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Volume 8, No. 47 • September 15-21, 2014

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IHS Struggles to Keep Principals

By Lori Sonken

A search is under way once again for the next principal of Ithaca High School (IHS). Whomever is hired will be the fifth principal Ithaca has had in 11 years. Over the past 30 years, there have been 15 different principals, according to Jarett Powers, IHS's principal until Nov. 1, when he becomes superintendent of the Union Springs Central School District.

Why is it so difficult for IHS to retain principals? Several administrators and former principals shared their opinions.

"I'm not sure the people who run the district know or have ever recognized that their support is critical for the person they hire as principal to be able to do the job they are hired to do," says Susan Strauss. She was principal at IHS from 1997 to 2000.

When a parent calls the superintendent to complain about something at the high school, the superintendent should defer to the principal, but that doesn't always happen. Sometimes school board members or the superintendent step into matters that shouldn't be in their purview, Strauss says.

"The school board members are supposed to be policy makers. They're not

supposed to be involved in the day-to-day operations of the school," she adds.

Joe Wilson was IHS principal from 2004-09. He says, "A principal can be successful if there is a common set of assumptions about how students are going to progress through the school and how they are going to behave in the school." During his stint, he says,

there was "no commonality among board members about how things should transpire, how things should be done and what should occur if things don't play out as planned. Every situation and every student was some kind of exception. That simply doesn't work," he explains.

To illustrate his point, he recalls what happened dur-

ing spirit week when the students celebrated "color day"—a day when each of the four classes dress in their class colors. School administrators and everyone involved, including the students, agreed beforehand on how the day was to proceed and which activities were and were not allowed.

A large group of students in the senior class were "blatantly disruptive" when they burst through the cafeteria splashing paint on the windows and walls. As a consequence for their actions, one administrator wanted to cancel the Saturday-night spirit dance. Instead, the principal and administrators were summoned to the school board to discuss the incident.

"Each of the nine board members gave us his or her opinion, direction, criticism. Nothing they said was consistent," Wilson says.

The school board's composition is different now than it was when Wilson and Strauss were principals. Wilson has the impression that "conditions may have changed for the better."

Strauss notes that, "There was a parade of principals before I got there and after I left." She left Ithaca in part

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Streets Alive!



Photo by Kathy Morris

Plain and Wood streets on Ithaca's Southside were thronged with walkers, cyclists, chalk artists, rollerskaters, dancers and other manifestations of car-free culture, from on Sept. 7 during the fifth biannual "Streets Alive!." The hugely popular open street event is hosted by Bike Walk Tompkins and Way2Go. Scores of volunteers manage the intersections and keep things running smoothly, as well as offer free bike repair for all bike sizes and all ages.

Experts Pen Forest Farming Guide

By Eric Banford

Forested land is most commonly managed for timber or hunting. It is rarely used to its fullest potential. Local residents Steve Gabriel and Ken Mudge hope to change that, offering a strategy to farm the woods to produce fruit, nuts, mushrooms, medicinal herbs, ramps, maple syrup and other foods and goods. Their strategies are outlined in the book "Farming the Woods," recently published by Chelsea Green Publishing.

Gabriel and Mudge came together when Steve took Ken's agroforestry class at Cornell. Gabriel eventually helped to teach the course, and over time they began collaborating on research. As they taught together, they realized there wasn't a good, single reference for what they were teaching. The idea for this book slowly evolved, and they each started working on chapters that emphasized their expertise. Gabriel focused on the permaculture angle of forest farming, while Mudge drew from his research on American ginseng, forest-cultivated mushrooms and his work at Cornell's MacDaniels Nut Grove.

"We were pulling our materials from a number of readings," Gabriel recalls, "and Ken mentioned to me that he wanted to write a book. At first I was going to help edit things, but as

we got started, we decided that I would co-author. He's got a lot of technical expertise, and I was able to bring the permaculture perspective in, which really looks at the whole forest system."

Mudge recently retired after serving as an associate professor of horticulture at Cornell, where he was involved in agroforestry research, teaching and extension for over 20 years. In 2002, he rediscovered the MacDaniels Nut Grove, which was originally planted in the 1930s by pioneering horticulturist L.H. MacDaniels.

"What I've enjoyed doing is trying different crops and see what will grow there," says Mudge of his time working in the grove.

Agroforestry traditionally consists of the following elements: forest farming, riparian buffers, silvopasture, windbreaks and alley cropping. Mudge and Gabriel add forest gardening to the mix. "Forest farming is cultivating non-timber forest crops under the canopy of an established forest. Forest gardening has to do with starting from scratch to build an ecosystem that mimics a forest," says Mudge. "I'm interested to see how experienced agroforesters react to the addition that we've made."

Mudge says that he and Gabriel raised money to conduct case studies

of specific forest crops and traveled to talk with experts as much as they could. "Steve visited pawpaw farmers in Ohio, mushroom farmers in the Midwest; I went to North Carolina to visit Rodney Webb, who grows mushrooms and medicinals. We did case studies with farmers in this area, like Steve Sierigk in Trumansburg," he says.

Gabriel says the book is targeted at farmers and woodlot owners who have forests they are not fully utilizing. "Folks who own land with woods that want to expand the potential production. There's a mix of crops that really make sense for commercial interest and also for hobby, and a lot that is really just for the hobbyist. And it's about relating to your woods in a healthy way."

Gabriel feels that forest farming is a good way for beginning farmers to pursue niche markets, since there are already many established vegetable and animal farmers. "If you're a beginning farmer, this is a good opportunity to get started with something unique. With shiitake mushrooms, for instance, you can soak and harvest logs before or after work. It lends itself to a flexible schedule," he says.

"First, it's a book about how to grow mushrooms and ginseng, but there's

Please turn to page 16

Poet Kicks Off Plantations Lecture Series

By Amanda K. Jaros

The 18th edition of the Cornell Plantations Fall Lecture Series has something for everyone. From wildlife habitats to ecological vision to bonsai, the 2014 series includes six presentations by some of the most knowledgeable leaders in the botanical fields.

Sonja Skelly, director of education at Cornell Plantations, has overseen the series for the past eight years. Each year she searches for current and relevant botanists, horticulturists and gardeners who have something unique to offer. She also receives numerous recommendations and suggestions from other arboretums and gardens; her stack of information on presenters is four inches thick.

