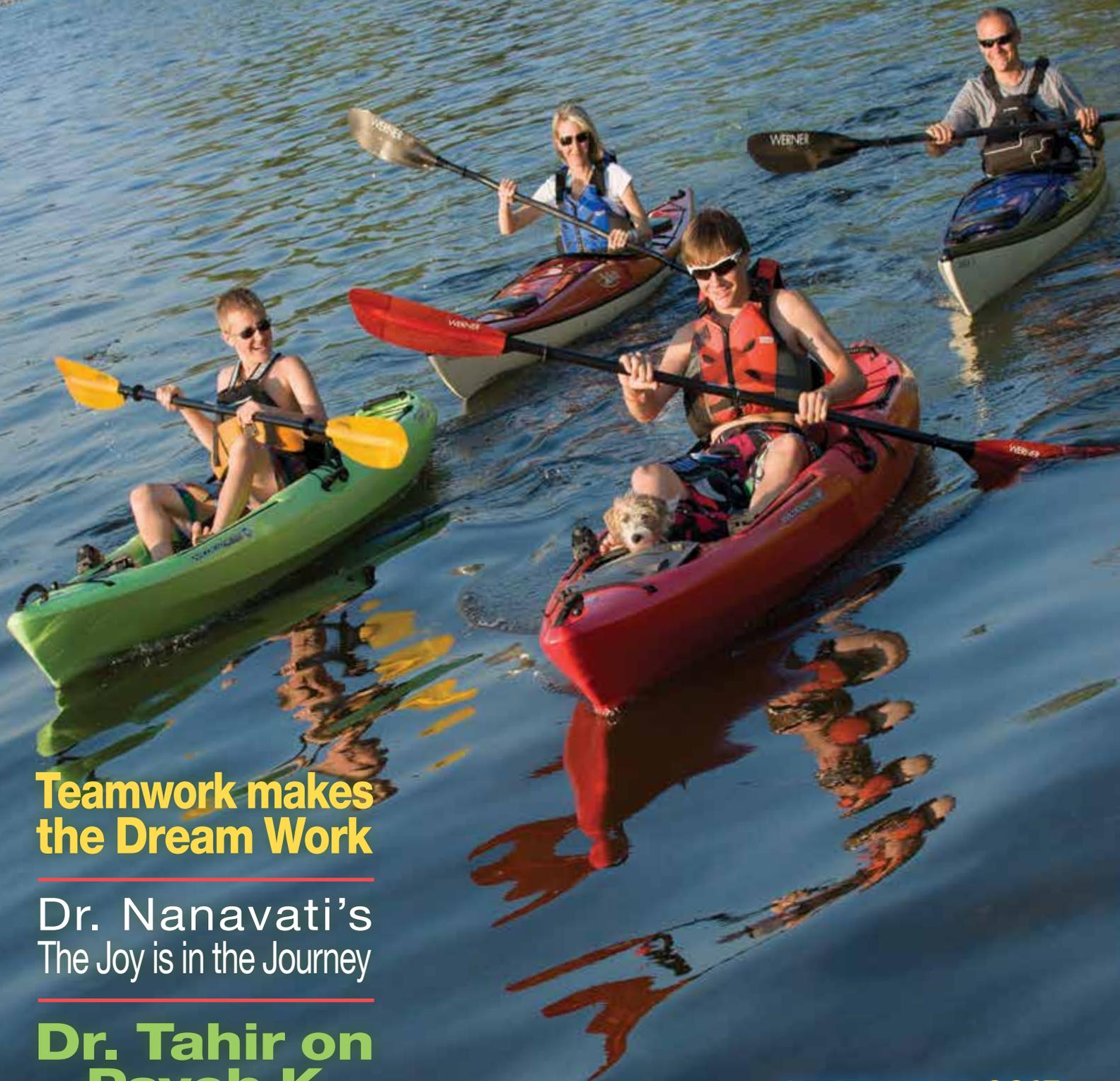


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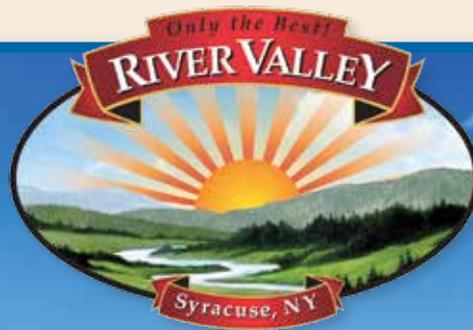


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Lisa Cavallaro, MA

It's about journey, Central New York!

Just about one year ago, my good friend Sue Wallace came to me with the crazy idea that she and I should create a free health & wellness magazine for CNY. As exciting as this may have sounded, I couldn't help but think that my good friend was out of her mind and was seriously over-

estimating my abilities. I may have been a very passionate wellness coach who wrote a few newsletters, but in no way did I feel capable of doing the editor's job that Sue had carved out for me.

Looking back, it's simple to see that Sue was just doing what Sue does best. Nothing gives Sue Wallace greater pleasure than helping someone succeed. When she recognizes potential, she gets those creative juices and connection skills flowing and does whatever it takes to make things happen.

In this our *Journeying Together* issue, Dr. Nanavati talks about how journeys change and how we perceive the impact these journeys had on our lives. As Sue has decided to move on to her next project, this journey with her is one that I will always relish. Though still affiliated with THRiVEcny, Sue's less demanding role will allow her freedom to pursue her next great accomplishment.

THRiVEcny is here because Sue Wallace was not afraid to dream and DREAM BIG. Many thanks for believing in me, my good friend... May that vision bring you and others many more successes!

Our mission is simple:

**Every CNY-er... every month...
Happier, healthier and wiser
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Until next month... feel the thrive!

Lisa

Lisa Cavallaro



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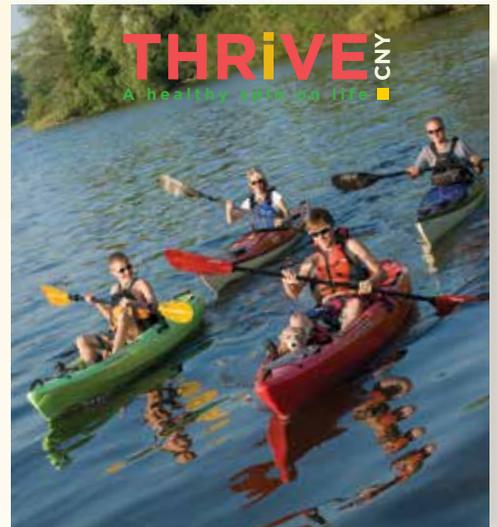
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On the Cover:

The Julian family — Colleen, Joe, Brandon, Tristan and Romeo — enjoy an evening of kayaking along Cazenovia Lake.



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The Journey is the Reward

BY Lisa Cavallaro



It's nothing new.
People say it and signs proclaim it.

The JOURNEY is the REWARD

Really? Some journeys are downright painful. We don't have to look far for evidence of human struggle these days. People are without jobs. Weather has wreaked havoc in families and communities. Newspapers and television shows report daily on celebrities making embarrassing, costly and life-altering mistakes.

