

TODAY'S CENTRAL NEW YORK

# WOMAN

JUL/AUG 2014 | FREE

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

## WHAT TO WEAR

Cracking the invitation dress code

## Saving The Krebs

Kim Weitsman restores the historic Skaneateles restaurant

## Gannon's Isle Ice Cream

scoops its new summer flavors

**MacKenzie-Childs** Rebecca Proctor on leading the prized Finger Lakes brand **PLUS: Barn Sale 2014**

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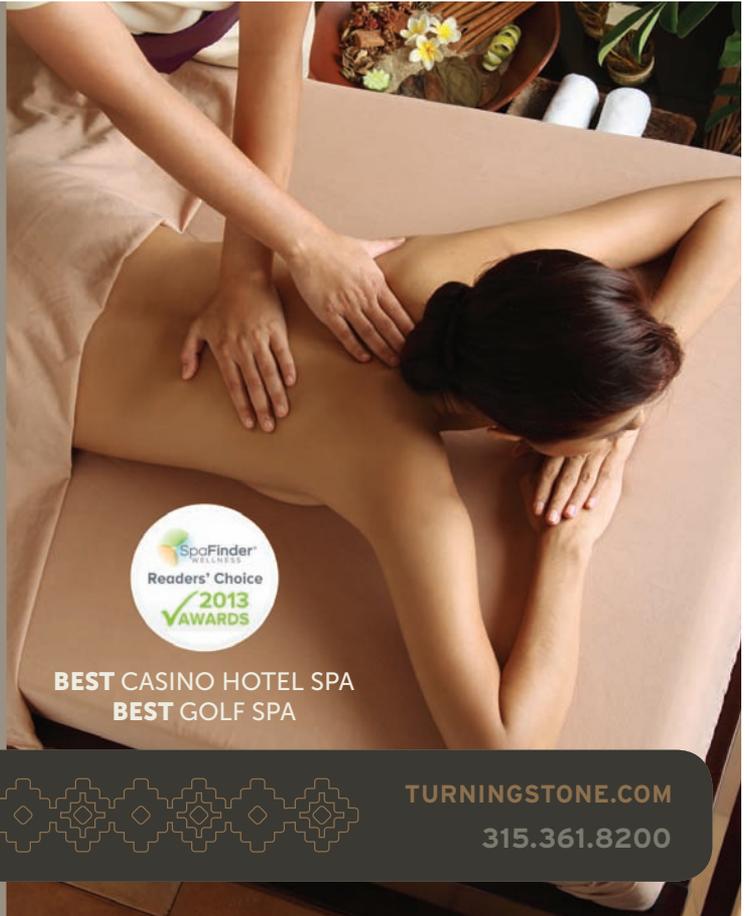
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EDITOR-IN-CHIEF  
Courtney Rae Kasper

SENIOR EDITOR  
Joanne Settel Moore

ASSOCIATE EDITOR  
Ashley M. Casey

EDITORIAL INTERN  
Vekonda Luangaphay

PHOTOGRAPHERS  
Amelia Beamish  
Douglas Lloyd

DESIGNER  
Tamaralee Shutt

ASSISTANT DESIGNER  
Mary Austin

AD REPRESENTATIVES  
John Gaca  
Patti Puzzo

CONTRIBUTORS  
Olivia Bitetti  
Cyndi Farrare  
Kathe Harrington  
Joleene Moody  
KaMyal  
Laura Ponticello  
Mary Schalk

SCOTSMAN MEDIA GROUP  
PRESIDENT  
Bill Veit

ASSOCIATE PUBLISHER  
Richard Westover

ASSOCIATE PUBLISHER  
Courtney Rae Kasper

DISTRIBUTION  
David Spearing

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**I'm not quite sure when my love affair with words began. As long as I can remember, I have been drawn to the craft of storytelling. Perhaps it is a by-product of my Native American roots or my deep Southern upbringing—my late grandmother was a natural narrator of elaborately embroidered tales, and she sure could tell some whoppers—but nothing has given me greater joy than to pursue a career that satiates my passion for words, written and spoken.**

Although, as a journalist, I often get the puzzled inquiry as to why I'd ever want to pursue the low-paying, time-consuming, deadline-driven, ever-evolving field. And I've come to understand that, ironically, it's a feeling impossible to describe to those not passionate about the creative trade. Nothing can compare to meeting with strangers, listening deeply as they answer carefully curated questions, and weaving the conversation into a polished package for readers. At the end of the day, our legacy is our most prized possession. So, to me, being a journalist is an extremely important task that ensures we won't be written out of history all because former strangers vulnerably opened up in shared communication.

But the unfortunate truth is that all stories must come to a close, or at least continue on in a new chapter. So it is with heartfelt sadness we report that the issue you are currently reading will be the last edition of *Today's CNY Woman* magazine under our parent company the Scotsman Media Group. After 60 years of serving the community's printing needs, the company is closing as of July 3, 2014. But perhaps this is not good-bye for TCNYW, as you never know what the future holds for this incredible publication and its talented team—especially with the support of new financial backing, which we remain optimistic about. We hope you celebrate this summer issue that we've put together for you, as it truly represents our excitement and passion for our region as Central New York women.



Meet the *Today's CNY Woman* editorial team! From left, Courtney Rae Kasper, Joanne Settel Moore, Vekonda Luangaphay, and Ashley M. Casey at Olive on Brooklea.

One of these CNY favorites is the whimsical home décor company MacKenzie-Childs and its annual Barn Sale event in Aurora, which we feel is a rite of passage for fans of the brand, and why we chose Creative Director Rebecca Proctor to grace our cover. Inside, Proctor shares her fascinating journey to leading MacKenzie-Childs for the past decade, reveals her favorite Courtly Check piece, and why she thinks people flock to the products, plus details on this year's summer sale. Also in this issue you'll read the beautiful story of how Kim Weitsman's sincere perseverance saved the historic Krebs restaurant in Skaneateles, which is set to reopen this month after a challenging four-year renovation.

From all of us here at TCNYW, we thank you, our readers, for your continuous support and readership during these past four years; we have loved sharing your stories and we hope to continue doing so in the near future. See you at the Barn Sale, and don't forget to stop by Gannon's Isle Ice Cream to try one of their newest flavors, *Today's CNY Woman* Pink Lemonade Sorbet!

Sincerely,

*Courtney Rae Kasper*

Associate Publisher & Editor-in-Chief  
@CourtneyRKasper

P.S.: Our website and social media channels will remain open, so continue to follow along for team updates and other news!

# Bridge STREET

Weekdays at 10am

w/ Jim Teske &  
Sistina Giordano



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## COVER STORY

REBECCA PROCTOR **20**

MACKENZIE-CHILDS' CREATIVE DIRECTOR TALKS LEADING THE PRIZED FINGER LAKES BRAND AND THE 2014 BARN SALE IN AURORA!

By **Courtney Rae Kasper**

Photography courtesy of **MacKenzie-Childs**

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### MEET FAIZO, AMAL, & FATUMA

“These beautiful young women, Faizo Bile, Amal Bile, and Fatuma Mohamud, were among the many celebrating their Somali heritage at World Refugee Day in Syracuse at Schiller Park on Saturday, June 14. It was such a wonderful day. I really wish we could host it more than once a year.”

#### Kathe Harrington

Humans of Syracuse Founder

Kathe Harrington, of Eastwood, is the founder and photographer of the Humans of Syracuse Facebook page, which was inspired by the popular Humans of New York page. Follow her work and connect with her by liking [f humansofsyracuse](#).



Photographer Douglas Lloyd gets caught in this behind-the-scenes Instagram shot during our **Home & Garden** shoot! See more on page 38.



### A Walking Feast

Sampling the best of Syracuse restaurants one dish at a time.

By **Vekonda Luangaphay**

Betsy Bell, the Syracuse ambassador to Dishcrawl, a national organization that hosts restaurant tasting tours for local foodies, led nine “Dishcrawlers,” who had signed up for the evening’s walking and tasting tour of three restaurants in Syracuse’s Armory Square on June 18.

The food adventure began at Small Plates, with a caprese salad on a skewer followed by a juicy burger known as the pretzel slider. The third dish, the fried mac and cheese ball, created by Andrew Belair, general manager of Small Plates, and his brother, was an instant favorite.

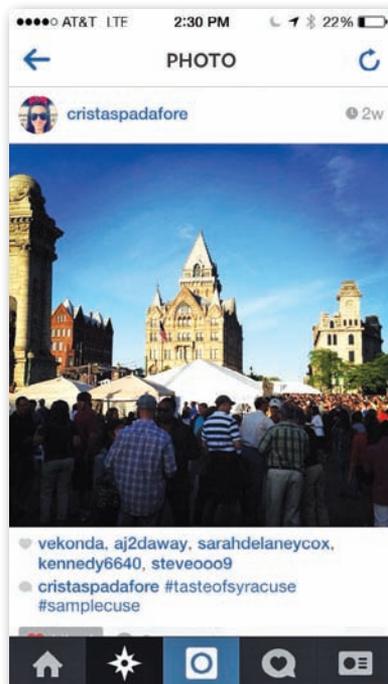
After Small Plates, it was on to La Piazza. The owner, Konstantinos Katsiroumbas, known as

Gus, served three dishes; Keftedakia (Greek meatballs made from his grandmother’s recipe), the Picasso salad with cheese tortellini, cherry tomatoes, onions, feta, and grilled chicken; and the Xilopites pasta dish with goat butter and toasted goat cheese.

The final stop of the night was the Empire Brewing Company. There, executive chef Matt Riddett wowed Dishcrawlers with Jambalaya, Poutine, and an incredible gluten-free brownie that turned skeptics into believers.