"The hardest thing is to pick someone," Skelly says. "A lot of the suggestions we get are really phenomenal." Luckily, she doesn't work alone; there is a committee of Plantations staff, and at least one Cornell student, who assist Skelly in making the best choices. "We are aiming to have lectures that appeal to the Cornell community as well as the broader local community," Skelly says.

There are other factors that guide the series choices. Of the six lectures offered, five are endowed, Skelly says. "The endowments specify that the lecture needs to be focused on a certain area." Among the endowment topics are the connection between plants and people, horticulture and current environmental issues.

The first lecture, which was held on Sept. 3 at Cornell's Call



Photo by Amanda K. Jaros

Poet Joanie Mackowski reads to the audience during her presentation at the Cornell Plantations.

Auditorium, was the William H. and Jane Torrence Harder Lecture, the kickoff lecture of each year. "Torry Harder endowed this lecture in honor of his parents," Skelly explains. "It's meant to bridge the two disciplines of nature and literature."

The relationship between these two fields is full of opportunities and connections that Plantations staff, as well as Skelly, are very excited about it. Since the inception of this particular lecture, Cornell Plantations has turned to the Cornell Department of English for suggestions of people whose work speaks to both of these topics.

This year the kickoff lecture was presented by Joanie Mackowski, poet and Cornell professor of English, and was titled "You're the

Bee's Kinesis: Poetry and Coevolution." Mackowski began by sharing her worry that poetry is an endangered species and went on to warn her audience of her shortcomings. "I am working and thinking beyond the bounds of my usual sphere. I've been thinking about biology, linguistics and even neurology—things I have no business talking about," Mackowski said. "I have been issued a poetic license, though." This is ultimately one of the wonders of poetry; it can be written on any topic.

Mackowski questioned the role of poetry. She poked fun at her own discipline by answering her question thus: "Maybe it is a way to make a large group of people tense up and tune out." The evening included many readings of

Mackowski's own work, as well as the work of other poets, and so she had a suggestion for the audience. "Don't think about it," she said. "Listen. Let the poem fly into your head of its own accord as if it were a bee."

Throughout the evening, Mackowski enthusiastically read many poems and covered many topics. She discussed the theory that language is itself an organism, which evolves and grows alongside thoughts. She also noted how poetry is a physical experience, using Emily Dickinson's verse to exemplify how the rhythm of a poem can move the whole body with its musicality.

Mackowski's lecture, which was followed by a reception and garden party at the Plantations Botanical Garden, was the start of a promising series. Several of the lectures have accompanying, related events. Next up, on Sept. 17, is the Audrey O'Connor Lecture, in which author Amy Stewart will discuss her book "The Drunken Botanist: The Plants That Create the World's Great Drinks." There will be a botany cocktail party where guests can sample some of those libations.

On Oct. 29, the Plantations celebrates its 70th anniversary with a lecture by Scott Peters, a professor of education at Syracuse University. His work focuses on Liberty Hyde Bailey, who 70 years ago saw the need for Cornell to have a botanical garden and arboretum in order to compete with other world-class institutions. Peters will expand on this effort, particularly Bailey's ecological and

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A conversation with Jens David Ohlin,
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and Carlos Figueroa,
Assistant Professor of Politics, Ithaca College

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Glamour Camping, Tompkins County Style

By Sue Henninger

The words glamour and camping aren't usually mentioned in the same breath. But that's about to change in Tompkins County with the advent of "glamping," an outdoor activity that's already popular in Europe and the western U.S.

Firelight Camps, situated on the spacious grounds of La Tourelle resort and spa in Ithaca, is the brainchild of local residents Robert and Emma Frisch and their business partner Kyle Reardon. The new "glampground" currently consists of six sites, with a permit from the Town of Ithaca to expand to 25.

The four tenets of Firelight Camps—preservation, connection, immersion and stewardship—will appeal to the environmentally conscious, and the tents themselves are safari-style (using untreated lumber), with hardwood floors and strong netting to keep the elements and insects at bay. As with more traditional campsites, there is no electricity, but guests are given a small headlamp when they check in and each tent has battery-operated lanterns on the bedside tables.

Though the Frisches encourage everyone to give glamour camping a try, their initial target market is threefold. Robert feels the pastime will appeal to young city-dwellers with no camping experience or outdoor equipment of their own, young families who have never camped before and are looking for an easy way to try it (children of all ages are welcome at Firelight Camps), and to "empty nesters" seeking a romantic getaway but

also eager to meet other glampers over breakfast, at the evening cocktail hour, in a game of bocce or around the campfire.

The fire pit, located next to the main tent, is surrounded by luxurious chairs and sofas, but the real treat for many is the gourmet s'mores created by Food Network finalist, food blogger and owner of Frisch Kitchen, Emma Frisch, featuring flavors such as rosemary-lemon and banana-Nutella. Emma is responsible for the breakfast menus, too, which include local products such as breads from Wide Awake Bakery in Trumansburg, preserves from a regional farm and homemade granola from Frisch Kitchen.

Ron Poole and Sandra Romeo fit the glamping profile perfectly. Poole says he liked camping when he was younger but a bad back has kept him out of a tent, though he still enjoys the outdoors. He's never heard of glamping but is enthusiastic about the concept. "It allows you to be comfortable doing something that's not really comfortable," he says, observing the tent's large bed with 300-thread-count linen sheets and fluffy pillows, the solid wooden floor and the inviting desk and chair in the corner.

Poole says he misses the pleasurable parts of spending time in natural surroundings, especially the smell of fresh morning air and listening to the sounds of animals and birds. For him, glamping offers a camping experience "without the hassles like bugs and sleeping on the cold, hard ground." Romeo, who is familiar with the glamping concept, agrees that the activity's main



Photo by Sue Henninger

Ron Poole and Sandra Romeo check out Firelight Camps, the new glampground on Danby Road in Ithaca.

selling point is that it allows people to access the positives of the outdoors with minimal discomfort.

It's a nice hybrid, Romeo says, adding that she's especially enamored with the way the glamping sites are built into the landscape, giving them a natural, al fresco feel and appearance. This becomes even more apparent on the tent's deck, also made of natural wood and adorned with two rocking chairs just waiting to be sunk into. Below the porch, a hammock swings invitingly for those who wish to take relaxation to an even higher level.