These situations present **journeys** alright... but where are the **rewards**?

Either the person who came up with this saying had a charmed, comfortable life, void of any real challenges... or he/she was one deep, insightful and brilliant individual.

The latter scenario would seem far more encouraging, especially when we look at it this way:

No one ever said:
"The reward will be obvious."

JOURNEY AN ACT of traveling... ... from one place to another

Few would argue that life itself is one big journey... filled with ups, downs, twists, turns and sometimes tangles. Along that one big journey are many smaller ones. Smaller, yes... but each one also significant. Finding the reward in each is occasionally **simple**... and then there are those other times when it seems impossible to find any glimpse of hope, yet alone a reward.

Three Ways to Make the Journey More Rewarding:

1. YOU Write the Invite List

There's that old saying "Hey, it could always be worse." And when a well-meaning friend speaks these words in the middle of our misery, what is meant to uplift us, can actually make us want to blurt right back, "Well I doubt it and you can't possibly understand anyway!"

These are the times we especially want to remember that no matter how uncomfortable or hopeless any particular journey may seem in the moment, if certain words and thoughts can make the situation seem worse, then there must be certain words and thoughts out there that could also make us feel better. Some might say that it's our human **nature** to be in the midst of an uncomfortable journey and be oblivious to any routes out... but this is where our human **awareness** comes in.

As humans, our power of awareness allows us to take a step back from the journey itself so that we can notice what's really happening — the facts of this journey and also our perception of these facts.

As we know, it's perception that drives our pain...
And during really difficult times,
it's easy to forget this.

Look at it this way... there's a party going on inside your mind and you get to do the inviting. Do you really want to invite Fearful Felix just because he's attended every party you've ever thrown? Or do you think your party might benefit from nixing Felix and inviting Hopeful Howie instead?

The journey may not **feel** rewarding, but it's **YOUR perception party**, which means that you can choose to invite more upbeat guests... if you want to... and that's rewarding in itself!

Decide if you're going to entertain Fearful Felix and his perceptions of your life or Hopeful Howie and his perceptions. Big difference!

2. Go With the Flow

This month's cover photograph captures the Julian family enjoying a tranquil kayak voyage along Cazenovia Lake. Serene water, blue sky, and warm air made for an especially pleasurable time together. Is this a family journey? Or is it four distinct journeys occurring simultaneously?



Joe and Colleen Julian, along with their sons Tristan (15) and Brandon (12) took up kayaking in 2011. For a family looking to stay active together, this sport has proven to be the perfect activity. Sporting life jackets as they navigate along many New York State waterways, the Julians often take breaks from paddling to fish and swim along the way. Colleen and Joe operate sleek kevlar kayaks, while their sons cruise along in what are known as sit-on-top kayaks.

Like this family of four, we're all in our own various boats... and we're also riding **together**. The journeying is fairly simple — when weather, equipment and **other people** cooperate. But what about when they don't?

From a kayaking perspective:

Directing a kayak to go against the flow of fast waters could become exhausting.

But **allowing** the kayak to move along with the water's current is a ride that takes much less work and brings with it greater exhilaration.

Journeying through life is filled with human interactions, some of which are sure to push our buttons. **Going with the flow** isn't just a catchy phrase... it's a skill that takes time to master... and is worth every minute of it.

Most challenging journeys involve other people... and if in the midst of the journey, one person decides to shift from a desire to control another's opinions and actions into a mode



of allowing the other to be exactly where they are, then that **shift**... that piece of **personal growth**... IS the reward.

Going with the flow is giving ourselves permission to be happy — regardless of someone else's choices. It's a reward we can choose for ourselves in any situation.

3. Be Willing to Make Mistakes

Most of us learned in grade school that it's important to achieve good grades, have all the right answers, and excel in our sports and activities... all of the time. It was a pretty tall order for a six-year-old and this perfection thing is still an intimidating challenge for us to stand up to as adults. What's going to happen if we don't get good grades, have all the right answers, and achieve performance greatness?

We've been told of the many possible answers to these questions.... None of which are good!

Above all, when we believe that we need to "be good" at whatever we do, one thing we fear is "being bad." So in order to not "be bad," we don't even try. This holding back can surely stifle any journey.

- So think about it... is there something you've been holding back on because of your fear of doing it **wrong**?
- Some burning desire inside you that keeps getting watered down because you don't think you can do it **right**?
- Are you avoiding even trying to make healthy eating and exercise choices because you've never been able to do it **right** in the past?
- Are you listening to people who tell you that your business idea isn't **good enough**?

The fear of making mistakes can be paralyzing. Just imagine how much human potential is being stifled by this ridiculous fear. Accepting that making mistakes is not only okay, but also human... necessary... and an essential part of our journeys... is one of the greatest rewards that we can give ourselves.

Be willing to make a mistake!
Because you just might.



Then you can celebrate the fact that you found yourself another reward. You made a mistake. Life went on. And you learned something.

It's true... Our journeys ARE filled with rewards and there are tricks we can use to find them. When we do the inviting to our own perception party, where going with the flow only makes things easier, and making mistakes is just another leg of the journey, the rewards of life begin showing up like never before.

After all, wouldn't life seem boring if all its rewards were obvious?



Joe, Brandon, Colleen and Tristan pose with Romeo before suiting up the Russell Terrier puppy for his maiden kayaking voyage.



Self Mastery Corner

Mare's
8 1/2 x 11



Maryann Roefaro is the CEO of Hematology-Oncology Associates of CNY and author of *Building the Team From the Inside-Out*. Follow her on Twitter @ MaryannRoefaro or visit her website: www.DoltFromTheInsideOut.com

"Mare's 8 1/2 x 11" is a word or phrase shared each month that encourages us to look within — recognizing and embracing our innate gifts — as we create a life filled with vibrancy, joy and fulfillment.



Rediscover

As warmth and sunshine are precious this time of year, take time to enjoy the gifts of the season while rediscovering your goodness, talents and the wonderful aspects of the life you have created. Rekindle the love you have for yourself and take pride in all your achievements — both big and small.

Skip the focus on the aspects of yourself that you think need to improve and **focus only on those parts that are loving, kind, grateful, compassionate, considerate, generous, tolerant, peaceful, flexible and adaptable.**

Focus on what is good — and it will expand.

Continue to expand your belief in yourself. Allow the habits you hold dear and appreciate to prosper and crowd out any habit you don't admire about yourself. When you focus on something it comes into clearer view and when you concentrate on something it expands in understanding and depth. Perhaps you have noticed that when you think in a certain manner and exude the energy associated with those thoughts, you tend to attract more of the same.

At some level of consciousness, we are all aware of our divine nature — We just need to remember and rediscover!

Since our childhood — through adolescence and onward — there are many people who come into our lives, being very generous with their advice, comments and opinions about us. When we **allow** others to define us, or create the picture and captions we have of ourselves, we give away **great personal power.**

Take time to inquire within and rediscover your own beauty and power. **Don't underestimate the power of your thoughts** and the innate abilities you have to create the existence you desire. When you do your best, know that it is always good enough. If ever you feel your best is not good enough, put your hands upon your heart and feel the infinite supply of love within you and give all that self-judgment a rest!