As for Bell, her first Syracuse Dishcrawl was a true success. “I think all the restaurants did a really good job showcasing their personality and giving us awesome food,” Bell says. More importantly, she enjoyed the company. “It’s nice when everyone can sit together. It’s kind of a ‘community meal’ that way,” she says.

For more information, check out [dishcrawl.com/syracuse](http://dishcrawl.com/syracuse) and like [f Dishcrawl Syracuse](#).



While munching our way through Taste of Syracuse (June 6-7), we invited our readers to follow along by posting pics of their own experiences on Instagram and Twitter with the hashtag **#samplecuse**. This photo by Instagrammer Crista Spadafore caught our eye, so we decided to share it with the rest of y’all!

# To Do July/August

## July 11 **Symphoria at Lorenzo**

Open air concert on front lawn of the historic Lorenzo house in Cazenovia. Picnic meals available to preorder. [experiencesymphoria.com](http://experiencesymphoria.com)

## July 11 & 12 **Syracuse M&T Jazz Fest 2014**

**Onondaga Community College**  
Free concerts featuring BB King and seven other jazz performances. [syracusejazzfest.com](http://syracusejazzfest.com)

## July 12 & 13 **Finger Lakes Lavender Festival**

This free event offers a day of presentations, crafts, artisans, culinary delights and the Lavender Market. [lockwoodfarm.blogspot.com](http://lockwoodfarm.blogspot.com)

## July 18 **Upstate Cancer Center**

Ribbon cutting ceremony at 10 a.m. and tours of the facility. Tours on Saturday, July 19, from 9 a.m. to 1 p.m.

## July 18 & 19 **NYS Blues Fest 2014**

**Clinton Square, Syracuse** Free concerts featuring national and local blues performers [nysbluesfest.com](http://nysbluesfest.com)

## July 25-27 **Skaneateles Antique & Classic Boat Show**

Come enjoy the natural beauty of the lake and more than 80 antique and classic boats both on land and in the water. [skaneateles.com](http://skaneateles.com)

## August 1 **Brew At the Zoo**

**Rosamond Gifford Zoo** Enjoy a night out at the 18th annual Friends of the Rosamond Gifford Zoo fundraiser, Brew at the Zoo! Taste regional beers and wines, eat delicious food, and enjoy live music. [rosamondgiffordzoo.org](http://rosamondgiffordzoo.org)

## August 15-17 **Madison Boukville Big Field Antique Show**

Rain or shine with eight big top tents showing hundreds of quality exhibitors plus many individual tents throughout the field, festival foods, wine and beer, delicious lunch served in the comfort of two dining tents supporting a local charity, and free parking. [allmanpromotions.com/madisonboukville.html](http://allmanpromotions.com/madisonboukville.html)

## August 21-September 1 **The Great New York State Fair**

From concerts, to competitions, to rides, and great food, the fair has something for everyone. [nystatefair.org](http://nystatefair.org)

## August 31 **The Bubble Blast**

The Bubble Blast 5K run. This new Fair event starts and ends at the Chevy Court and includes a human washing machine, a slip and slide, and a foamy obstacle course. Register at [bubbleblastrun.com](http://bubbleblastrun.com)

## W ( YOU )

Something to talk about? We love hearing from our readers, so give us a holler on Twitter @CNYWoman, Facebook/CNYWoman and Instagram @CNYWomanMag!



## August 27 **Women's Day at the fair**

Humorist and *Today's CNY Woman* cover girl, **Yvonne Conte**, (February 2013) will be the keynote speaker for the luncheon. Register now at [nystatefair.org](http://nystatefair.org)

# Healthy Eats

Summertime in Central New York means blue skies, cool lakes, and the New York State Fair. It also means the long anticipated start of the farmers market season, which generally runs through mid-fall.

These central markets are a great way to support the local economy while providing one-stop shopping for the freshest fruits, vegetables, and meats for your table. And with more and more markets opening each year around CNY, there's sure to be one near you.

### Onondaga County

#### Central New York Regional Market:

2100 Park St., Syracuse, Thursdays and Saturdays [cnyrma.com](http://cnyrma.com)

#### Camillus Farmers Market:

4600 W. Genesee St., Fridays, 8 a.m. to 2 p.m.

#### Downtown Farmers Market:

Clinton Square, Syracuse, Tuesdays, 7 a.m. to 4 p.m.

#### Greater Baldwinsville Community Farmers Market:

Village Square, in Baldwinsville Wednesdays, 3 p.m. to 6:30 p.m.

#### [gbcfarmersmarket.com](http://gbcfarmersmarket.com)

#### Syracuse Eastside Neighborhood Farmers Market:

Westcott Community Center, 826 Euclid Ave., Wednesdays, 2 p.m to 7:30 p.m.

#### Skaneateles Farmers Market:

1 E. Austin St., Thursdays, 3:30 p.m., Saturdays, 9 a.m. to 1 p.m.

### Cayuga County

#### Auburn Farmers Co-op Market Inc.:

State Street at Routes 5 & 20 (Curley's parking lot) Tuesdays, Thursdays, and Saturdays, 7 a.m. to 2 p.m. [auburnfarmerscoopmarketinc.com](http://auburnfarmerscoopmarketinc.com)

### Madison County

#### Cazenovia Farmers Market:

Memorial Park, Saturdays, 9 a.m. to 4 p.m.



Menorah Park CEO Mary Ellen Bloodgood, center, receiving the Dr. Herbert Shore Award of Honor from Marty Goetz, CEO Rivergarden, Jacksonville, FL, and Carol Silver Elliot, CEO Cedar Village, Cincinnati, OH. This award, given by the Association of Jewish Aging Services, is the highest single honor within the not-for-profit senior care industry in North America.



### And the Crown Goes to...

It was a night of glamour, talent, and confidence on June 8, as the twelve young women of the 2014 **Miss CNY Scholarship Pageant** took to The Palace Theatre stage in Syracuse. The contestants, representing high schools throughout the Syracuse region, wowed the judges with their intelligence, poise, and incredible talents that included, singing, dancing, and other artistic performances. Special guest SCSD Superintendent Sharon Contreras shared an inspirational message with the crowd, and the Syracuse Elks Pride Drumline gave an energized performance. The pageant was emceed by Mojeh Schaniel and Mia Adams McSherry. At the end of the evening, the crown went to Nyaisa Brown, from Corcoran High School. Congratulations, Nyaisa, and all of the 2014 Miss CNY contestants!

**Get ready, Syracuse, for a race quite unlike any other. On Aug. 31 The Great New York State Fair will welcome the Bubble Blast Run**, a wet and wild 5K fun run that includes such obstacles as the human washing machine, a sudsy slip and slide, giant slides, and bubble laser tag. The race, which is untimed, (running, walking, and skipping are all encouraged), will also offer a 3K option, and will benefit ACR Health and Operation Walk, both in Syracuse. Pre-race day registration fee, which includes admission to the fair, is \$45 for participants ages 17 years and older and half-price for ages 7 to 16. Children 6 and younger are free. The registration fee on race day is \$50 for adults. For more information and to register, go to [bubbleblastrun.com](http://bubbleblastrun.com).



# Laura's List: Books for Women

## Sharing the Power of Stories

*A great summer read is like a cup of sweet tea: it tastes good and you simply want more of it. Notable books transcend time, space, and place and allow the reader to be transported to narratives making you feel like a participant in a symphony. Summertime is an opportunity to indulge in sensational summer reads.*

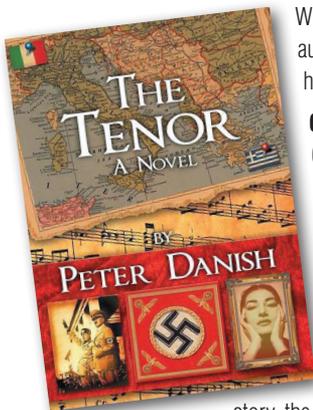
*As I prepare for a day at the lake, my bag is complete with staples such as water bottle, a bookmark with sunflowers, journal to pen reflections, and of course, the crisp, bright white pages of a book. One of my favorite reads this season is **Captivating: Unveiling the Mystery of a Woman's Soul** by John and Stasi Eldridge, and here are a few more summer selections:*

### Sensational Summer Read

**The Signature of All Things** by Elizabeth Gilbert. I absolutely love the copy that Gilbert's publicist sent for review so much that the book is on display in my kitchen next to culinary herbs—apropos given that the story is about botany. The novel follows the fortunes of brilliant Alma Whittaker as she comes into her own in the world of plants and science. [elizabethgilbert.com](http://elizabethgilbert.com)



### Q & A with Peter Danish, author of **The Tenor**



With captivating narrative and global praise, internationally acclaimed author, Peter Danish, shares the backdrop for this riveting story and his favorite book of all time.

**Q: Your scenes in the book transport the reader to Italy and Greece—did you travel there to conduct your research?**

In all, I took more than a half dozen trips there to complete the research. The book has three parts. Part one takes place in northern Italy in the 1930s, in the breathtaking Apennine Mountains. The second part takes place in Athens in 1941, when the Italian army was the occupational force left behind by the Germans after the Nazis had overrun Greece.

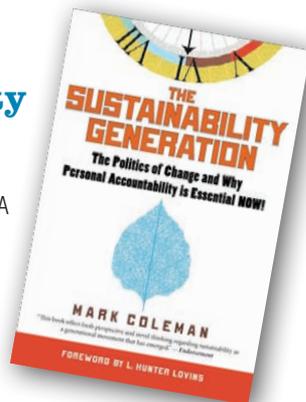
Part three takes place in New York City in 1965, amid Beatlemania, the World's Fair, the Civil Rights Movement, and most importantly to our story, the return of Maria Callas to the Metropolitan Opera after being banned for nearly a decade.