Firelight Camps staff member Anna Hines believes that 20- and 30-somethings will see glamping as a unique experience, both for themselves and as an alternative to more

traditional accommodations when older relatives come to town. Firelight Camps is a good place for people who want to spend time outside but are also interested in local pursuits like the wineries and cultural offerings.

It's a unique place to spend a night or a few days, Hines says, very different from a generic hotel room. Hines believes that glamping is on the verge of becoming "hugely popular" for vacationers who are interested in camping but not in going "totally stoic." She says that the emotional fulfillment from having the opportunity to connect with nature, without the attending anxiety and discomfort, will hold an enormous attraction for people of

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Thursday, Sept 25 at 7 pm. All things Herriot: James Herriot & His Peaceable Kingdom.

All are invited to join us for a presentation by Dr. Sternlicht, professor emeritus from Syracuse University as we recall the life and beloved stories of country veterinarian James Herriot.

This program, which is free and open to the public, is made possible through the support of the New York Council for the Humanities Speakers in the Humanities program.

Tuesday, Sept 23 Introductory Meeting of the American Girl Book Club 3:30-5:30pm

The club, which meets every other Tuesday through December in the library historic wing, will examine American history of 1904 through the Samantha book series, crafts and activities.

Please contact the library to register and for more information.

This program is made possible through DYOF grant funds

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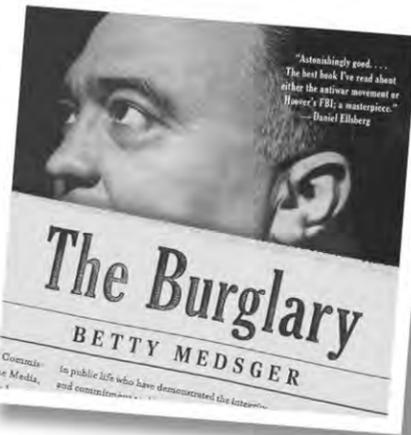
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Smoking Law Amended to Add E-Cigarettes

By Tompkins Weekly Staff

Following a public hearing at its meeting on Sept. 2., the Tompkins County Legislature voted to amend the county law restricting smoking in places of employment, restaurants, and taverns to also include electronic nicotine delivery systems, such as “e-cigarettes.”

The action amends chapter 72 of the County Code, to include prohibition of such delivery systems anywhere smoking tobacco is currently prohibited. The amendment notes that the as-yet-unregulated devices pose a potential public health risk.

During the public hearing before the vote, two people spoke in support of the amendment, two people (former smokers who said the devices have been crucial in enabling them to quit) spoke against.

Health and Human Services Committee Chairman Peter Stein said that, while he believes that “real cigarettes” are a whole lot worse than e-cigarettes, that in considering situations like this, it’s most important the effect on those in workspaces and public spaces who don’t have a choice of being

exposed to such substances, over those who have the choice of whether or not to use them.

Tax Issue Addressed

The legislature, without dissent, asked New York State to revise the “look-back” period associated with the State’s property tax freeze legislation. The Property Tax Freeze Credit reimburses qualified homeowners for increases in local property taxes on their primary residence and, after the first year, requires that taxing jurisdictions, as well as complying with the State property tax cap, also document how they proposes to sustain savings equal to at least 1 percent of its property tax levy.

The measure notes that, while the property tax freeze legislation requires consideration of past efficiencies and does not specify a limit, the State Division of Budget “has chosen to exercise latitude in “an extremely narrow and limited manner,” allowing only measures put in place since 2012 to be considered, a restrictive “look-back” period that “ignores the substantial and sustained property tax savings” associated with the many consolidations and shared services

programs that Tompkins County, as a leader in shared services, has enacted before that time—such the Greater Tompkins municipal health benefits consortium, countywide assessment, the community college, TCAT, and other programs.

Concurring with the Tompkins Council of Governments that the longer period will afford more municipalities the opportunity to show that savings have been achieved through collaborations such as those sought by the State, the Legislature requests the State to move the “look-back” date to at least the beginning of 2000, so that local governments be rewarded, rather than punished, for initiating consolidations, shared services, and reforms in the past.

Support for Neutral Internet

The legislature, acting on the recommendation of the Government Operations Committee and its Broadband Subcommittee, by unanimous vote urged the Federal Communications Commission (FCC) to “establish a strong set of rules that provide for a neutral Internet.”

Local lawmakers oppose proposed rules that could allow for a tiered Internet and provide tele-communi-

cations companies the ability to control the market for Internet bandwidth and maintaining that Internet customers have the right to an Internet that is non-discriminating, or neutral, according to source or destination, and calling a “neutral” Internet vital to those in rural areas such as Tompkins County.

More information on the issue can be found at www.tompkinscountyny.gov/news/committee-recommends-county-urge-preservation-neutral-internet, which details discussion before the Government Operations Committee.

In other business, the legislature: Approved more than \$170,000 in certified “rollover” funding, unspent by county departments in the 2012 budget, to support current-year spending.

Adopted two new policies—regarding acceptable use of county information technology resources and policy regarding the county’s response to any suspected breach of confidential information, in compliance with State and Federal law.

Authorized acceptance of two federal grants for Ithaca Tompkins Regional Airport: \$2.5 million for the terminal apron expansion and deicing pad project and nearly \$700,000 for purchase of snow removal equipment.

Ithaca College Hosts Presentation on Drones and Citizens’ Rights

A discussion on “Targeted Killings, the Constitution, and You: U.S. Drone Policy and Citizens’ Rights” will be held at Ithaca College on Wednesday, Sept. 17. Held in recognition of Constitution Day, the presentation is scheduled for 7:30 p.m. in Emerson Suites, Phillips Hall. It is free and open to the public.

Unmanned aerial vehicles, or drones, have been used for various benign purposes by organizations and governments alike. But the use of

armed drones by the U.S. government, in the name of fighting terrorism and under the pretext of national security, has ignited controversy. The most startling use involves targeting and killing U.S. citizens without constitutional due process. In whose hands should this new technology be trusted? What constitutional rights do citizens have in the age of fighting terrorism with lethal tools such as drones?

Jens David Ohlin, professor of law at Cornell,

will discuss these questions and more in an interview-style conversation with Carlos Figueroa, assistant professor of politics at Ithaca College. Figueroa and Ohlin will consider some of the moral, political, legal and social issues surrounding the use of armed drones for national security purposes and the stripping of citizens’ constitutional protections. The conversation will be followed by an audience Q&A session and a book signing.