Enjoy and treasure the gift you are to this world as you do your best to make it a better place —

Always from the inside-out!

Are You a Lapper or a Life-Liner?

BY Lisa Cavallaro

Have you ever asked how someone's day was going and the response began, "Well, it **was** going great **until**..." And then it continues on about something that someone else did... or something that happened that ruined the person's day?

Human instinct makes us want to listen to their story and agree with them that they have every right to be feeling what they're feeling — instead of feeling better!

We feel compelled to agree with them that whatever happened was unjust and unfair and should never have happened.

In my first month as a Coach, I did this during a coaching session and my own Coach (who happened to be supervising me during the session) stopped me immediately. She said,

"Wait! Do you know what you just did? Your client was drowning in the deep end with no way out. Instead of throwing her a lifeline, You jumped in and swam a lap with her!"

She was right. My job as Coach and even as I see it... as a good friend... is to help people feel better... not worse. My jumping in and swimming a lap wasn't good for either of us. My client continued feeling awful about her situation. And I was totally ineffective as her Coach.

That day I decided I would rather be a **Life-Liner** than a **Lapper**.

Being a Lapper can get exhausting. Lappers spend lots of time in the pool, tread lots of water, and considering all the time spent in the water... can make themselves and their friends all wrinkly before their time. Besides that, even with good intentions, Lappers can actually weigh down the people they want to help.

Making the choice to be a **Life-Liner** takes guts. Gone are the days of agreeing with friends and people in order to be liked. Being a Life-Liner involves searching for tools — life jackets, kickboards, and ropes — in the form of words that offer glimpses of hope.

Being a good friend/coach/confidant doesn't mean we need to *agree* with those we care about. It's just the opposite... we care enough about them to find the words to say:

The ladder's over there.



Psych-K:

Changing Your Sub-Conscious Mind

BY Dr. Irum Tahir



The mind is the most powerful place on Earth.
This is because our thoughts create our reality.

Keep your thoughts positive because your thoughts become your words.

Keep your words positive because your words become your behavior.

Keep your behavior positive because your behavior becomes your habits.

Keep your habits positive because your habits become your values.

Keep your values positive because your values become your destiny.

— MAHATMA GANDHI

The thoughts that we created yesterday, a year ago or 10 years ago have determined our reality and the life that we choose to live today. You have created the life you are now living through your thoughts, which radiate out into the world giving you back exactly what you have desired. This may look positive, or it may look negative. It may be a joyful, happy and prosperous life, or it may be a life that seems defeated, unhappy and broken.

If we begin to realize the power of thought, we can see how influential it is in our daily lives. Our thoughts have the ability to make or break us because they turn into beliefs that ultimately turn into our reality. Our beliefs determine our happiness, our joys, our level of financial prosperity, the quality of our relationships and how we view ourselves.

Most find it empowering to realize that we have the ability to change our lives by changing the thought patterns and beliefs that got us there in the first place! This is where a mindful, goal-oriented self-help technique called PSYCH-K comes in.

PSYCH-K is a process of motivating, uplifting and empowering individuals to reach their highest potential. It allows individuals to change the thought processes that may have been hindering their lives, and assists the individual in reaching goals and dreams at a much faster rate than originally thought possible. Releasing limiting thoughts is much like releasing an anchor that has been dragged around for a lifetime.

Psyche... of, or relating to, the human soul, mind or spirit.

The technique of PSYCH-K helps to create a results-oriented approach to personal change by **affecting the limiting beliefs housed in the subconscious mind.**

The **conscious mind** is responsible for **logic** and **reasoning** and for **thoughts that we are aware of.**

Millions more thoughts are housed in the **subconscious mind**, which is a part of consciousness that is **not currently in focal awareness.** It is here in the hub of our subconscious mind that all of our **beliefs, memories, values, skills, past situations and life experiences are stored.**

Negative thoughts run rampant in our minds daily... Thoughts such as:

- **I am ugly.**
- **I'm too fat.**
- **I have no energy!**
- **I can never win at life.**
- **These things always happen to me!**
- **I'll always live paycheck to paycheck.**
- **I'll never be healthy.**
- **Being unhappy in a relationship is a part of life.**
- **I should sacrifice my own happiness for my family's happiness.**

These thoughts turn into beliefs, which then turn into our reality. Whether a thought is negative or positive, it has the ability to dictate our experience in life. Luckily, we each **have the ability to change negative, limiting thoughts into those that are positive, productive and beautiful.**

Limiting beliefs within our subconscious mind may hinder us from living the life of purpose and passion that we truly desire. These limiting beliefs may be learned from the environment we were exposed to from childhood through adulthood... specifically, our family, community, teachers, friends, organizations and religious institutions.

For example, a teacher once told me that I just “was not good at math” and **I believed him.** Since that point, this limiting belief has caused me anxiety throughout my life. In college, working with any complex math caused me to feel “stuck” and made me think that I just “didn’t get it.” I carried this anxiety forward into my career... all along believing that math will always be a challenge for me. Recently, I realized that this limitation and perpetual anxiety associated with math could be traced to this teacher who probably never realized the profound effect his words would have on me. PSYCH-K helped me to create my own breakthroughs with math and my business has improved because I now enjoy working with numbers. Along with more success, this has also brought a feeling of confidence into my life.

A Psych-K facilitator is much like a coach and helps the individual find the negative thoughts that may have caused the limitation. These negative thoughts are then turned around into statements the individual **wishes to believe about themselves instead** such as “**I am powerful**” or “**I always receive what I need**” depending on what feels true for the individual.

The facilitator then uses kinesiology (muscle testing) to determine if the individual does or does not believe the more positive statement **at the subconscious level** and if not, then facilitates a process intended to correct for the initial limiting statement.

Psych-K is a technique used by many to improve their career, performance, health, relationships, self-esteem and confidence.

Change can be empowering and Psych-K is one technique that can make it possible. No matter our current results, **by changing our thought processes, we can ALL achieve the goals and dreams we really want!**



Dr. Irum Tahir is the founder of High Point Chiropractic Wellness. Named one of the Top 100 Entrepreneurs in the United States under 30 years old, she was honored at the White House. For more information, visit HighPointSyracuse.com.

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Teamwork Makes the Dream Work

BY Allison Zales

Life is paved by the many relationships we have.

Some relationships we're born into: **family**.

Some relationships we form along our journey through life: with **teachers, classmates, colleagues, clients, and co-workers**.

Some relationships we actually choose to share in and we call these people our **friends**.

ALL of these relationships — family, classmates, teachers, colleagues, clients and friends — have a purpose that often **extends far beyond** where or how we became acquainted in the first place. These people exist to be our **support system** or as I like to call them, our **Team**.

Whether we realize it or not, we are the **leaders** of these teams of ours and there are ways of leading that make some teams **Winning Teams**. For instance, following are some really smart plays:

Rely on your Team. Life can be a rollercoaster. During the lows, enlist your team to endure hardships. In the highs, turn to your team to lift you higher and celebrate life's winning moments.