**Q: I have books that are favorites in my personal library—what books speak to you?**

*War and Peace*—easily my favorite book of all time. I find myself quoting from it constantly, more than 30 years after I first read it! [peterdanishthetenor.com](http://peterdanishthetenor.com)

### CNY author, Mark Coleman, author of **The Sustainability Generation**,

continues to share his passion by encouraging us to be committed to environmental and social change—a roadmap to empower us to achieve sustainability. A signed copy will be given away to one lucky reader. Tweet @lauraslist about sustainability to enter!



### Mark Your Calendar...

**First Friday Art & Authors First Friday, Aug. 1, 2014 at Skaneateles Artisans, 3 Fennell St., Skaneateles**

Join Laura for book chat with award-winning journalist and CNY resident David J. Figura, author of *So What Are Guys Doing?* Figura's book highlights his personal journey and showcases interviews with more than 50 guys on middle life topics including career, marriage, family, sex, relationships, God, and inspiration about making changes and taking risks for a happier life. [davidjfigura.com](http://davidjfigura.com)



**Laura Ponticello** is the founder of Laura's List: Books for Women, and author of **Live the Life of Your Dreams: 33 Tips for Inspired Living**. Laura's List is dedicated to sharing the power of our collective stories. If you have a story to share, connect at [laurasbooklist.com](http://laurasbooklist.com) and [goodreads.com/laurasbooklist](http://goodreads.com/laurasbooklist). Share with Laura at [Facebook: LaurasListBooksForWomen](https://www.facebook.com/LaurasListBooksForWomen)



# Chillin' Out

Gannon's Isle Ice Cream scoops its summer flavors—including one dedicated to *Today's CNY Woman!*

By **Ashley M. Casey**  
Photography by **Amelia Beamish**

*Eileen Gannon serves up a cone of Robineau Raspberry Ripple, one of Gannon's Isle Ice Cream's seasonal summer flavors.*



It's fitting that Gannon's Isle Ice Cream and National Ice Cream Month entered the world around the same time—Gannon's in 1982 and National Ice Cream Month in 1984. What better way to celebrate both "birthdays" than with an expertly crafted waffle cone full of the good stuff?

Eileen Gannon, who cofounded Gannon's with her brother John, is the general manager of the Central New York ice cream chain, which now has three locations in Syracuse. She shared with us just how Gannon's goes about selecting and making their 200 rotating flavors of hard ice cream and sorbet.

Eileen says the ice cream team's inspiration is homegrown. "We look to see what's going to be in season. We try to get a local farmer [to supply ingredients]," she says. This year's Strawberries and Cream will include strawberries from Navarino Orchard on Cherry Valley Turnpike in Syracuse. For its other summer flavor,

Gannon's revives an old favorite: Robineau Raspberry Ripple.

All in all, it takes up to two days to handcraft a batch of signature ice cream. Eileen says they start with a semi-frozen mix (made of milk with 14 percent butterfat and little air) at 22 degrees Fahrenheit—"similar to soft ice cream when it comes out," she says. Then, the ice cream is flash frozen at 35 to 40 degrees below zero for anywhere from 12 hours to a couple days. Finally, it is brought up to "dipping temperature" (10-12 degrees) and is ready to serve.

Gannon's tends to choose lighter fruit flavors that are "refreshing for the summer"; however, they are open to suggestions from customers, too. The customers are what make it all worthwhile for Eileen. "It's fun to see people happy. They leave with a smile on their face," she says, adding, "Seeing a kid with their first ice cream cone—it's a blast to watch ... the look on their face." —W

## Gannon's Isle Ice Cream

can be found at:  
1525 Valley Drive  
4800 McDonald Road #6  
401 S. Salina St. Suite 100  
For more information, visit  
[gannonsicecream.com](http://gannonsicecream.com) or  
f Gannon's Ice Cream.

**Gannon's has developed a limited edition flavor for Today's CNY Woman—Pink Lemonade Sorbet. It's available until August 2014, so be sure to have a taste before it runs out!**

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# Play Time

## Shakespeare in the Park offers free family entertainment

By Joanne Settel Moore

Thank goodness Ron Bell, executive director of the Syracuse Shakespeare Festival, has a curious nature.

After moving to Syracuse in 1992, Bell was exploring the city with his wife, Melinda, when they chanced upon the amphitheater at Thornden Park. Bell, a huge fan of New York City's Shakespeare in the Park, stopped the car and walked down the steps to the grassy floor of the amphitheater. He stood there in awe and made a promise to one day bring Shakespeare's works to that grassy stage.

Eleven years later, in the summer of 2003, his dream became a reality with the staging of *A Midsummer Night's Dream*. Since that first production, more than 25,000 people have enjoyed these free performances. This summer, the festival returns with Shakespeare's *Twelfth Night* to be performed Aug. 8 through 17.

While Bell describes *Twelfth Night* as one of Shakespeare's best known and most beloved comedies, he says bringing it to the amphitheater is no easy feat. There are challenges unique to the outdoor venue, especially getting the sound to the audience. The actors have to compete with the ambient sounds of the park, including the nearby pool and athletic fields. "It's a big park and there are a lot of other activities going on," Bell says. "There



Photo by Royce Burgess

are distractions that the audience has to overcome."

Picnicking during the play also raises the noise level, but it is a practice that Bell is able to endorse enthusiastically, thanks to an elaborate sound system. "The wonderful thing about being outdoors," he says, "is of course, being outdoors. People get to enjoy a picnic. They can bring wine and beer and have a good time."

Rain can be an issue as there is no alternative venue, but Bell takes it in stride. "CNY weather is very changeable," he says with a laugh. "We wait until showtime to make a decision and as long as it is not raining on the actors substantially, we go on."

The actors, who have ranged in age from 8 to 80-plus, are no strangers to the region's capricious weather as Bell casts through local open auditions. For some of them, Shakespeare in the Park may be their first time on stage. "About two-thirds of the folks who come to audition have some theater experience," he says, "but not necessarily Shakespeare." He says they will always find a place for inexperienced people interested in learning about theater or acting in general and Shakespeare in particular. Bell believes that interest starts at an early age. In

keeping that younger set in mind, he chooses only comedies to be performed during Shakespeare in the Park and keeps the show under two hours. There is also a place for kids under 10 to play during the show complete with bubbles, beach balls, and small prizes. "We wanted to make it family friendly," he says. "Having the neighborhood support it and having a community atmosphere is very important to us."

Judging from the crowds of past years, Bell has that support. And then some. —W

**Twelfth Night show times:**

Aug. 8-17  
Fridays and Saturdays at 5:30 p.m.  
Sundays at 2 p.m.  
Syracuse Shakespeare Festival  
[syrsf.org](http://syrsf.org)



Photo by Royce Burgess



Photo by Royce Burgess



Photo by Royce Burgess



Photo by Francois James



Photo by Francois James

## Perfect Picnic Checklist

The perfect picnic starts with great food: hearty sandwiches, salads, fresh fruit, and a little something sweet for dessert. Add a bottle of wine or some cold beer to the picnic basket, and you have all of the makings for a memorable meal. But it takes more than just delicious food and drink to make an outdoor meal successful. It takes attention to some of the often-overlooked details listed below. We've included a checklist to make your picnic-in-the-park perfect.

- tablecloth and plastic tarp
- paper plates, napkins, cups, and eating utensils
- wet wipes for cleaning up
- bug spray
- sunscreen
- garbage bags
- corkscrews
- condiments
- lawn chairs
- portable table for food



# Jennifer Bernstein

Several years ago, Dr. Jennifer Bernstein, an English professor, made the life-altering decision to change her career. Her discovered calling: helping kids help themselves get into college. With her experience as an academic mentor, college admissions committee member, and internship program designer, Dr. Bernstein created Get Yourself Into College™, a program designed to guide students through the college preparation process. Dr. Bernstein says that navigating this prep work is very challenging, so the most rewarding part about her newfound niche is seeing students get excited about the process—and most importantly, hearing about their success.



Get **free** access to Dr. Jennifer Bernstein's *What Really Matters to Admissions Officers (and Why)* by visiting [getyourselfintocollege.com](http://getyourselfintocollege.com). For more information, call 516-362-1929.

## **When did you realize that helping kids with the college preparation and application process was your career calling?**

The course of my professional life changed when I was awarded a senior research fellowship at the University of Notre Dame. I was so excited to dive into my scholarship and focus on writing, but I crashed, exhausted from years of overworking, so I turned within. I realized I wanted to concentrate on projects that make a difference in young people's lives. Mentoring was the path for me—and my students.

## **How do you help make the college prep process exciting and meaningful?**

My method is about something deeper and ultimately more important than just helping ninth to 12th graders figure out what they need to do to increase their chances of getting into college and earning scholarships. They learn how to improve their writing skills, present themselves in a mature manner, and connect with their teachers. These underlying skills can make a huge difference in terms of their success in both high school and college. The method also helps them discover their potential by exploring their interests and stretching past their limitations. It's when students get into the groove of their unique experiences and perspectives that they stand out in the admissions process.

## **Describe the most rewarding thing about your profession.**

Helping students develop perspective on themselves and express this perspective in writing (for their applications) and verbally (for their alumni interviews) is definitely one of the most rewarding parts of the process. I worked hard to create a fun yet challenging step-by-step process, so I'm happy to see it working for the most driven, gifted kids as well as for students who need extra support in clarifying and achieving their goals.

## **What are your aspirations for the program?**

I believe that every motivated student deserves high-quality guidance throughout the college preparation and application process, which is why I am committed to making my program affordable to a broad range of students and families. Right now, I am partnering with organizations like Cooperative Federal's Youth Credit Union Program and the Girl Scouts to make the program accessible to even more students. Ultimately, I'd love to get the online program into schools and offer workshops for students, guidance counselors, and teachers.