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A Decade of Learning on the 'Trail'

By Terry Byrnes

This is the first in a series of articles about Kids Discover the Trail! to mark its 10th anniversary.

Imagine elementary-school children discovering the world—here in Tompkins County—through experiences that inspire them to become more engaged as students, better critical thinkers and lifelong learners.

Kids Discover the Trail! (KDT) does all this, and more, by providing field trips with educational programming at the eight world-class Discovery Trail organizations. Students study animals in art, learn how libraries work, identify fossils, analyze wind energy, identify wildflowers, reenact 18th-century schooling, find bird habitats and share leadership challenges. In addition to field trips, KDT features classroom activities, social interaction and a book for each student, which build on the field-trip experience.

KDT is a learning experience for young people, broadening their knowledge and inspiring lifelong interests. It creates equal access for all students and teachers to the Discovery Trail and attracts families to the trail as students bring their families to see what they learned.

"Reflecting on the first ten years of Kids Discover the Trail!, I am so proud of this collaborative effort and the participation of over 25,000 students since it began," says Don Rakow, former director of Cornell Plantations. "The KDT model successfully provides students and teachers with meaningful, hands-

on experiences that support classroom learning and engage students' imaginations."

School-district teachers and Discovery Trail educators collaborate to design and present comprehensive student experiences using Discovery Trail resources to align with the New York State Learning Standards. Students develop important communications skills and collaborative problem solving. They learn that museums and libraries are fun and inviting places where they can explore new ideas and gain a better understanding of their local and global communities.

Each grade, pre-K through fifth grade, is linked with one of the Discovery Trail organizations each year, with grade- and site-specific curriculum designed for KDT. Pre-K is linked with the Johnson Museum of Art, kindergarten with the Tompkins County Public Library, first grade with Museum of the Earth, second grade with the Sciencenter, third grade with Cornell Plantations, fourth grade with Eight Square Schoolhouse and fifth grade with both the Cornell Lab of Ornithology and Cayuga Nature Center.

As students advance from one grade to the next, they move to a different Discovery Trail site so that at the end of their seven years, they have experienced programs at all eight. Social interaction is part of the Ithaca program to help students from our eight elementary schools gain a better understanding of each other and have connections across the district before middle school. KDT partners all 3,000 Ithaca students in over 150 class-



Photo by 3D Cinematation

All ICSD second-grade students visit the Sciencenter as part of Kids Discover the Trail! Ithaca. The Sciencenter educators offer "Power the Future" during which students learn about climate change and wind energy.

rooms with other classrooms at the same grade level for the activities.

KDT is funded by annual charitable donations to the Ithaca Public Education Initiative (IPEI) and is supported by the Ithaca City School District (ICSD). In Trumansburg, donations are made to the Trumansburg Central School District Foundation (TCSDF) which partners with its district. To expand the program, the Discovery Trail is coordinating programming and financial support for all districts.

IPEI has connected classrooms with community resources through grants to teachers since 1996 and was seeking additional ways to con-

nect students and teachers with the community. The KDT vision was first introduced at a workshop with over 250 parents, teachers, local business people and Discovery Trail representatives in April 2004.

"It was a wildly ambitious idea to create excitement about learning by connecting students by grade level with the world-class resources of the Discovery Trail," says Frank Robinson, former director of Cornell's Johnson Museum of Art. "Not only did lesson content have to be developed, but also the challenging logistics of moving so many students from different schools to all eight Discovery Trail sites."

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No Good Reasons for Killing Deer

The support of villagers in Trumansburg on killing does and fawns is not unanimous. I oppose the plan on many factors. I am appalled that fawns and does will be the focus of the slaughter. Killing 80 deer is excessive. I know of five deer deaths this year alone around my property. So drop the count.

I have no problem with hunting for food. I have enjoyed venison. I rarely participate in any town meetings due to my work schedule at night, but I do vote. The newspaper articles make Trumansburg sound like it is populated by selfish, arrogant people with poor problem-solving skills.

Problems :

#1 I get poop on my shoes and it gets in the house. Solution: Take your shoes off! All kinds of disgusting substances travel on shoes.

#2 There were fawns under my picnic table, there were two in my yard. Solution: What can I say, reckless drivers, bullying, contaminated water, sexual assault, poor access to mental health, EBOLA bother me. I don't have a solution to something so trivial.

#3 I'll get Lyme's disease. Solution: Use Skin-so-Soft oil every morning. Do a body check before

bathing daily (bathing daily is a good idea). Get an O'Tom tick twister from Amazon. I have used this device to remove ticks alive from hundreds of patients the last six years. If you have a tick imbedded in your skin, you want to remove it intact and alive. The Burgdorfi bacteria resides the tick's stomach. You do not want the tick to vomit or burb. Don't squeeze its belly, decapitate it or let it finish its meal. Deer are not the only vector for the burgdorfi bacteria. Immunize your dogs. Appreciate the hawks and other predators that eat mice and other small rodents. Consider releasing giena fowl that love to eat ticks. Go to the doctor within 72 hours of a tick bite if you are worried and consider a onetime dose of Doxycycline 200 mg. Interesting side note: 14 tabs of doxycycline was \$4 a few years ago, now its \$90. Don't be afraid of fawns, be afraid of the drug cartels that will gouge you in a time of need.

#4 Deer cause traffic accidents. I have hit four deer (one that totaled my car). These accidents occurred on rural roads while driving at night. It does not upset me to the point of wanting to kill fawns. It is a part of rural life. I have never hit

a deer in the village, though I see them. Solution: drive the speed limit instead of 40 to 60 miles per hour down Cayuga Street in Trumansburg.

#5 They are eating everything! I propose just as much damage is done by people on lawn tractors mowing great swaths of property. Anyone who is lacking color in their yards, I'll give you some black-eyed Susans and daffodils from my yard.

Not all issues regarding the deer slaughter have been addressed. The village needs to make sure the people who are going to do the killing take responsibility for their own wellbeing. Anyone falling out of a tree stand should not get one penny of my large tax bill. Any non-participants injured by an arrow or injured deer should have the ability to sue for damages. I prefer they sue the parties involved directly.