Rely on your entire Team. As many teams do, you likely have an all-star — that go-to person that always seems to step up in clutch situations or steadily helps you up when you're down. Use this person, but don't over-use them. Instead, recognize the strengths of every individual and look to each of them to guide and advance you in those areas.

Believe in your Team. Just as your teammates have strengths, they also have weaknesses. Their mistakes will become your lessons. Your lessons will build your experience and help shape your values. Your values are YOU.

Be an active part of the Team – give and take. To be a team player yourself, you must provide positive contribution to your teammates' lives as well. Work with them to help achieve their goals and build their dreams. Teamwork makes the dream work.

When you work together with others, you gain strength in numbers.

More people means more: **hands, eyes, ears, ideas, perspectives, and prayers**.

Where you are lacking, your team can provide. Combine your own strengths with the gifts of others to guide, push and lift you beyond your individual limit. Then move with gratitude, grace and confidence.

Always believe in yourself but never lose sight of the boundless potential of a team.

"If you want to go fast, go alone.
If you want to go far, go together."

— African Proverb



Allison Zales is the owner and professional organizer of Choose Change. She offers hands-on organizing services to create positive change for residential and corporate clients. To learn more about Allison and her business visit: www.choosechange.biz.

The Joy is in the Journey

BY Dr. Kaushal B. Nanavati



*Kaushal B. Nanavati MD,
FAAFP, ABIHM, Assistant
Professor, Family Medicine;
Director, Integrative Medicine,
Upstate Cancer Center*

As we journey thru life we share our paths with various individuals along the way and what we realize is that we share part of the journey with some people and then their path may take them in one direction while ours may go in another. We can think of this in two ways. One approach is to regret that we are no longer together with those individuals. The other approach is to value the shared journey for what it was and for the impact it had on our life. If it was a **positive** experience, then **relish** it and if it was a **negative** experience then **take solace** in the fact that you are journeying in a different direction.

One way to understand relationships is to use the analogy of a ladder. The two posts of a ladder are separate pieces in and of themselves. Yet they are connected and remain joined by the rungs of the ladder. Without the rungs the two posts

would fall apart. In other words, the two posts need the rungs to keep them together. In a relationship between two individuals these rungs represent communication, understanding, awareness, honesty, acceptance, forgiveness, respect, compromise, expectation, contentment, and commitment. These rungs allow for a stronger relationship and help to strengthen the bond between the two individuals. Yet there are times in our lives when these may be in place and still we journey in different directions... for instance, when you moved to a new city because your parents took different jobs or when you graduated from high school or from college.



The Benefit of the Doubt

Many years ago, I learned a very healthy approach to relationships from a friend. He simply suggested that rather than getting upset if friends don't call or stay in touch, he instead gives them the benefit of the doubt by understanding that they must be busy just as he is busy. Then when they reconnect, he picks up where they left off and in this way he is at peace with the relationship and continues to enjoy the friendship.

We can think of our journey together like cars on a highway. We travel along the road with other cars and then one car takes an exit and takes another road while we journey on to our destination. In our lives we went to elementary school with some people and high school with others. We work with different sets of people, and our family is comprised of yet others. Our children are with us until they grow up and they continue on their journeys forming different relationships and then they become parents with their own children. The cycle repeats and the number of journeys continues to grow.

But no matter how many journeys we take part in, our constant companions are our own **body, mind, and spirit...** and the rungs of the ladder also apply here:

Self awareness, self respect, commitment, expectation to be your best every day, and honesty can allow you to have a peaceful relationship with yourself.

My 4 pillars of wellness include nutrition, physical exercise, stress management, and spiritual wellness:

- 1. Proper nutrition** including eating 7-9 servings of vegetables per day, 1-2 fruits, limiting processed foods and animal based products can help to keep the body, mind, and spirit healthy.
- 2. Physical exercise** helps not only the body but also the mind and spirit by reducing stress, creating a positive chemical response releasing healthy chemicals called endorphins and balancing excess stress hormones such as cortisol.
- 3. Effective stress management** happens when you OWN your stress and create an action plan to get it off your plate, while disowning the stress in your life that belongs to others.
- 4. Finally, to achieve contentment and spiritual wellness,** you have to use a simple principle. If you **use your peace as your guide** for every decision you make then you continue to build a life grounded in your peace. When you go to sleep at night all you have to do is to ask yourself one question, **"Was I my best today?"** This refers to being your best to yourself, your intimate relations and your community. To honestly answer "Yes" to this question is key to your spiritual wellness.

As we each practice these concepts, our journey together is grounded in our peace and we enjoy our own company, as well as the company of those with whom we share this journey!



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What Drives Us and Makes Us **Happy?**

BY David DeWolf



Dave DeWolf is a Senior Manager at Wellpoint and is passionate about continuous improvement regarding physical, intellectual and emotional wellness.

For example, if I am completely certain about everything in my life, I am going to be extremely bored... because my need for variety will not be met... which could create an unhappy state.

The last two needs are:

- 5.** The need to **Grow**
- 6.** The need to **Contribute or Give back.**

We may be achieving it all, but will not be completely fulfilled if we do not meet these last two needs. We need to grow because everything in life is either growing or dying... it's the law of life. Learning a new skill, reading a book, and having meaningful discussions are all great ways to grow. Growing keeps life interesting.

This last need to contribute/give back speaks to our desire to know that we make a difference and to feel fulfilled. Volunteering, performing random acts of kindness, and yes... even something as simple as carrying someone's luggage to the airport... are ideal ways to satisfy this need and create happiness!

So the next time you don't understand something someone else is doing, consider these six human needs. You just might figure it all out... before getting into any lengthy and unhappy discussions!

My wife and I got engaged in Central Park and were leaving our hotel the following day to go to the airport. As we left, I started to pick up her luggage when she declined my offer. Although she was attempting to not be a burden, I explained that I get happiness from helping; and that by declining my offer, she denied me that happiness. This began a much lengthier and not so "happy" discussion!

The encounter started me thinking about what makes people happy. Are we truly happy when our needs are met? And can our needs be summarized? I did some research and found Tony Robbins' very interesting theory of the **Six Human Needs.**

The first four needs are what he refers to as **primary needs:**

- 1.** The need for **Certainty**
- 2.** The need for **Variety or Uncertainty.**

The second set includes:

- 3.** The need for **Connection or Love**
- 4.** The need to feel **Unique or Special.**

What I noticed is that each need is both **complementary** and **in direct conflict with** its partner. I find it fascinating that our natural need for balance could likely create unhappiness if one need becomes completely saturated, to the point that the other is unmet.



The Gauthier household in Liverpool is animated. From the driveway, the building appears quiet enough. But once past the threshold, one is greeted by a spirited trio of children jumping and dancing along the foyer balcony, loudly chiding the visitor for putting his shoes in the wrong spot. As parents Tina and David enter the picture, it becomes clear that this is an energized group.

Homes inhabited by lively children are not uncommon in Liverpool, but what distinguishes the Gauthiers from other families is their dedication to health, activity, and fitness. Both parents are working professionals. David is a founding partner in a technology firm; Tina is a part-time physical therapist and the PTO president of her children's school. Their three kids are all enrolled in extracurricular activities. A portrait of a dynamic modern family, right? But that isn't the whole story. David is a

former champion power lifter who regularly competes in local running events; Tina competes in both local running and triathlon events. The two of them make an impressive team.