By **Vekonda Luangaphay**  
Photography by **Rebecca Ondrey**

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*On Being Brave*

# Three Things You Can Do to Show Up with Courage

By **Joleene DesRosiers Moody**

I don't have to tell you that fear keeps many of us stuck the majority of the time. You already know that. But did you know that we lie to ourselves continuously to avoid the pain of growth? To dodge change?

**Here are three things you can do *right now* to show up with courage and go after the things you *truly desire*:**

---

**Joleene DesRosiers Moody** is a transformational speaker, author, and consultant to women entrepreneurs in Central New York. Learn more about her at [joleenespeaks.com](http://joleenespeaks.com) or find her at [f joleenemoody](https://www.facebook.com/joleenemoody).

## 1 Quit Lying to Yourself.

Some of the women I encounter would rather cut off their left arm than admit they are staying where they are because they actually want to. I mean that. They will go on and on with all sorts of reasons as to why they don't do something different or why they can't show up somewhere: "My toothless cat just had a cast put on her foot and I have to be home every second of every hour in case she tries to chew it off."

Your fairy tale doesn't affect me. But it does affect you. Lying to yourself only keeps you in your place of sadness and struggle even longer. Own up to your fears and know that it's OK to be afraid. No one out there is invincible. No one. The most influential, successful, and respectable people own up to their inadequacies and stories because they recognize how limiting they are.

## 2 Ditch the Stories.

Stories are colorful, extended versions of lies. They are the silly fables we tell ourselves (and others) that allow us to continue to play small.

"I don't need to make this call because they don't need my services," or "They don't like me. If they did, they would have chosen me."

We tell ourselves stories because it is easier to stay in our comfort zone than to step out of it and show up big. And how do we justify it? With stories! For years I told myself I had no other place to go in life except as a news reporter. Today, I run a lucrative and powerful business that genuinely changes lives. (Who knew?) If I had stayed in my story, I wouldn't be writing this.

The spell can be broken just by asking yourself, "Is what I'm believing true?" Stand in the space of integrity and decide if it really is true. You have no idea if they need you or not. But you'll never know until you ditch the fable and pick up the phone.

## 3 Have Someone Hold You Accountable.

A friend of mine had the opportunity to speak to a group of women on healthy changes and resolutions back in January. When she recommended the group find someone to hold them accountable for whatever new action they wanted to implement, a Doubting Debbie said from the crowd, "That is *not* a good idea. I don't buy it."

Three guesses as to why she didn't buy it. Yep. Because she was afraid. Afraid that if she allowed someone to hold her accountable, she would be forced to implement and therefore see change. So tell someone what your intention is. Someone you know will truly hold you accountable.

No one ever said change was easy. It's really not. But that's just because we are deeply conditioned by the limitations our culture puts in front of us. It's also because we expect instant gratification. Success with anything takes work. It takes time, and it takes honesty. Go forth and explore your world, love your life, and live with purpose.



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# REBECCA IN WONDERLAND

The creative vision behind the Aurora home décor company MacKenzie-Childs shares her inspirations for the latest collections, plus details on the much-anticipated annual Barn Sale.

By **Courtney Rae Kasper**

Photography courtesy of **MacKenzie-Childs**

Come every summer in Central New York, there's a much-anticipated event that is a rite of passage for fans of the luxury home décor brand MacKenzie-Childs. Avid collectors flock from all across the country to Aurora, N.Y.—the company's headquarters—for an extended July weekend to score marked-down showpieces at the Barn Sale. And leave it to a company that has made playful its trademark to keep the event's date a secret. (Luckily, it was an-

nounced before press time.)

This year the 14th annual Barn Sale is planned for July 17 through 20 on the 65-acre bucolic property that houses the production studio, restored Victorian farmhouse, duck pond, aviary, seasonal gardens, and cattle meadow, featuring sweeping views of Cayuga Lake. (Be on the lookout for the farm's mascot goose, Simon!) Dedicated fans arrive at 5 a.m. to claim their spot in line along the winding path, even more dedicated fans camp out on the grounds several nights before, and the most diehard fans come in teams of matching graphic tees ("I Survived Barn Sale 2013"). During the sale, shoppers sprint between the barn and several white tents nearby featuring different types of merchandise (enamelware here, ceramics there) with live local music and catered barbecue on site for after-shopping downtime. It's a fun-filled day where strangers, friends, and family bond over their love for MacKenzie-Childs—and this



year's Barn Sale must-haves—while standing in hour-long lines, rain or shine, because it's all part of the treasured experience.

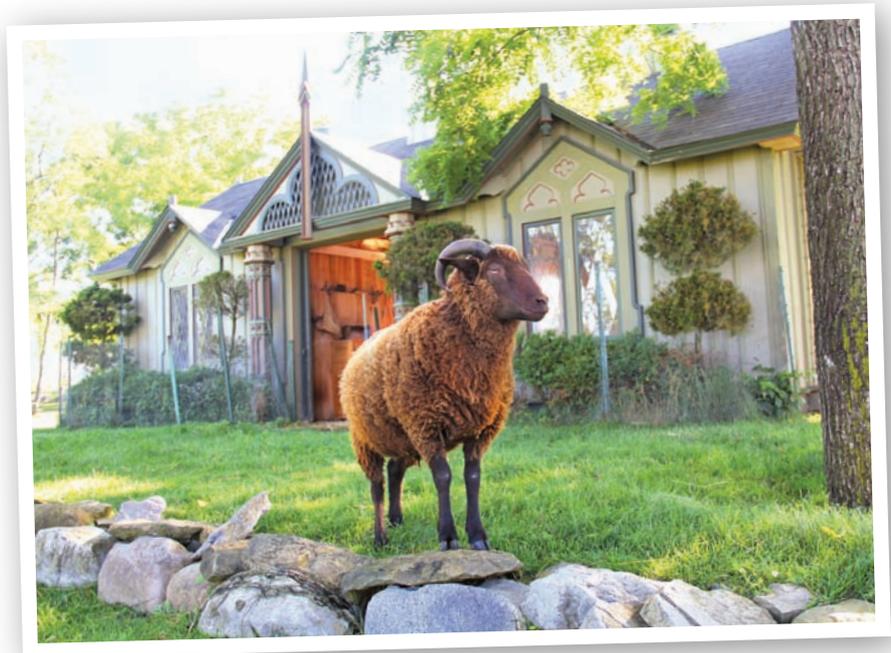
But just what is it about the brand that makes its collectors unceasingly passionate? Ask Rebecca Proctor, the woman who's been creatively leading MacKenzie-Childs for the last decade, and she'll tell you it's all about the emotional connection. "If you ask

a customer what it is about MacKenzie-Childs that they like, the one answer that seems to ring true with everybody is because it makes them happy," says Proctor, MacKenzie-Childs' creative director. "That's the ultimate compliment for us. Our place in home furnishings is to really provide a happy point of view that's not shy; it's a little bit irreverent, it's a little bit daring, it's loud, and it's fun. And we love this about it—it's what keeps us all moving forward."

With Proctor steering the ship, the eclectic home furnish-



ings brand has indeed charted new product territory. Proctor's journey with MacKenzie-Childs began in 1991, just eight years after the original owners Richard and Victoria MacKenzie-Childs established the company. The position of creative director came after 13 years in designing products. At that time, the company debuted 24 designs each season, mostly enamel tableware and handcrafted majolica pottery. Now, under Proctor's leadership, the world-renowned brand introduces 350 products twice a year of furniture, home and garden accessories, jewelry, handbags, and pet gear. Proctor credits her success to the rare privilege of having worked closely with the brand's founders. "I



traveled the world with Victoria and Richard [MacKenzie-Childs] and just really cherished those days of seeing the world through their lens,” she says. “I gained an unusual perspective on the company and why our point of view is important and unique. Those days were the most important building blocks one could imagine for my role today of creative director.”

It’s this refined, yet not too serious style, marked by eccentric, colorful compositions, and a fastidious attention to detail, and high-quality production that, to its acquired fans, sets MacKenzie-Childs apart from any other everyday home décor. This artistry has caught the eye of many celebrities, including Helena Bonham Carter, Angie Harmon, Goldie Hawn, Kris Jenner, Kourtney Kardashian (recently spotted sporting the Courtly Check Hunter boots), and actress Katie Holmes, who in April tweeted a picture of a Courtly Check platter displaying her daughter Suri’s birthday cupcakes. And making sure that each piece of MacKenzie-Childs meets its devoted collectors’ expectations is what the crafters working hard behind-the-scenes in Aurora pride themselves on, Proctor says. “You really have to eat your Wheaties to work in the design department,” she adds. “There’s no typical day, and there’s never a still moment. Everybody here enjoys working really hard and playing really hard—and trying to get as much into a day as possible.”

Proctor, a self-proclaimed “early riser,” starts her day by 5 a.m. with quiet time to write letters, browse on Pinterest, walk her Irish wolfhound, Flanna, and bake breakfast goodies for her husband, a local composer, and their 14-year-old son, a budding classical pianist, before making the half-hour commute from Ithaca to Aurora. When she isn’t flying to and from public appearances, Proctor is racing from office to office at the headquarters where she works with a team of junior and senior designers and product managers. “When people drive by MacKenzie-Childs, they drive along Route 90 and see this sleepy little beautiful farm on the hill and it looks so pastoral and quiet and calm, but it’s like a crazy, buzzing beehive here,” she says. “From the moment I get in to the moment I leave, we are constantly meeting to review new designs, new ideas, new fabric samples, new trims, and exchanging ideas with partners all over the world to keep collections moving forward.”