Pat Nelson
Trumansburg

Robertson Not a 'Bipartisan Leader'

In the news story "Robertson releases TV ad" in the August 13 Ithaca Journal, it is reported that,

"As chair of the Tompkins County Legislature, she [Robertson] has a record as a bipartisan, independent leader, passing nearly every vote with Republican support."

Nonsense. On behalf of the Tompkins County Republican Party, I entirely disavow the Robertson campaign's claim that she is in any way "bipartisan"—we know better. We know Robertson as a zealous advocate for positions we do not support. That on occasion a Republican may happen to vote the same way as Robertson does not make Robertson a bipartisan leader. Nor is Robertson currently chair of the legislature, so she should not exaggerate by using the present tense of, or with, that title.

What the Robertson spokesman ignores is that many county legislative votes are routine and unanimous. It is not that such actions are "bipartisan," it is that there is no reason for political divide. Government could not run if every resolution were cause for party squabbling. Working for the common good, as our Republican county legislators do, simply does not mean they have, in any way, endorsed Robertson's activist political positions or are following her lead.

Tompkins County Republican Party
James Drader, chairman
Newfield

Taking Ownership of Climate Change

By Wendy Skinner

This is the latest installment in our Signs of Sustainability series, organized by Sustainable Tompkins. Visit them online at www.sustainabletompkins.org.

In the Sept. 1 "Signs of Sustainability" column, Richard W. Franke summarized long-term and continuing evidence of global climate change from a broad range of scientific and technological disciplines. He listed key studies that support the reality of what is happening to our planet. It was an article to be clipped and folded into one's wallet for future rereading.

Faced with the immediacy of climate change and its consequences, it would seem that, aside from running screaming into the night, we

should vigorously pursue ways to save our planet. A significant barrier to seeking remedies is not the veracity of scientific evidence but whether people believe in it.

According to a recently updated report from the Brookings Institution, Americans' acceptance of the reality of global climate change dropped from 72 percent in 2007 to 55 percent in April 2014. The researchers found that the cold winter of 2013-14 influenced people's beliefs. This cognitive gap between macro- and micro-observations may be one reason many Americans have been slow to react to the threats of climate change.

An Associated Press poll from earlier this year indicated that people tend to believe in what they can perceive, such as a traditionally

cold winter, and to doubt concepts that are further from their experience. Other studies show that somewhere between half to three-quarters of Americans accept the reality of climate change. A prickling question remains, however: Who cares?

A graph with a disturbing dip was published in Scientific American this past spring. First the good news: In an assessment of 21 different surveys of 200,000 people in 44 states, Scientific American reported remarkable agreement across political and geographic sectors. While the numbers were lowest in Utah and highest in Rhode Island, the majority of those polled agreed that climate change is happening and that human actions are part of the cause. A majority also favored government-imposed limits on greenhouse gas emissions.

The thorn in this rosy picture is that a mere 3 to 15 percent responded that they consider global climate change to be "extremely important" to them personally. Other

studies show that many people, among them political leaders, don't relate climate change to anything that will affect them in their lifetimes—although about one-third of us say we "worry" about climate change.

A challenge for the sustainability leadership is how to move the populace to embrace personal involvement and responsibility. What will inspire individuals to feel more personally involved and to do more than worry?

A Yale University study labeled Americans' attitudes toward climate change as Alarmed, Concerned, Cautious, Doubtful, Disengaged and Dismissive. Of the people in these groups, about a third said they had all the information they needed to form their beliefs. The Yale study also asked participants about their emotional responses to climate change. Words that came up most often from the alarmed and concerned were afraid, angry, sad, disgusted, help-

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Published by Tompkins Weekly Inc.

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<i>Advertising</i>	Jim Graney, Adrienne Zornow, Hank Colón
<i>Production</i>	Dan Bruffey, Jim Graney, Heidi Lieb-Graney, Adrienne Zornow
<i>Calendar</i>	Heidi Lieb-Graney & Theresa Sornberger
<i>Photographer</i>	Kathy Morris
<i>Web Design</i>	Dan Bruffey
<i>Cover Design</i>	Kolleen Shallcross

Contributors:

Eric Banford, Sue Henninger, Amanda K. Jaros, Stephen Kimball, Ann Krajewski, Nicholas Nicastro, Lori Sonken

Tompkins Weekly publishes weekly on Mondays.

Advertising and Editorial Deadline is Wednesday prior to 1 p.m.
Member Tompkins County Chamber of Commerce.

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Contact Us:

Advertising & Business:

607-327-1226 or jgraney@twcnny.rr.com

Editorial:

607-539-7100 or wrols@twcnny.rr.com

Mail:

Tompkins Weekly, PO Box 6404, Ithaca, NY 14851

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Sweetest Songs, Saddest Thoughts

By Nicholas Nicastro

★ ★ ★ *The Trip to Italy*. Written and directed by Michael Winterbottom. At Cinemapolis.

If paradise is a place where all the cooks are Italian and all the comics are British, then *The Trip to Italy*, Michael Winterbottom's sequel to his 2010 road comedy *The Trip*, is a slice of Heaven.

It wouldn't have taken much for this writer to sign on for another culinary tour. Steve Coogan and Rob Brydon play characters named "Steve Coogan" and "Bob Brydon" extremely well—arguably better than anyone else could. Like on road trips taken by you and me, their by-play is a salad of idle gossip, in-jokes, movie quotes and impersonations, including a bout of "dueling Michael Caines" that, even in rehash, is bloody hilarious. Like the original, the sequel has been assembled out of episodes of the BBC's *The Trip* TV series. Though director Michael Winterbottom is given script credit, much of the dialog feels (as in *The Trip*) deftly improvised.

The new movie finds Coogan and Brydon going in different directions professionally. Coogan (who



Photo provided

Rob Brydon and Steve Coogan peruse the stones in *The Trip to Italy*.

co-wrote and starred in the hit *Philomena*) has achieved serious success in America, but faces a stretch of unemployment after his TV series is cancelled. Brydon, as a somewhat better-read Rich Little, is less known but on the upswing after landing a part in a Michael Mann film. In a late summer with a decidedly "mid-life" feel to it, Coogan joins Brydon on a tour of restaurants in Italy that will (he claims) end up anthologized in a book.