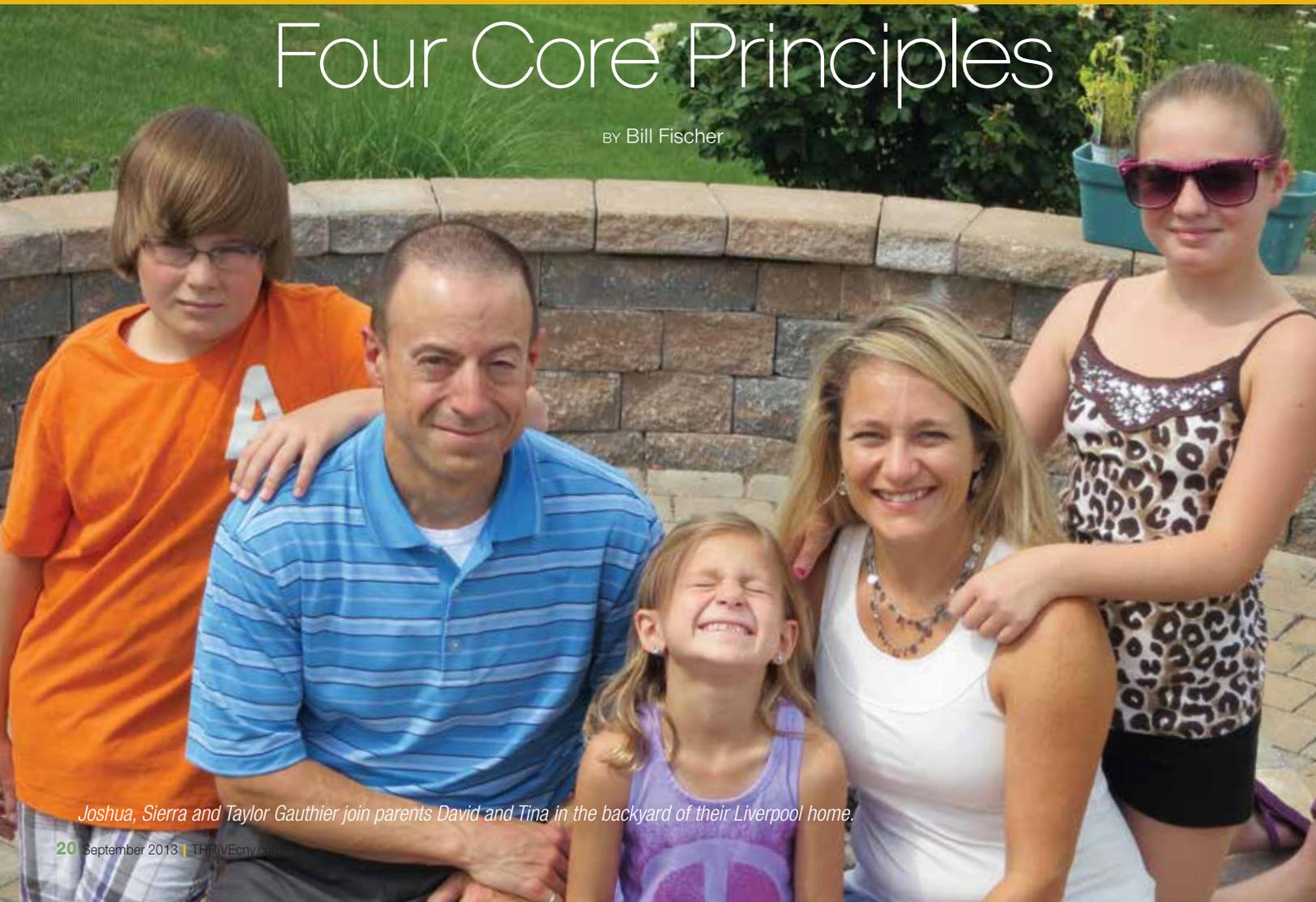
In today's demanding world, how can two parents raise a thriving family and still adhere to a rigorous health and fitness regimen?

An in-depth discussion with Tina and David provided **four core principles** that may serve as guidelines for busy parents hoping to achieve their own fitness goals. The Gauthier plan shows that raising a family and staying healthy are not mutually exclusive... in fact, they are integrally related.

Thriving Together:

Four Core Principles

BY Bill Fischer



Joshua, Sierra and Taylor Gauthier join parents David and Tina in the backyard of their Liverpool home.

1. Time Management

More than anything, effective time management is essential. As David explains, “I think what works for Tina and me is the fact that I’m a morning person and she’s an evening person.” By waking up at 4:30 AM every day, David completes his workout before starting his workday. Tina then does her training later on, after the children are off to school. When it comes to sleep, at the end of the day David turns in at around ten o’clock, while Tina regularly stays up much later to catch up on paperwork. **“As a couple, as a family, we accommodate one another,”** says David, summarizing their time management strategy.

2. Dedication

Both Tina and David do some combination of resistance training, running, swimming, and biking during the week. Like anything, repetitive activity can become tedious. For this reason the Gauthiers recommend modifying the workout method throughout the year for the sake of variety and enjoyment. The most important thing is to **do something**, and at this time of year the best activities are done outdoors. As Tina puts it, **“Get outside and burn some energy.”** Both Gauthier parents are committed to sharing the value of fitness with their children. “We’re trying to teach the kids that it’s important that you stay active,” says Tina.

3. Discipline

Some mornings David feels like he wants to go back to bed, but forces himself to wake up and get to the gym. Tina respects her husband’s sense of discipline more than anything else, and sees it as one of his defining traits. “Sometimes it can be a little overbearing,” laughs Tina, “but that’s been an inspiration for me too.” David doesn’t disagree. It is clear that discipline permeates their whole lifestyle, and carries over from exercise into their diet, work habits, and commitment to family. It seems that David’s heightened sense of discipline stems from an overpowering drive to preserve his own health. He explains that **he will never put himself in a position where a doctor is telling him to change his eating habits or start working out.**

4. Diet

The Gauthier dinner fare is a big part of the family’s overall health. When asked if they consume what would be considered a common American diet, David’s quick response is, “No. It can’t be.” According to Tina, there is little junk food in the house. **Typical meals consist of fruits, vegetables, lean meats, pasta, and fish.** Soft drinks are rarely on hand in the Gauthier household; instead the children are encouraged to drink plenty of water. When referring to good eating habits, Tina says, **“You have to want to do it.”** Both agree that portion control is a vital component of a good diet.

David and Tina see themselves as **the foundation of the family.** “If the parents make the necessary strides to be successful at anything, whether it’s work, whether it’s how you eat in the household, that’ll start to flow down to the kids, without a doubt,” says David. The Gauthier lifestyle is characterized by commitment, the disciplined pursuit of fitness goals, and healthy eating. Parents David and Tina are leading by example, providing a template that will benefit their children for years to come.



Bill Fischer, a resident of Eastwood, is a NASM certified personal trainer. His interests include kettlebell training and plant based nutrition.