Proctor says maintaining open communication with every department to see how products are performing in the market is key to how the team adjusts designs each season. And having access to the on-site retail shop gives her the opportunity to chat with customers daily. “It’s fun to exchange dialogue with customers and ask them what they love and what’s working and what’s not working,” she says, adding that this interaction keeps the artisans mindful of how to approach designs each season.

Right now the creative team is in the middle of shooting the fall/holiday 2014 catalog and is also wrapping up the spring 2015 collection, which will be available to customers in January. “This means a lot of samples coming in for review, meeting with furniture decorators to make sure that the painting techniques and patterns are just perfect, and making sure the collections are cohesive with complementary textiles, trims, tassels, pillows, and throws. It’s a lot of last-minute finessing to pull collections together to make sure it all hangs together to tell its intended story.” The inspiration for these stories comes from absolutely everywhere, says Proctor.

Proctor says the stories behind popular collections like Mrs.





Powers are true. “The patterns are named after good friends of ours or places that we love or local streets or families because those things are near and dear to us. We’re a very sentimental bunch of people here,” she says. “Mrs. Powers just called me earlier this week. She is the most extraordinary woman. We built a whole collection around her and she’s in her late 80s now and she’s a real lady that grew up on a neighborhood farm here. We started with the bell, and then the gate; we’ve created a lot of product in Joan’s honor.” Other popular patterns with unique stories are the Aurora pattern, which pays homage to the brand’s headquarters and production studio; Butterfly Garden was inspired by the property’s enchanting gardens; Parchment Check was influenced by a trove of love letters that Proctor discovered in an old suitcase of her grandparents; and the regal



## Barn Sale!

MacKenzie-Childs’ 14th annual Barn Sale is planned for 8 a.m. to 6 p.m. July 17 through 20, 2014  
3260 State Route 90  
Aurora, New York  
Visit [mackenzie-childs.com](http://mackenzie-childs.com)



black-and-white checkered pattern known as Courtly Check started as a minor design accent on furniture in the brand's early stages (fun fact: it was originally called Roasted Marshmallow!).

With such a vast collection of unique pieces, choosing a favorite for Proctor is like asking a parent to name their favorite child. "Every time the design team shows me something new that we've worked on for a long time and we finally get to its final 'this-is-it-aha' moment for that particular piece, I will scream at the top of my lungs, "That's my favorite in the entire world!" she says. "If you asked me what my very favorite new idea is right now I would say the Courtly Check cuff bracelet—it's rather fabulous. And if you asked what my very favorite piece is right in this moment, it just has to be the three-quart Courtly Check teakettle. We think of Courtly Check as our underpinnings; it's a great statement on its own but it's also a great layering piece. It's so bold and proud and funny. Its iconic shape catches my eye every single morning when I make my tea. But, if you ask me in five minutes, it will be something different." Spoken like a true MacKenzie-Childs devotee. —W



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COCKTAILS

( FEATURE STORY )

# Saving The Krebs

Kim Weitsman pulls  
out all the stops to  
restore a treasured  
Central New York  
landmark.

By **Joanne Settel Moore**  
Photography by **Douglas Lloyd**





The pride in Kim Weitsman's voice as she leads the way through the beautifully restored Krebs restaurant in Skaneateles is unmistakable. Each room, from the welcoming front foyer, to the sophisticated dining rooms, to the expansive new kitchen, has a story behind it that Kim, a 33-year-old willowy blonde and part-time Skaneateles resident, shares with a genuine warmth.

Kim, the driving force behind the restoration of the 115-year-old landmark restaurant, accepts compliments graciously but is quick to credit others, preferring the spotlight to be focused on the restaurant and not on her. She will soon get her wish as The Krebs prepares to open its doors this month after a four-year hiatus that included major renovations. And judging by the incredible details and sumptuous interiors that Kim has installed inside, the wait has been worth every minute.

One of the first things that catches the eye is the richly decorated lounge and adjoining wood-paneled bar. The room is sleek and modern yet elegant, with banquettes in deep brown hues lining the oversize multi-paned windows. Framed black-and-white portraits of Fred and Cora Krebs, who founded The Krebs in 1899, grace the walls, a poignant tribute to the deep community roots of the restaurant that Kim and her husband, Adam, purchased in 2010.

At that time, Kim and Adam were in the process of building a home in Skaneateles and the last thing they wanted was to take on another major project. But when the Weitsmans heard from their neighbor, realtor Linda Roche, that The Krebs' long-time owner

Larry Loveless was selling due to the death of his wife and partner, Jan, they had a change of heart. They decided to purchase the restaurant on the spot.

"We did not want to see it close," says Kim. "It has such a rich history serving the community and we wanted to continue that legacy." It was a decision that was soundly applauded across CNY. "Everyone has been very warm and welcoming and supportive of the project," Kim says, adding, "The Loveless family has reached out to us and they're just tickled to see their legacy living on."

**“Our society joins over food. It’s about family and conversations, and making that connection with whomever you are with. We want that to happen here.”**

Despite a full-time job as general manager at her husband's company, Upstate Shredding, and mom to 5-year-old daughter Clover, Kim enthusiastically took

on the role of general contractor for the project. She hired MCK Building Associates of Syracuse for the job. Kim was on site, attended team meetings, and weighed in on all of the construction and interior design decisions. Kevin Gadra, the project superintendent from MCK, says Kim had a solid vision for the restaurant.

"She was adamant that this wasn't going to be 'The Weitsmans.' It was going to be The Krebs and it was going to look like The Krebs on the outside," says Gadra. He also says that her passion for the project and her uncompromising standards, were motivating forces to everyone involved. "Everybody from the plumber, to the painter, to some guy drilling a hole in the concrete was there to execute her design



and intent, and her design and intent was nothing short of perfection,” says Gadra. “She’s tough,” he adds, “but fair.”

Liz Bonesio Thompson, of the interior design firm McAlpine Booth & Ferrier, agrees: “Kim takes control and knows what she wants. She’s very approachable, knows how to run a business, manage people, and manage the project.”

Initially, Kim anticipated that the project would take two years to complete at a cost of approximately \$4 million (in addition to \$1 million they spent to acquire the property). And while the estimated budget was accurate, the time frame was overly optimistic. Ultimately, it took nearly four years, including a year spent on the permitting process. Given the age of the building, other delays were inevitable.

“We knew going in that it was an old structure, so we were ready for surprises,” says Kim. “The biggest surprise was the front of the restaurant. We didn’t realize there wasn’t a foundation under it. But we wanted it to be great, and to be sound and beautiful. Once you find out about a problem, you tackle it and fix it.”

Months later, when the memory of the missing foundation was beginning to fade, Kim, whose attention to detail is legendary among her team, noticed something was off with the ceiling. “It just didn’t look right,” she says. “We had put up all the beautiful trim work and beam work, and I’m thinking, ‘That looks lower in the middle.’” She was right. The ceiling had indeed started to sag although it was almost imperceptible. It was taken down, reinforced, and reinstalled. For Kim, delays like these only added to her resolve to move forward. “We got to a point where we

couldn’t wait for it to open,” she says. “We wanted people to be in here and to hear the chatter and the laughter.”

But Kim’s insistence on incorporating original elements in the new space proved to be yet another time-consuming challenge. While she wanted to honor The Krebs’ history, she also wanted to ensure that the restaurant would stand for another hundred years. The solution, she says, was compromise. Some items, like the pair of gas lanterns that flank the front door, are new, but designed to evoke a bygone era. The same is true of the restaurant’s hardwood floors. Though they have a worn patina that suggests generations of celebratory occasions, they are a new addition and will withstand the wear and tear that Kim knows goes hand in hand with a restaurant.

However, when it came to the original Krebs sign, which had clearly seen better days, Kim would not consider a replacement. “Nothing else would look right except for that sign,” she says. Fortunately, a local craftsman was able to refurbish it. “Everything is as it should be,” she says, glancing towards the newly hung sign. “And,” she adds with her characteristic smile, “it works.”

Kim’s high standards were not limited to just the construction and interior design. She knew the long term success of the restaurant depended on finding the perfect staff. “That’s why it’s taken us so long to open,” she says. “We wanted to make sure we had that right team in place because I wouldn’t be able to give it all the time that it deserves, nor do I have experience running a restaurant. We’ll be here to make sure everyone has a great experience, but,” she laughs, “I will not be in the kitchen.”

That meticulous search culminated in the hiring of Austin



Johnson, a highly skilled chef with training in some of the world's top-rated restaurants, including Noma in Copenhagen and Eleven Madison Park in New York City (see sidebar at right). Kim is giving Austin carte blanche in creating The Krebs' menu, and says it will have a distinctly American feel with an emphasis on farm-to-table cooking. "Our chef is enjoying all the farmers knocking on the back door and saying, 'I can bring this, or I can bring that,'" Kim says, adding, "Everything that can be sourced locally will be." And in a nod to the original Krebs, there will be a seven-course tasting menu in addition to the a la carte menu.

While Johnson has his own grand plans for satisfying the palates of Central New Yorkers, for Kim, the goals were fairly simple: to offer superb food in a warm, welcoming environment that felt like home. "We didn't want it too formal," she says. "Our society joins over food. It's about family and conversations, and making that connection with whomever you are with. We want that to happen here." The Krebs will be open year-round for dinner on Thursdays through Saturdays and on Sundays for brunch. It does not accept reservations, a policy created to ensure that everyone has the opportunity to dine.

Restoring The Krebs to all its former glory was only part of Kim's plan. A more important goal was establishing the restaurant as a not-for-profit organization. All profits from The Krebs will go into a special fund created by the Weitsmans to support local children's charities. Kim, a fervent believer in helping others, sees her daughter as the inspiration for the fund. She says as Clover gets older, she will take on an active role with the fund. "We want Clover to know that she needs to give back and think of others as well. We want to show her the good things to do in life," says Kim. The Weitsmans have guaranteed charitable donations of between \$100,000 and \$200,000 each year.