The food is, of course, only a pre-

text; neither Coogan nor Brydon bother to take notes on what they've eaten, or even so much as chat up a chef. Their real passion is literature—specifically, the Romantic poets, whom they argue over and quote as vigorously as Al Pacino movies or the music of Alanis Morissette. Alas, these guys are more bitch-and-moan than *sturm und drang*. When they board a rubber dinghy to begin their tour of the Gulf of Spezia (where Percy Shelley drowned), they worry, "This isn't the *actual* boat, is it?"

Much as they seem to circle around the same three subjects of poetry, women and career, these lads have clearly gone some distance since their last trip. Last time both were hungry most of all for mainstream success. Now that Coogan's ship as come in, and Brydon's is about to, there's a whiff of letdown in the air, of questioning whether "making it" in Hollywood has landed them in a good place after all.

There's much chatter on the Web that the inevitable next chapter will be a *Trip to America*. But that would almost be redundant. America—and the values it represents abroad—already looms large over these movies. The poets Coogan and Brydon idolize are more than sources of fancy verse to recite and impress the chicks. The dejected Keats had a lovely, wind-swept gulf to drown in. We have an ocean of cultural mediocrity.

Movie Ratings

★★★★★	Classic
★★★★	Excellent
★★★	Good
★★	Fair
★	Poor

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Scientific Discovery Explored on Stage

By Ann Krajewski

The Readers' Theatre of Ithaca (RTI) ushers in autumn and its fifth anniversary with the production of "Photograph 51," a play written by Anna Ziegler and directed by Anne Marie Cummings, founder of the Ithaca-based troupe, running at Cinemapolis from Sept. 26-28.

"The Readers' Theatre's Script Reading Committee researches and reads up to 50 plays a year before we decide on our season, obtaining the rights to the plays we've selected," Cummings says. "This play fit all the criteria for an RTI production that we felt this community would enjoy, a fascinating story, great dialogue, multi-dimensional characters, a complex love story and a very strong new play written by a woman." Cummings adds that she tries to be equitable regarding the gender of the playwrights as much as possible throughout the season.

"When I held auditions last year for this season I decided that I would only cast actors who could handle the material and the demands of the rehearsal process and the characters I would cast them in, who enter the rehearsal process without egos that get in the way of a strong collaborative spirit. This cast has worked with me and with each other in a respectful manner and it's been a very rewarding process," says Cummings.

She explains that "Photograph 51" is a work of fiction, although it is based on the story of the race to discover the double-helix in England in the years between 1951 and 1953. "It is a funny and moving portrait of the unrequited life of Rosalind Franklin, one of the great female scientists of the 20th century, and her fervid drive to map the contours of the DNA molecule," Cummings says.

"Given the amount of time that we carefully consider each play that is selected for our season, I expect that people will be entertained, educated and inspired by this extremely well-written play," says Cummings. "I couldn't agree more with The Seattle Times as the reviewer wrote of the play: 'Photograph 51 neatly coils a scientific detective story around a rumination on how sexism, personality and morality can impact collaboration and creativity ... It honors Franklin by painting her as a complete person, with flaws and sterling attributes and by evoking the thrills and risks of scientific pursuit itself.' Today, many of us understand and relate to the issues of how sexism, personality and morality can impact collaboration and creativity.

"My focus is on the story that's being told and telling the truths of that story and what the playwright intends," Cummings says. "I do think however that female scientists—and scientists in general—will identify with the conversations that the scientists have in this play. This play honors moments in time of Rosalind Franklin's life and the important work she did. Why do we make movies about Johnny Cash, Mozart, or JFK? To honor their achievements, to learn from their stories, have a cathartic experience and to inspire those who admire or find they have anything in common with them. Sad, but still true, the experience that

Rosalind Franklin had is one that women still have in their work worlds today—some things have not changed and audience members can certainly reflect on why that is."

According to Cummings, RTI is New York State's only theater, located in a movie theatre, offering live plays on stage and theatrical cinema on screen. RTI is dedicated to making live theatre and theatrical cinema accessible and engaging in an intimate theater at Cinemapolis for all audiences, including underserved populations, through price affordability, minimized productions (on script and off), on-screen playwright interviews and free podcasts of new and unproduced New York State plays evoking the golden days of radio plays.

She notes that RTI is dedicated to bringing theater to audiences at a low cost so that those who may not be able to manage the high price of the average theatre ticket can experience quality theatre affordably. Advance ticket prices are \$10 for students and \$12 for all adults. At the door ticket prices



Photo by Anne Marie Cummings

Marissa Biondolillo is surrounded by fellow cast members of "Photograph 51," a Readers' Theatre of Ithaca production.

are \$12 for students and \$15 for all adults.

"The Readers' Theatre is very excited to find our home at Cinemapolis. For four years we struggled to find a location that was right for us and the work we were doing. Since being at Cinemapolis, starting in January 2014, the location itself has helped us to further define who we are as a theater company. We couldn't

have planned this four years ago. In many ways, Cinemapolis found us as much as we found them and we can't wait to see everyone here," Cummings says.

"Photograph 51" will be presented at Cinemapolis on Sept. 26 and 27 at 8 p.m. and Sept. 28 at 6:30 p.m.

For more information go to www.thereaderstheatre.com.

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Tweedy Takes Off in a New Direction

By Stephen Kimball

Jeff Tweedy is very near the top of my list of favorite musicians. That includes his first band, Uncle Tupelo, his next project, Wilco, and the current project, Tweedy, that he recorded with his son Spencer playing drums. While it would be amazing to see Wilco play at the State Theatre, we are still greatly blessed that Jeff will perform there with his son on Sept. 24 for an 8 p.m. show.

In addition to the Tweedys, bassist Darin Gray, guitarist Jim Elkington and keyboardist Liam Cunningham are in the band.

When Jeff started work on this “solo” record, Spencer was part of the process from the beginning. According to Jeff, “When I set out to make this record, I imagined it being a solo thing, but not in the sense of one guy strumming an acoustic guitar and singing. Solo to me meant that I would do everything—write the songs, play all the instruments and sing. But Spencer’s been with me from the very beginning demo sessions, playing drums and helping the songs take shape. In that sense, the record is kind of like a solo album performed by a duo.”

In all of Jeff Tweedy’s work, which broadly fits into rock and roll, the songs he writes wander the road between the light and dark places in life—both lyrically and sonically. While, on the surface, his lyrics seem to be not entirely clear as to their meaning, repeated listenings to his music definitely bear fruit and are deeply rewarding. This is a road that Jeff knows well,



Photo provided

Jeff Tweedy brings his latest band to Ithaca’s State Theatre on Sept. 24.

having struggled with chronic migraines, depression, anxiety and addiction.