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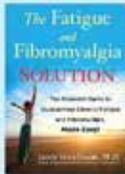


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Mindful Eating

It's What Your Body's Craving!

BY Nicole Christina, LCSW

By now you've heard the buzzwords **mindfulness** and **mindful eating**. Oprah, Dr. Oz, and their friends are touting the benefits of being in the moment and paying attention to what is happening right now.

Perhaps you've even seen the scientific evidence demonstrating some of the benefits of mindfulness, including increased immunity, better sleep, and a feeling of emotional balance, to name just a few. Maybe you've even tried to slow down a bit to taste what you're eating — but like many, find that your fast-paced life makes this especially challenging.

Mindful eating isn't just a new way of eating. It's a practice that can have an impact on your life that's so profound it's hard to put into words.

As a therapist specializing in food and eating issues for the past 20 years, teaching mindful eating has been one of the most powerful tools in my clinical toolbox. Mindfulness is a way of calling a truce to our conflict with food. It ends the love/hate relationship with eating and food, and puts it into balance, along side other sustaining facets of your life.

Focusing on eating **while you are eating** enables you to begin learning about your needs and desires — food related and otherwise.

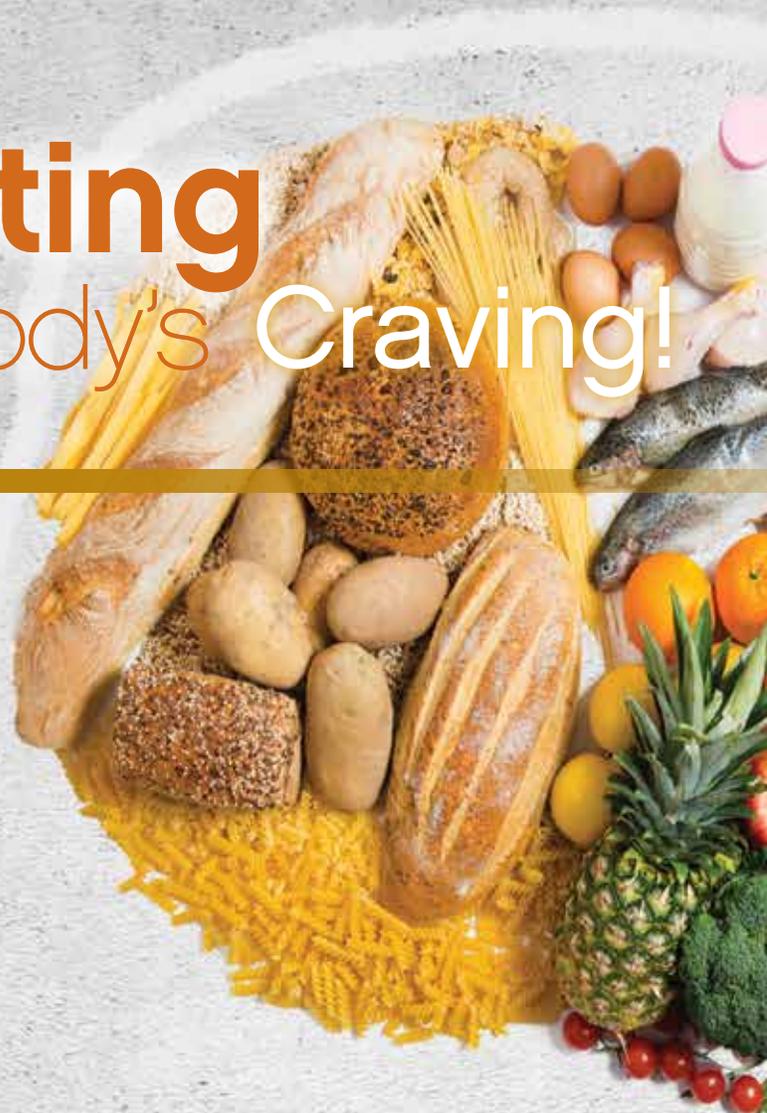


Nicole Christina, L.C.S.W., has been a psychotherapist for over twenty years specializing in eating related issues. She has lectured widely on the topic, and has run mindfulness seminars and workshops in both the public and private sectors. Nicole is a student of meditation, avid gardener, reader and knitter. You can visit her on her website: NicoleChristina.com.

One of my favorite authors on the subject of food, Geneen Roth, says that you can tell everything about a person by what they put on their plate. I have clients who eat “healthy foods” that they don't even like! Why not choose something fresh, healthy and delicious? Why not allow food to become the sensuous pleasure that it is? Perhaps you are thinking, “If I do that I'll eat the whole box of Oreos®!” But, I challenge you to eat a whole box of *anything*, if you are really taking the time to savor each and every bite.

Eating mindfully adds pleasure and richness to your life. It adds a dimension of nourishment, both physically and for your soul. Bite into a fresh, ripe melon? Heaven. Eat a lovely meal of fresh greens, complex carbohydrates and protein? Makes my body feel happy. Eat a whole bag of *Cool Ranch Doritos®* and wash it down with *Coke®*? Not so much.

So I challenge you to make your next meal or snack a different kind of experience. Consider investing a couple of minutes into your body's happiness — by paying attention to the food, and how your body relates to it. You'll be impressed with how much you'll learn and how much better your body will feel!





Yoga for Everyone

BY Julie Daniel



In California, Encinitas Union School District is believed to be the only public school system that will have yoga instructors teach full-time at its nine schools as part of an overall wellness curriculum. "This is 21st century P.E. for our schools," said Encinitas Superintendent Timothy B. Baird. It's physical. It's strength-building. It increases flexibility, but it also deals with stress reduction and focusing, which kickball doesn't do."

Children in Central New York are realizing this too... and have this to say:

"I like yoga because it helps me concentrate, be still and learn to listen to others." (10-year-old girl)

"Yoga is relaxing and relieving" (11-year-old boy)

"We like yoga because it makes us happy." (sisters, ages 7 and 9)

"Yoga makes me feel brave." (girl, age 7)

"It's fun.... and makes me strong." (boy, age 9)

Why would kids do yoga?
Aren't they already really flexible?
How could they sit still for an entire yoga class?
Aren't they too young to have any anxiety in their lives?

Yoga is an increasingly popular activity for children here in Central NY and all around the country.... and for good reason! Younger children and teens are finding that yoga helps them:

- Build focus, concentration and strength**
- Increase attention, confidence and self-esteem**
- Improve flexibility, balance, stability & coordination**
- Develop a sense of awareness & respect for self, others and nature**
- Expand knowledge of anatomy and physiology**
- Calm the mind and body**
- Improve sleep**

Yoga is increasingly being used in educational settings as teachers are becoming more informed about its positive effects. Learning to calm the mind and body before tests, using yoga to wake up the body during a mid-day slump, and even using yoga as a vehicle for teaching content are all exciting ways of educating the whole child.

What Parents and Teachers Are Noticing

One mom of 8- and 9-yr-olds reports, “my two very lively boys have trouble **sitting still** and listening, but in their yoga class they are able to sit and become engaged in the first few minutes. The different activities and games keep their interest and I appreciate the way the teacher weaves daily life experiences into activities which concretely demonstrate how yoga can fit into their lives.”