Although the former-model-turned-entrepreneur-turned-restaurant-restorer is still at her happiest when spending a low-key evening at home with Adam and Clover, she has a quiet determination to go out and make the world a better place. Through The Krebs, Kim will do just that. —W

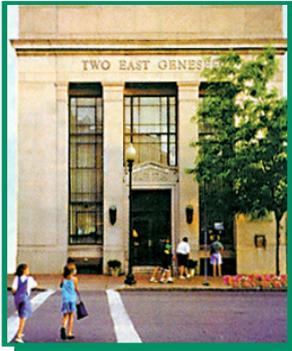


**Meet the Chef** Austin Johnson is on a mission. The 28-year-old Nebraska native and executive head chef of The Krebs wants to win over the hearts—and stomachs—of diners throughout the world. He plans to do so with the freshest ingredients possible from local sources and ultimately hopes to create his own working farm on the restaurant's grounds. It's an ambitious plan, but one which Johnson, whose résumé reads like a Michelin guide to fine dining, and includes a stint as cook aboard a 50-foot salmon fishing vessel in Alaska, can't wait to take on.

Johnson's style of cooking, which he describes as "new American cuisine," emphasizes quintessentially American ingredients with a lot of French techniques. "That doesn't mean an 18-course meal," the soft-spoken chef says with a laugh. "It means a beautiful three-course meal, whether it's lunch or dinner. It means beautiful ingredients and not doing too much to them, letting the carrot be the carrot on the plate. I don't have to puree it, or buzz it, or smash it. It could just be a carrot." It's a deceptively simple outlook from such a talented chef. And it's all part of Johnson's long term plan. "First and foremost, I want this restaurant to be comfortable for the people of Central New York," he says. "My goal is to please the people that support The Krebs, and once we do that, I think it's going to be fun to see people from all over the world dining here."

Johnson's enthusiasm for The Krebs is matched only by his excitement to be living in the Finger Lakes region. The recent New York City transplant moved to Skaneateles this past spring. "I tell people this is probably the only restaurant in the country that could pull me away from New York City," he says with a wide smile. "I'm a very nautical person and Skaneateles Lake was a big part of my decision in coming here." Johnson, who has a self-proclaimed love of sailing, boating, jet skiing, and fishing, should find himself right at home.

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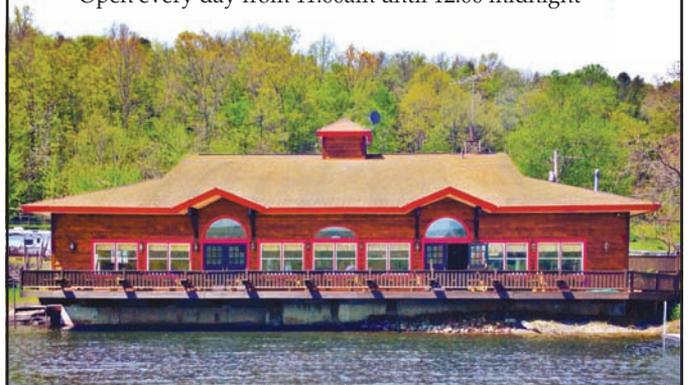
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# PREP AND PAMPER

Summer beauty go-tos for looking and feeling your best at any event.

By **Olivia Bitetti**

From bridal showers and weddings to graduation parties and vacations, summer is filled with opportunities to don that special back-baring dress while sporting those chic beach waves you've been coveting. If only prepping a flawless head-to-toe look was that simple (here's lookin' at you, Gisele). Long gone are the days of a simple mani/pedi and root touchup before special events. Now, you can perfect your tan, shine your hair, gleam your face, detox your body, and even decrease cellulite. Here's a roundup of unique summer skin-saving treatments at area spas. —W

## **Éminence Organic Facial**

**What:** A customized facial using Éminence products (a handmade, organic Hungarian skin care line containing hand-picked fruits, vegetables, flowers, plants, herbs, and spices).

**Treatment:** Smooths and repairs skin with effective antioxidants found in nature. Éminence addresses a variety of skin concerns such as fine lines and wrinkles, sun damage, acne, rosacea, loss of vitality, tone, and radiance. The skin will be cleansed of impurities and treated to a vitamin rich selection of organic botanicals, and a facial massage will lift and stimulate cell renewal.

**Cost/Duration:** \$70; 60 minutes

**Offered Here:** Green Beauty Bliss by Erica Abdo; 835 Hiawatha Boulevard West, Syracuse; [ericaabdo.com](http://ericaabdo.com)

## **Cleansing Back Facial**

**What:** Major TLC for that tough-to-reach spot. Through a process of exfo-

liation and steaming, back facials prep your skin for bathing suit and strapless dress season.

**Treatment:** The back is often neglected in our shower rituals, resulting in a buildup of dead skin and clogged pores. In a dimly lit room with relaxing music, the back is given the royal treatment (think: anti-stress serums, exfoliating gloves, and hot towels). But it's not just the back that receives all the attention. The esthetician uses muscle-easing, anti-stress lotion to massage hands and arms as well as the neck and shoulders. Pores are tended to with a revitalizing steam bath, and a specially formulated back mask is applied to renew and rehydrate the skin, resulting in increased circulation, deep cleansing, and moisturization.

**Cost/Duration:** \$75; 60 minutes

**Offered Here:** Artistry in Hanover Salon; 123 East Water St., Syracuse; [artistryinhanover.com](http://artistryinhanover.com)

### Texture Beach Waves

**What:** Celebrity hair stylist Nick Arrojo's American Wave system creates volume, texture, curl, and beach waves lasting eight to 12 weeks.

**Treatment:** Creates tousled, natural looking waves through a soft perm, free of ammonia. The signature waving lotion is used to tame frizz, add volume, create texture, and enhance movement. The lotion also penetrates the hair gently unlike harsh perming solutions of the past. The style can be blown out into a smooth look or worn in its low-maintenance, natural state. Consultations are recommended to determine whether the hair is suitable for this treatment.

**Cost/Duration:** \$140 and up; 120 minutes (varies by hair length), haircut included

**Offered Here:** Innovations Salon and Day

Spa; 3627 Route 31, Liverpool; [innovationsdayspa.com](http://innovationsdayspa.com)

### Organic Spray Tan

**What:** All natural, sunless tanner that is free of alcohols, oils, perfumes, parabens, and odors and applied by a trained technician. The three-ingredient tanner is made from DHA (a natural tanning agent), highly purified water, and natural bronzers.

**Treatment:** Provides streak-free, safely sun kissed skin for any special occasion. The tan deepens over a six-hour period and lasts for a week. Be sure to exfoliate the skin with a non-oil based exfoliant, shower, and shave before your appointment, and wear loose clothing.

**Cost:** \$40 initial full body

**Offered Here:** Encore Salon and Day Spa; 203 S. Main St., North Syracuse; [encoredayspa.com](http://encoredayspa.com)

### Smooth & Soothe Body Treatment

**What:** A total body treatment for both dry, weathered skin due to sun exposure, and a preparative procedure prior to a sunless tanning application.

**Treatment:** Slough and buff the texture and surface of the skin to prep for sunless tanning or restore moisture after indulging in the sun and outdoor activities (the post-vacation must-have). This full-body rehydration experience begins with an aromatic foot soak and total body sugar scrub, which serves as a humectant to create an even layer of skin for the body's rehydrating process. Feel refreshed and restored with an aroma relaxation accompanied by essential oils. Hydrating at the end facilitates rebalancing of the body, while a moisturizing blend nourishes and hydrates the new layer of the skin.

**Cost/Duration:** \$90; 90 minutes

**Offered Here:** Sanctuary Spa; 3200 W. Genesee St., Syracuse; [sanctuaryspasyr.com](http://sanctuaryspasyr.com)

### Champagne & Rose Pedicure

**What:** Champagne oil and grape seed

peel combine with aromatic hints of rose to create a mask for the feet that exfoliates and rids them of dead skin cells.

**Treatment:** Utilizes grape-derived enzymes along with fruit acids to gently remove the dead skin cells and calluses of the feet. The home-made champagne oil mask is rich in vitamin E to help reveal smooth skin. Once the mask is removed with a hot compress, a champagne and rose lotion is applied, and the toenails and nail beds are buffed, shaped, and trimmed, followed by a polish. Clients can relax in a state-of-the-art massage chair complete with a whirlpool spa boasting—you guessed it—champagne and rose mineral soap.

**Cost/Duration:** \$45; 60 minutes

**Offered Here:** Volpe Salon and Day Spa; 8050 Brewerton Road, Cicero; [volpeofcicero.com](http://volpeofcicero.com)

### Anti-cellulite Coffee Body Scrub

**What:** Natural and organic European cellulite treatment. Full body exfoliation and cleansing through the use of coffee and green tea extracts, targeting problem areas related to cellulite and loose skin.

**Treatment:** Last minute tone and tighten before a big event. The body is wrapped and pampered in a warm solar sleeve while a specially formulated coffee and green tea treatment stimulates cellular metabolism, helping to tone and firm underlying tissue through the caffeine present in the coffee grounds. This treatment also acts as a detox by extracting impurities from the skin through the use of concentrated steam prior to the body being wrapped. Skin will feel smooth and tightened immediately after the treatment, and the appearance of cellulite will be drastically reduced.

**Cost/Duration:** \$80; 60 minutes

**Offered Here:** Spa on The River; 2372 W. Genesee Road, Baldwinsville; [spaontheriver.com](http://spaontheriver.com)

# CRACKING THE DRESS CODE

What to wear when the invitation calls for creative black tie or other fashion mysteries.