Fortunately, he made it through those struggles and was able to continue to make music, even in the most difficult times. What’s most important about these experiences is the way he views them in relation to the creation of his art. While much has been made, especially recently, about the relationship between art and suffering, Jeff has a different and compelling view on this. He discussed this in an interview on “George Stroumboulopoulos Tonight.”

“I struggled with the idea of the tortured artist a lot in my life. I’ve been through addiction, periods of pretty serious depression and anxiety, and I do struggle with it and staying healthy. And I don’t personally subscribe to that

idea. In fact I think it’s a very damaging mythology that has grown up around art being the product of pain. As opposed to being something that’s created in spite of pain. I look at it that way. I look at it that the part of me that is able to create, managed to create in spite of the problems I was having—almost as if that was the only healthy part of me. That’s the part of me I feel getting healthy, I’m able to nurture.”

He co-founded the alt-country-rock band Uncle Tupelo in 1987, which broke up in 1994, but not before securing a strong fan base and critical acclaim. In 1994, Jeff founded the still vital, often brilliant, and ongoing Wilco. While Wilco has been a hit with both critics and fans, the band has not been without its struggles—especially surrounding the recording and release of the noteworthy album “Yankee Hotel Foxtrot.”

The band fired one of its core members. The recording process and dynamics surrounding the band and the record can be seen in the film, “I Am Trying to Break Your Heart.” After finally finishing the record, the band was dropped by its record label. And in one of the great ironies of the recording business, “Yankee Hotel Foxtrot” was eventually released by Nonesuch, a subsidiary of the label that dropped Wilco. In total, Wilco has now released nine records.

Jeff has also produced two of the legendary Mavis Staples’ solo albums: “You Are Not Alone” (2010) and “One True Vine” (2012). He wrote some of the songs that appeared on these

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Hangar Theatre Presents 'Back to the Garden' Tribute Concert

"Back to the Garden," a musical tribute to folk-rock trailblazers Carole King, Joni Mitchell and Laura Nyro, returns to the Hangar Theatre on Sept. 19 and 20 at 8 p.m.

Performed by Melissa Hammans and vocalists Maddy Wyatt and Shaleah Adkisson, who are accompanied by a live band, "Back to the Garden" features some of the most-loved songs by King, Mitchell and

Nyro, including "I feel the Earth Move," "Stony End" and "Big Yellow Taxi." Audience members who enjoyed the show at its sold-out engagement last fall will hear some familiar favorites this year, as well as several new songs: "Natural Woman," "One Fine Day" by Carol, and "Stoned Soul Picnic."

Hangar Artistic Director Jen Waldman, is thrilled to bring Back

to the Garden to the theatre again: "As a kid, I spent many a road trip with my family playing the cassette tape of Carole King's 'Tapestry' album over and over and over again. This music holds a special place in my heart, as I know it does for so many people here in Ithaca."

"Back to the Garden" is part of the Hangar's fall lineup of shows, which includes a holiday perform-

ance by the Burns Sisters Band on Dec. 12 and 13. Visit www.HangarTheatre.org for more information on upcoming events.

Tickets start at \$18 and can be purchased online, by phone at 273-ARTS (2787), or in person at the Hangar Theatre business office located in Center Ithaca on the Commons (Monday through Saturday from 10 a.m. to 4 p.m).

Poet

Continued from page 2

civic vision.

The William Hamilton Lecture in November will be presented by William N. Valavanis, bonsai master. The lecture is an introduction to the art of bonsai. There will also be a class for those wishing to try their hand at this classic Japanese art of growing miniature trees.

When asked which lecture she is most looking forward to, Skelly demurred. "The kind of lectures where there's that deeper connection beyond just the how-to ... those are the lectures I get really excited about," she says. "And I think our audiences do, too."

For more information on each of the lectures, see www.cornellplantations.org.

Glamour

Continued from page 3

all ages.

Many novice campers fear the camp bathroom, but Emma Frisch proudly shows off the glamp-ground's restrooms, just a short walk from the tents. There are two

private bathrooms, each with a toilet, sink and a hot shower. There are also a sauna and a small lounge. Glampers are also welcome to use August Moon Spa's bathrooms, showers and sauna whenever they desire.

Firelight Camps is open from May to October. For those who can't bear to leave their four-legged friends at home, three of the tents are dog-friendly. For more information, visit www.firelightcamps.com.

Trail

Continued from page 5

After six months of planning, KDT began as a pilot centered on the field trip. Initial funding was provided by local foundations and businesses. As the impact and logistics were evaluated and improved, program enhancements were added to the core trip, including a book related to that year's theme, pairings of students from different schools to increase understanding across the community and additional field trips to extend learning and increase social interaction.

Each year more students partic-

ipated as funding was raised and as teachers learned of the program's benefits. By 2009, ICSD reached 100-percent student involvement, where it remains today.

Going forward, KDT is a priority of IPEI, which continues to evaluate, improve and manage the Ithaca program. "KDT is a Discovery Trail priority as it aligns with our mission of providing accessible educational opportunities," says Charlie Trautmann, executive director of the Sciencenter.

As word spread about the Ithaca program, other districts expressed interest in joining KDT. In the spring of 2010, Trumansburg Central Schools used the KDT Ithaca model for Trumansburg Kids Explore & Discover, which now is under the countywide KDT umbrella. This past spring, Groton Central Schools launched a fifth-grade pilot program, and the district hopes to expand to other grades this year. The Discovery Trail is collaborating with the other three school districts in Tompkins County—Newfield, Lansing and Dryden—to help make KDT available to their students as well.

For more information, visit www.ipei.org or [\[thetrail.org\]\(http://thetrail.org\).](http://www.kidsdiscover-</p>
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Terry Byrnes is president of the Ithaca Public Education Initiative (IPEI). She wrote this in collaboration with Charlie Trautmann, Frank Robinson and Don Rakow.

Tweedy

Continued from page 10

recordings, including the lovely title track to the 2010 release. As a testament to their work ethic, Wilco has performed more than 1,500 shows in its career. Of course, there's a pragmatic side to touring—bands must play shows to sustain a career playing music.