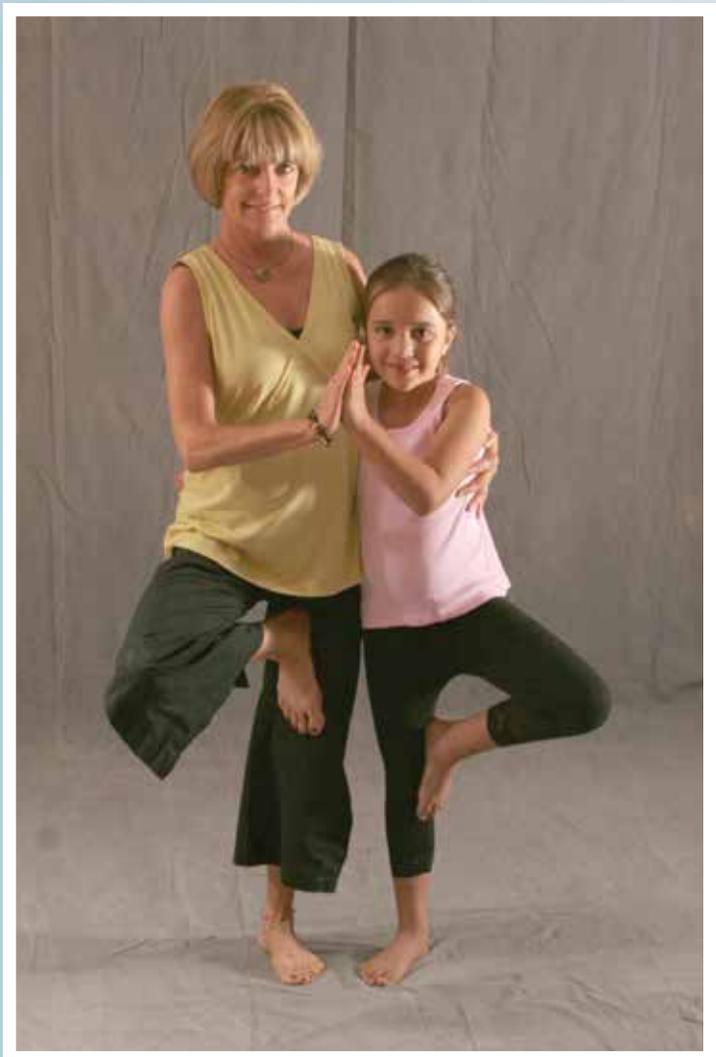
A mother of a 10-yr-old girl shares: “Girls grow up with such bad **self-esteem** issues and yoga is a way to circumvent the negative emotions to help them start to love and respect their bodies. Physically it builds strong bodies... but the benefits of mind and spirit really are the icing on the cake. Being able to breathe and work through problems in a constructive, positive way is an important benefit. I am grateful that my daughter wants to do yoga... it will be the greatest gift she can give to herself.”

Reflecting on the effects of yoga on her son with **Aspergers**, this mom writes: “yoga taught him balance and how to quiet his mind. He used to *stim* (an *unconscious body movement*) by flapping his arms. Yoga helped him control the stim more and more and now he rarely does this! His anxiety dissipated as he learned breathing techniques and focus in holding poses.”

A teacher using yoga at the preschool level reports “I see my students gain greater **body awareness** and **self control** while also becoming less impulsive. It gives them time to slow their bodies down as they focus on their breath and relax with their friends.” Using poses and various breathing techniques often helps the student transition from one activity to another as well as promote the student’s ability to organize.

A teacher who works with **special needs students** with **emotional challenges** says “taking a few minutes during the day for yoga is a good investment in my students’ overall ability to learn. Some students need to get that sensory input and then are better able to focus again.”

As families, teachers and even school districts have noticed, kids are realizing a long list of benefits associated with yoga practice. More information on local programs can be found by checking with the YMCA, Baltimore Woods, various parks and recreation centers, yoga studios and some public libraries.



Julie Daniel (shown here with one of her students), a recently retired Speech and Language Pathologist with the North Syracuse Early Education Program, is a children’s yoga instructor who has trained with Grounded Kids and is a certified YogaKids teacher/trainer. More information is available at cnyyogaforkids.com.



Live Home, Live well.

BY Kelly Quinn



Kelly Quinn is the Director of Marketing and Public Relations for Franciscan Companies, an affiliate of St. Joseph's Hospital Health Center, that offers home health care, equipment and programs. For more information, visit FranciscanCompanies.com or call 458-3200.

The common parental joke, “You better not stick me in a nursing home someday!” was, historically, not much of a joke; it was reality for many people. But, in today’s healthcare world, long-term care facilities don’t have to be the go-to solution for aging. Many older adults prefer to stay in the homes they love for as long as possible. And, they can. In addition to the more common services such as home health aides, companions and transportation, the evolution of technology gives people the ability to live home, comfortably and safely.

The two biggest threats to independent living are falls and medication errors. In fact, falls happen to one out of three adults age 65 and older each year, according to the Centers for Disease Control. Medication non-adherence is said to be responsible for 10% of senior citizen hospital admissions and up to 40% of nursing home admissions.

“Fear of falling is nearly as detrimental as an actual fall,” said Beverly Lawton, the executive director of Franciscan Lifeline. “With a fear of falling, the older adult limits their activity, becomes weaker and increases their risk to fall. **The fear becomes a self-fulfilling prophecy.”**

To help alleviate such fear, a medical alert system is available that eliminates the physical and psychological suffering of not knowing when someone will come by to assist. Gina Heitzman of Syracuse has one in place for her mother, who, at 88 years old, still lives independently.

“She is welcome to come and live with us, but she’s comfortable with her schedule and her environment,” Heitzman explains. “She realized [the system] was a replacement for me, the aides and all the other services.”

To avoid medication errors, a medication dispenser releases pre-filled dosage cups at the correct times. It alerts a caregiver if a dose is missed.

“It’s great,” says Jane Dorsey who signed her father up for a medication dispenser. “My father is on a more regular schedule with eating and with his medications; I notice a difference in his behavior. I think the medication is working better because it’s being taken correctly.”

Technology eases the burden on Dorsey and Heitzman because it ensures immediate assistance is available in the event of an emergency. Some users say **it’s like an insurance policy.**

“It gives her a wonderful sense of security. It’s worth every penny we pay monthly even if we never ever have to activate the service,” Heitzman says, “Just the simple fact that it’s available gives us peace of mind.”

Signs your family member may need help:

- Falling
- Two hospitalization/ED visits in 3 months
- Medications lasting longer than expected
- Change in mood
- Decreased interest in hobbies
- Purchasing fewer groceries



Finding Fashion Behind the Lens

BY Grant Dobbins

Traditionally, September is a month focused on getting back to regular life. School starts. Work reboots. It's about once again rising early and smelling the espresso. It's also about challenging ourselves to **get back to work and get better**, but it's not always easy. While celebrating the long Labor Day weekend, we can still be in serious denial that summer is ending. After all, a sweater, in early September, is still a perspiring person and not a cherished, autumn accessory.