By **Joanne Settel Moore**

Not quite sure of the difference between semi-formal and cocktail attire? Don't worry, you're not alone. Invitations are becoming more and more creative in their dress code requests, causing even the most seasoned partygoer to panic when planning an outfit. Sure, black tie still means a tux, but newcomer categories like "business casual" or the maddeningly vague "festive attire" can be difficult to decipher. But there's good news. With the help of some of CNY's most knowledgeable clothiers, we've taken the mystery out of party attire. —W

*If the invitation says...*



## White Tie

Think Buckingham Palace, Downton Abbey, or the Oscars. For women, white tie means floor-length gowns and elegant jewels. According to Jeffrey Mayer, associate professor of Fashion Design at Syracuse University, this category is known for its rules. Opera gloves, for example, which are still considered customary at many white tie events, are only to be removed when eating, even if only a cocktail canape, says Mayer. But, he cautions, "Any removing of the gloves in public should be done discreetly and not in the style of a burlesque dancer." Mayer points out that although white tie occasions may be few and far between in Central New York, it is a look that is rich with history and tradition.

## Black Tie

Think classic. Although black tie traditionally suggests long evening gowns for women, Melissa Aiello, co-owner of Melissa James Boutique in Fayetteville, sees more and more women reaching for the short cocktail dresses instead. "Even though CNY is less formal than more 'metropolitan' areas, when the invitation states black tie that equates to dressing up," says Aiello. "We encourage women to go for long gowns for these special events due to the fact that there is a lack of opportunity to dress up in our area." She is quick to remind women that they can always alter a long gown after the event into a cocktail length for other, less formal events.

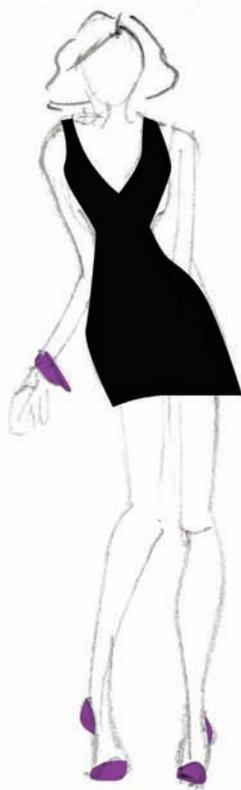
## Black Tie Creative

Think black tie with an added twist. Black tie creative is the imaginative cousin to the traditional black tie. Jim Fresina co-owner of Melissa James offers his take on this increasingly popular dress code request. "My interpretation of black tie creative means bending the rules a little," says Fresina. "That great black dress might take on an 'edgier' look by pairing it with a great print shoe rather than wearing it with a plain black shoe. This would be stepping out of the box but yet maintaining a formal look." He also stresses that accessories can make the outfit. "Rather than wearing a simple strand of pearls with your dress, accessorize with statement jewelry. Adding the extra sparkle can take your look from 'simple' to 'wow!'"



### Semi-Formal

Think elegant—longer cocktail dresses or dressy separates. According to Cate Davis and Sally Mason, the fashionable duo behind *cate & sally* in Skaneateles, this category is subject to broad interpretation and can easily go from chic to sassy. They agree that when the event calls for semi-formal wear, dresses that fall to the knee or mid-calf are always appropriate, but they are quick to add that women have other options, too. A well tailored dressy suit with bold accessories or a chic underpinning in a graphic print will also work well for a semi-formal event. Or, perhaps long, flowy pants paired with a dressy top in classic lace. Another winning look, say the owners, is a basic sheath in crepe or lace (fit is critical here, they stress). A piece of statement jewelry or pumps in a vibrant shade complete the look.



### Cocktail

Think little black dress. Marie Adornato, owner of *Spybaby Bridal* in Syracuse and a former contestant in the Miss America Scholarship Pageants, knows this category well. After all, she has been outfitting women for special occasions for the past 18 years. She recommends a sharp, versatile cocktail dress but says that “little black dress” is always a safe bet. “I personally like to see women venture into the world of color,” she says, adding, “The high-low hemline dress can also be a great look, especially when paired with hot shoes.” During the cold CNY winters, Adornato says a beaded top with a comfortable pant is a completely acceptable option.



### Business Casual

Think stylish and relaxed but still professional. The invitation may say “business casual,” but Randi Zabriskie of Jane Morgan’s Little House in Aurora, says that doesn’t mean to get crazy and don your favorite jeans and tees. “Business is still business for men and women,” she says. Trousers or a skirt with a simple blouse could replace the serious suit or dress. Add a great piece of jewelry and keep patterns subtle. Zabriskie also says that cleavage and tight fits are verboten and suggests when in doubt, observe what your superiors are wearing and let that guide you.



### Casual

Think fashion meets comfort—jeans with stylish tops and casual dresses. “Summer in Central New York, can mean blistering temperatures,” says Laurie Hunt of Lillie Bean in Cazenovia, a boutique that specializes in casual wear for women. “Summers are busy, and after months of hibernation, my customers just want something to throw on and go,” she says adding that no fuss can still be chic. “Playful sundresses offer simplicity while keeping cool,” she says, adding they are the perfect choice for casual events; whether it’s a weekend trip to the farmers market, or a concert on the lake.

*Fowler*



# The Portable Garden

## Tips for successful container gardening

By **Mary Schalk**

Photography by **Douglas Lloyd**

Container gardens are a fun and creative way to add color and greenery without the time commitment of a full garden or labor intensive landscaping. They're perfect for entryways, decks, and porches and provide continuous color all season—and by following the tips below, you'll find that they are surprisingly quick and easy to create, too.

When choosing plants think of the “thriller, filler, and spiller” technique. “Thrillers” are plants with height and drama and go in the center of the pot. “Fillers,” medium to small size plants like alyssum, petunias, or asparagus fern, surround the thriller. “Spillers,” like sweet potato vine, English ivy, lobelia, and others create a beautiful cascade from the container.



When contemplating your mix, use odd numbers, usually three of each kind, and create visual contrast by using a variety of flower shapes and sizes. Large flower heads and leaves (like petunias, daisies, geraniums, and coleus) create structure, while medium and smaller size flowers create a full, lush look.

It's also important to consider the “tone” you are creating; mixing flowers of purple, blue purple, and violet creates a calming and sophisticated look while reds, greens, purples, and oranges work together for a more exciting look. And think of green as a color, too. There are blue greens, yellow greens, and medium cool greens that can add a crispness to the overall look. Add a pop of white to brighten things up and create a break from colors. Think outside of the box by including edibles such as herbs, lettuce, peppers, and kale into your container garden.

Be mindful of getting to know your annual plants and matching the plants to the conditions. Make sure to use heat-loving plants like lantana, verbena, and petunia in full sun where they will thrive. Shade lovers include coleus, begonia, ferns, and fuchsias. When in doubt, read the tag or do a quick online search.

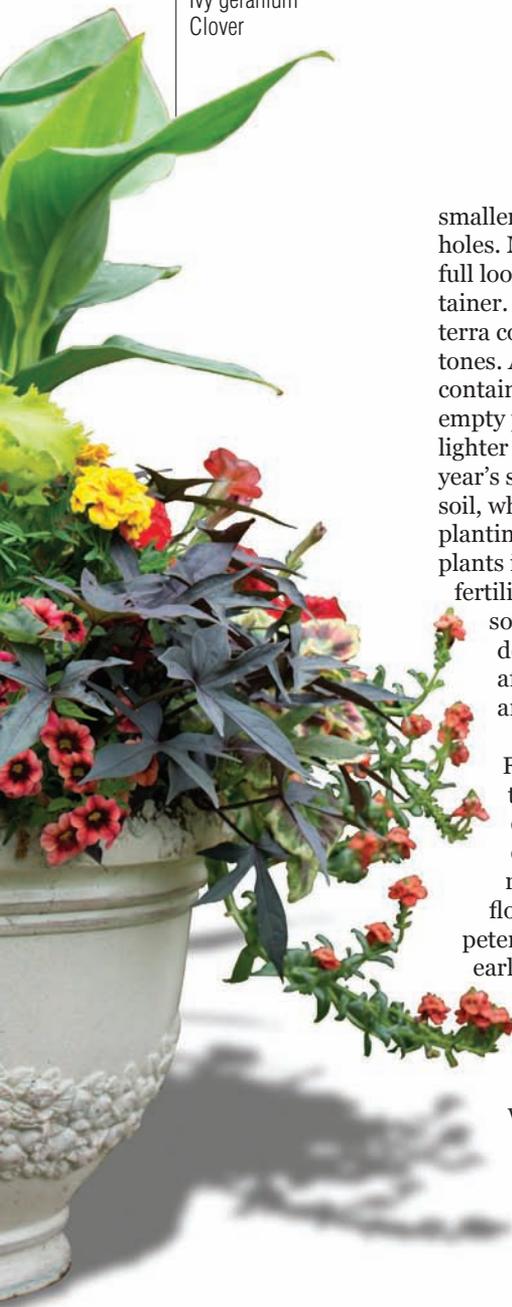
Another important factor to consider before purchasing or planting is the container itself. Always make sure there are drainage holes, or place a





### Container Recipe:

Canna Lily  
Coleus  
Petunia  
Calibrachoa  
Lantana  
Sweet potato vine  
Ivy geranium  
Clover