With the State Fair soundtrack still buzzing in our ears, we try to come to grips with our decision to actually eat that long-john-donut-hot-dog-dipped-in-maple syrup. Was it some kooky summer fun? A disturbing lapse of judgment? We can't quite decide. But it's September, so **move on we must.**

With a substantially weighted sigh, we regretfully pack up the lightweight golf shorts and begin to contemplate flannel. I'm Scottish so at least I have a family history with plaid. In general, I don't possess a trendy, fashion focus though my family would appreciate it if I just rose to the level of some trend awareness. I like colorful shirts and recently came downstairs wearing a new one... Yes, with the intention of actually going out in public. With one look my teenage stepdaughter declared to her mother,

"It's official, Grant is no longer allowed to go shopping by himself!"

For me, the journey begins in what will be five months of weekend traveling, working as a TV cameraman shooting the National Football League. The look of a TV crew guy is all about function, utility and fitting it all into carry-on baggage. Whereas the announcers wear coats and ties, the only suit I pack is for rain!

It's rather ironic that my job is to make fashion-focused announcers look their best in front of the camera, while behind the camera... well... my cargo pants are clean.

But hey... pushing ourselves to improve our appearance can be worthwhile, fun, and good for any career. So before my nationwide travels begin, where I'll be sharing planes, hotel lobbies and NFL press boxes while representing Central New York, I think I'll make a local, more trend-worthy journey with my stepdaughter.

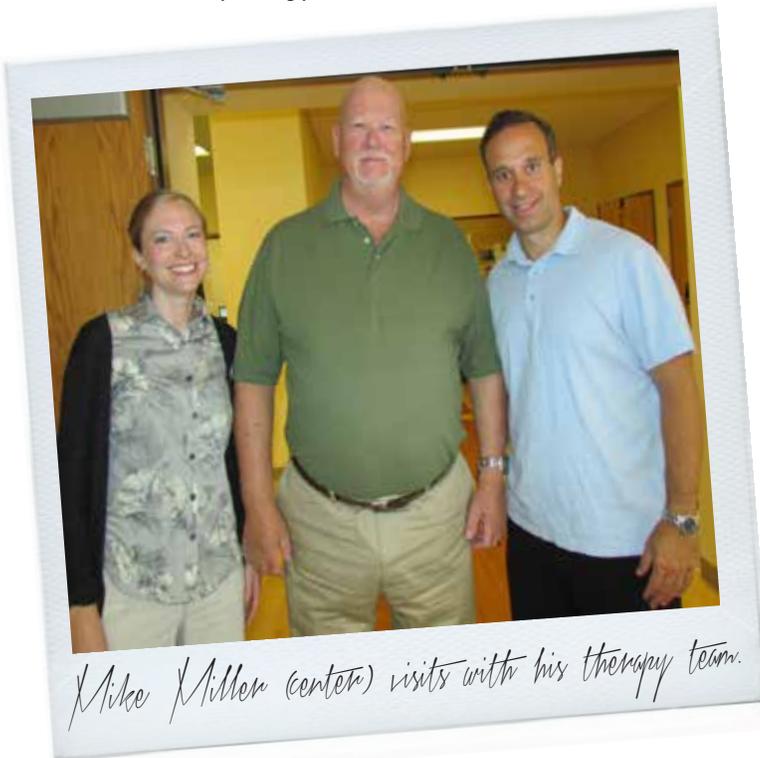
She'll know where to go...



Grant Dobbins, a resident of DeWitt, is a freelance cameraman and scriptwriter working with sports networks including FOX, TNT, NBC and ESPN covering the NFL, NBA, Kentucky Derby and SU sports.

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Mike Miller (center) visits with his therapy team.

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Syracuse Festival of Races 3K Fun & Fitness Run: BY Dave Oja Little Steps to **Big Successes**

In the fall of 1987, teachers Linda Oja and Nick Cestaro encouraged their students at East Syracuse-Minoa's Kinne Street Elementary School to participate in a "Fun Run" being held in conjunction with the Syracuse Freihofer's Run for Women.

Oja, a sixth-grade teacher, and Cestaro, a physical education teacher, were avid runners, and they hoped that the experience would effectively introduce their students to both the enjoyment and the health benefits of running and walking.

Neither had any idea that they were launching what would become a CNY institution: the **3K Fun & Fitness Run** at the **Syracuse Festival of Races**.

Twenty-seven years later, what began with 28 kids and a couple of teachers, is now a joyous annual gathering of as many as two thousand children, families, teachers, school staff, and individuals.

On Sunday morning, October 6, they'll fill E. Colvin St. alongside **Syracuse University's Manley Field House** with happy faces and happy feet. As they have since 1992, they'll follow in the footsteps of runners from throughout the world who've come to Syracuse on the Sunday before Columbus Day weekend to run the renowned Syracuse Festival of Races 5K course. As always, it will be a celebration of running and walking that includes everyone from toddlers to octogenarians, and from casual walkers to national record holders.

With a \$7 entry fee for those under eighteen, participants will receive goodies including a commemorative T-shirt and an array of post-race refreshments. The 3K is designed to be a healthy family bargain and is open to individuals as well as groups.

Says Laurie Valentine, physical education teacher and award-winning school group coordinator at Fayetteville Elementary:

"It's great for the kids and their families to spend quality time together and exercise as well! For some, it is their first introduction to organized running and road racing. Beginning the school year with the 3K Fun and Fitness run has been a tradition at Fayetteville Elementary for almost 25 years. It is a great community builder and the students love it!"



Dave Oja has been thriving in CNY since arriving as an S.U. freshman in 1970. In his 35 years as a member of the Syracuse Chargers Track Club, he has served tens of thousands of runners of all ages and abilities as a prolific volunteer, coach, event director, USATF administrator, club president, writer, course measurer, race announcer, and television analyst.



THANK... an expression of gratitude.

thank you Keepsake Village Caregivers

BY Maria Scaravillo

I would like to thank everyone who cares for our older adult population — especially the kindhearted caregivers at **Keepsake Village** in Liverpool.

I spend a lot of time at Keepsake Village visiting my 87-year old father and I have come to know many of the special people who care for him. I see them smiling with residents, giving each person what they need on a daily basis, engaging with and getting to know families, and even lending a supportive ear to families when we seem a little down.

Being a caregiver at Keepsake Village is not always easy. But during the year that I have been visiting there, I rarely see any of the workers there without a smile, or an outstretched helping hand.

Working with older adults is not a job that just anyone can do. Yet one of my dad's favorite ladies there tells me that she always knew that she wanted to work with older adults. This giving woman has filled me in on how the workers there act as a team — to be sure that the needs of each resident are met — and that the atmosphere there is a positive one.

So thank you **Keepsake** workers, for the love and attention you show to my dad.... and to all of the other older adults who live there.



Avid Syracuse Orange fan, Joe Scaravillo, poses with Keepsake caregivers Tacora Causey, Jennifer Muller and Brianna Carswell.



Maria Scaravillo, LMSW, is a Middle School Social Worker with the Syracuse City Schools and has been with the district for 28 years.

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