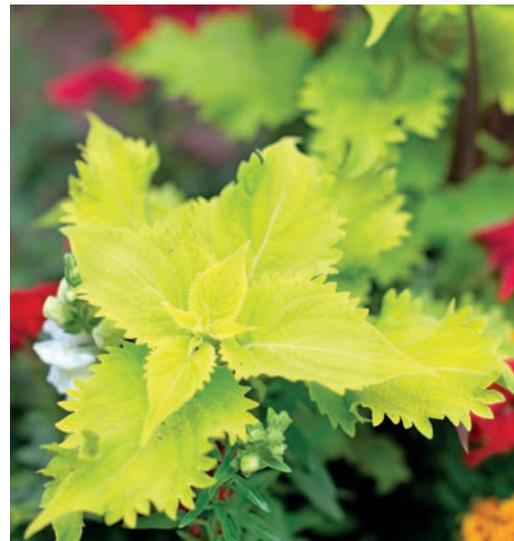


**Mary Schalk** is a certified master gardener for Onondaga County Cooperative Extension. She designs gardens and mixed containers for residential and corporate clients throughout Central New York. She is also the owner of Mary Schalk Interior Design and has taught interior design at Onondaga Community College. She can be reached at [mschalk@twcny.rr.com](mailto:mschalk@twcny.rr.com).

smaller pot inside a larger one without drainage holes. Make sure to plant enough flowers to get a full look and work with the color of the container. Light colored planters go with anything; terra cotta pairs nicely with orange and purple tones. An expert tip when planting is to fill large containers half full with styrofoam pieces or empty plastic bottles. It will make the container lighter to move and save on soil. Don't reuse last year's soil—use a good potting mix, not garden soil, which is too heavy for containers. When planting, water soil thoroughly before putting plants in, then water again. Mix in a slow release fertilizer (like Osmocote) to the top layer of soil so plants stay fed during the season. And don't be afraid to pinch the flowers back after planting. It stimulates root growth and plants will become fuller.

For ongoing care, water once a day (sometimes twice during hot and dry spells), especially while the plants are getting established. Deadhead spent flowers regularly throughout the season to keep flowers blooming. And when plants start to peter out in late summer, replace them with early fall plants like asters, mums, celosia, and grasses to extend the season. Many vines will last through fall as well.

Most importantly, have fun. Experiment with colors and flower combinations. Each year is a new opportunity to challenge yourself more as you learn about flowers and their habits and discover your own unique style. —W





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# The Trip to Bountiful

It's berry picking time in CNY

By **Joanne Settel Moore**

With more than half a dozen pick-your-own berry farms in Central New York, enjoying farm-to-table fresh fruit has never been easier, or more colorful. Strawberries, blueberries, blackberries, cherries, raspberries—the list changes almost weekly as different fruits come into season.

Casey McManus, pastry chef at Pascale Bakehouse Café in Fayetteville, finds berries positively inspirational. “As a chef who enjoys using fresh, locally produced ingredients, there is nothing better than summertime and berries,” she says. “Whether it’s freshly picked straw-

berries with a bowl of whipped cream, or blackberries dipped in chocolate, the options are virtually endless, making berries the most versatile ingredient in any kitchen.”

The cobbler recipe that follows was created by McManus and is a perennial favorite at Pascale Wine Bar & Restaurant. McManus recommends serving this summer treat warm with vanilla ice cream. Mmm. —W



## Pick-Your-Own

Where to find seasonal berries around CNY. Be sure to check websites or call for availability and picking times.

- Abbott Farms**, Baldwinsville — [abbottsfarms.com](http://abbottsfarms.com)
- Burdock's Berries**, Marietta — 315-673-1981
- Hafner's U-Pick**, Baldwinsville — [hafnerfarms.com](http://hafnerfarms.com)
- Hencles Berry Patch**, Baldwinsville — [henclesberrypatch.com](http://henclesberrypatch.com)
- Lelakowski Pompey Hill Strawberries**, Pompey — 315-677-9547
- Navarino Orchard**, Onondaga — [navarinoorchard.com](http://navarinoorchard.com)
- Reeves Farm**, Baldwinsville — [reevesfarm.com](http://reevesfarm.com)
- Strawberry Fields Hydroponic Farm**, Skaneateles — [strawberryfieldsupick.com](http://strawberryfieldsupick.com)
- Williams Farm**, Cicero — 315-699-3442

## Mixed Berry Cobbler

### Berry Filling:

3 quarts fresh berries (strawberries, blackberries, raspberries, blueberries), hulled and cleaned  
½ cup sugar, granulated  
1 vanilla bean, cut in half lengthwise and scraped (optional)  
½ tablespoons lemon zest  
½ tablespoons orange zest  
3 tablespoons orange juice  
1 ½ tablespoons cornstarch  
Splash lemon juice  
Splash vanilla extract

### Cobbler Topping:

3 sticks butter, softened  
1 ½ cups sugar, granulated  
3 eggs  
½ tablespoons vanilla extract  
2 cups flour, all-purpose  
¾ teaspoon baking powder  
Pinch of salt

1. Preheat oven to 375 degrees. Spray either a 9 x 9 (thicker cobbler) or a 9 x 13 (thinner cobbler) baking pan with non-stick cooking spray.
2. Prepare the berry filling in a large saucepan over medium-low heat. Combine all ingredients and bring to a slow boil. Cook just until berries start to pop. You will want to make sure there are plenty of large berry pieces present when finished cooking. Depending on size and type of berries, a tablespoon or more of additional cornstarch may be needed to achieve the desired thickness. Remove from heat and carefully pour into prepared pan.
3. Prepare the cobbler topping by using either the paddle attachment for a stand mixer or hand mixer. Beat butter and sugar on medium-high speed until light in color and creamy. Scrap well. Add eggs and vanilla; mix just until combined. Scrape well. Add flour, baking powder, and salt. Mix well and scrape bowl to ensure proper incorporation.
4. Spread a thin layer of cobbler topping on top of berry filling to cover. Refrigerate any remaining dough.
5. Bake for approximately 45 to 55 minutes or until golden brown.
6. Remove from oven and cool for at least 30 minutes before serving.

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**“I believe that  
no matter what your faith  
perspective, the world  
should be a better place for  
you having lived on it.”  
—Dr. Lynn-Beth Satterly**



# The Spirit of Collaboration

The group of volunteers at the core of Amaus Medical Services at Cathedral heal and teach a community.

By **Ashley M. Casey** Photography by **Amelia Beamish**

The clients at Amaus Medical Services live with issues such as homelessness, hunger, unemployment and disease. But no matter who walks in the door, whether it's someone off the street or a recently laid-off professional, they're all treated with the same fondness and respect by Amaus' 30-plus volunteers.

"The thing that makes us unique is we are all-volunteer from the top down," says Dr. Lynn-Beth Satterly, founding medical director of Amaus.

Located in the back of the Cathedral of the Immaculate Conception in Syracuse, Amaus was founded July 7, 2007, as a full-service walk-in clinic for people without health insurance, and the clinic is continuing to give back. Made possible through a grant from the CNY Community Foundation, an on-site dental clinic is expected to open in mid-July.

Though she won't claim the title of leader, Dr. Satterly and her team have forged connections with their patients and with each other over the last seven years.

"I believe that no matter what your faith perspective, the world should be a better place for you having lived on it," Dr. Satterly says.

Her colleagues at Amaus agree. Nancy Black, a registered nurse and certified diabetes educator, attends Plymouth

Congregational Church just down the street from Cathedral and felt called to join the neighboring church's clinic.

"We can share from one another and learn from one another—not just from a medical point of view, but from a life point of view," Black says. "Like Dr. Satterly, I feel very strongly that we need to help educate each other and learn from one another."

Ann Byrne, a retired registered nurse, has volunteered at Amaus since the beginning.

"I feel grateful that I can do something like this because I've been blessed with good health," she says. "I like to see [the clients'] lives get turned around in a positive direction."

Frances Bergan, RN, MSN, reflected that the spirit of collaboration and helping others has come full-circle for some people at Amaus.

"There are a couple individuals who came in as patients who continued in volunteering here," Bergan says.

"One of the remarkable things about the world of volunteerism is there tends to be a lot of turnover, and that's not our experience," she adds. "Our volunteers—the majority have been with us from the beginning of their commitment."

Dr. Satterly, who is associate director of the physician's assistant program at Le Moyne College, encourages local medical students and service providers to volunteer at Amaus to sharpen their skills. Several of her PA students and Le Moyne nursing students volunteer there.

Registered nurse Mary Lou Rotella says the volunteers "complete each other, almost."

"Everybody's willing to pitch in and do everything they're asked to do. There's no hierarchy here," Rotella adds. A public health nurse with 20 years of experience under her belt, Rotella began volunteering at Amaus to ease back into her profession.

"Just knowing that you're looking at the whole person and just being there for them, knowing that you're doing something useful for somebody at times when they can be the most stressed [is rewarding]," Rotella says.

Regardless of the warm fuzzies these women get from volunteering, they never lose sight of the fact that they're there for their patients.

"A person leaves and you see a great relief on their face, someone comes in and they're stressed and they're frightened," Dr. Satterly says. "Helping those people to have a more dignified life is each of our responsibilities." —W

**Amaus Medical Services** is located in the Cathedral of the Immaculate Conception at 259 E. Onondaga St., Syracuse. They treat 80 to 90 clients each month. To learn more, call 315-424-1911 or visit [cathedralsyracuse.org/amausmedicalservices.html](http://cathedralsyracuse.org/amausmedicalservices.html).

## Do you know any unsung heroes?

If you know a volunteer or another inspiring person who gives her all to her community without asking for anything in return, let us know. Email [editor@todayscnywoman.com](mailto:editor@todayscnywoman.com) with your ideas.

Frances Bergan, RN, MSN; Ann Byrne, RN; Mary Lou Rotella, RN, BSN; Lynn-Beth Satterly, MD; and Nancy Black, RN, CDE, pose in the prayer garden at the Cathedral of the Immaculate Conception.



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