Taking all of this into account, what really matters most about Jeff Tweedy's music—in whatever outlet it is produced—is that it is deeply moving and reflects life and living and making our way in the world. It is the rare artist that can do this in a way that still reflects joy and even has a bit of a sense of humor. This is a rare opportunity to see an artist of this depth and a venue as intimate as the State Theatre, and it's also a chance to see Jeff interact with a different group of musicians than he normally plays with in Wilco.

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All Saints Bingo, 6pm, All Saints Church, 347 Ridge Rd., Lansing, 533-7344.

Breastfeeding: Plan for Success, Every 3rd Monday, Cayuga Medical Center, For new and experienced moms and their partners. Fee \$15 per family. Info., 274-4408 or www.cayugamed.org.

Cortland Youth Center, Open from 12-9pm. Info: www.cortland.org/youth or call 753-0872.

Drawing through Time, 2pm, Museum of the Earth, Trumansburg Rd., Ithaca. Cool down with drawing through times ice age series. Info., www.museumoftheearth.org.

Emergency Food Pantry, 1-3:30pm, Tompkins Community Action, 701 Spencer Rd., Ithaca. Provides individuals and families with 2-3 days worth of nutritious food and personal care items. Info. 273-8816. Free GED classes, Tompkins Workforce NY, 5:30pm-8:30pm; Call 257-1561 to register.

Food Addicts in Recovery Anonymous (FA), 7-8:30pm, 518 West State St., Ithaca, FA is a free 12-Step recovery program for anyone suffering from food obsession, overeating, under-eating, and bulimia. Info. www.ithacacommunityrecovery.org.

German Festival, 12:30 to 4:30, Lucas Vineyards, 3862 County Road 150 (Between Routes 96 & 89 - On the Cayuga Lake Wine Trail), Interlaken. \$5 cover charge, 12 and under free, Free parking, No coolers permitted. Info., 607-532-4825.

GIAC Open Lounge, 3:30-6pm, 301 West Court Street, Ithaca, Game Room, Video Games, Open Gym & Field Trips.

Harmony Falls Women's A Cappella Chorus, rehearsals 7-9pm every Monday at TBurg Seneca Rd Baptist Church. Women of all ages and singing ability invited to their special Summer Sing program. www.HarmonyFallsChorus.com.

Hatha Yoga, 6-7:30pm, Ahimsa Yoga Center, Dewitt Mall, Ithaca, Information and additional class schedules at www.ithacayoga.org.

Introduction to Kundalini Yoga, 5:30-6:30pm, fast-track yoga for any body-also followed by Chi-Kung Chinese self healing if there is interest, \$10 or what you can comfortably afford. Empty stomach, mat, and non-binding clothing please-for more info. call Rick at 607-319-4023.

Kevin Sabet Presentation: Reefer Sanity: Seven Great Myths About Marijuana, 1-4 PM, Cinemapolis, 120 E. Green St., Ithaca. Kevin A. Sabet, Ph.D., will present an overview of research about marijuana as featured in his 2013 book Reefer Sanity: Seven Great Myths About Marijuana. There will be time for questions and answers at the end of his presentation. Seating is limited so pre-registration is requested. For more information, visit www.healthyyouth.org. **League of Women Voters of TC Event**, 7:30pm, Borg Warner Room, Tompkins County Library, Ithaca. The League of Women Voters of Tompkins County will present the second in a series on Challenges to Women's Health and Well-being. Kristi Taylor, Adult Community Educator, Advocacy Center will speak on Domestic Violence Against Women.

Lifelong Schedule, 8:30-9:30AM, Enhance Your Fitness, Lifelong, 119 W. Court St, Ithaca; 9-10AM, Enhance Fitness®, Juniper Manor; 10-12PM, Clay Class; 10-11AM, Tai Chi, Titus Towers Apt., 800 S. Plain St., Ithaca; 11:30-12:30PM, Enhance Your Fitness, Dryden Veterans Memorial Home, 2272 Dryden Rd., Dryden; 12:30-1:30PM, Strength Training, Lifelong, 119 W. Court St., Ithaca; 1:30-3:30PM, Spirit Circle; 1:45-3PM, Lifelong Senior Chorus; 2-3PM, Senior Seated Stretch and Tone, Juniper Manor; 2-3PM, Enhanced Fitness, McGraw House Annex, 221 S. Geneva St.; 2:30-5PM, Open Computer Lab; Info., 273-1511 or www.tclifelong.org.

Loaves & Fishes Community Kitchen, 12Noon, St. John's Church, 210 N Cayuga St., Open to all, no limitations or requirements. Info., www.loaves.org.

Monday Night Seminar, 7:30pm, Cornell Lab of Ornithology, 159 Sapsucker Woods Road, Ithaca. Speaker: Dr. John W. Fitzpatrick, director, Cornell Lab of Ornithology; Title: Martha's Question: "Have You Learned Anything From My Passing?": Reflections on the Tragic Centenary of the Last Passenger Pigeon.

Muffin Mondays, 8am 'til gone! Dryden Community Center Cafe, 1 W. Main St. Dryden. Different homemade, from scratch, muffins every week. Muffin Monday special \$3.25 for a muffin & a 12oz. coffee. Info., 844-1500.

Neighborhood Food Hub, 8am-5pm, July 1-October 1, Plant Science Building, Cornell. A volunteer Hub Holder hosts a cooler one day a week, which will serve as the drop-off location for produce. The donations are distributed to food pantries, local meal programs, and individuals. Info., friendshipdonations.org/hubs.

Open Family Swim, 6pm-9pm, Tompkins Cortland Community College, Dryden, Fee, 844-8222.

Out Loud Chorus, 7-8:30pm, Briar Patch Vet, 706 Elmira Rd., Ithaca, Urban Choral Music. No auditions, no experience necessary. Looking for new singers. All genders and sexual expressions welcome. Find out more at www.outloudchorus.org. Email outloudchorus@aol.com, or call 607-280-0374.

Overeaters Anonymous Meeting, 7-8pm, Cortland Memorial Nursing Facility, 134 Homer Ave., Basement Conference Rm B, Info., (631) 804-8237.

Overeaters Anonymous Meeting, 7pm-8pm, Just Because Bldg., 1013 W. State St., Ithaca, phone: 607-592-5574.

Parents Apart®, 6-9PM, Parents Apart® is a six-hour workshop for parents who want to learn how to help their child(ren) adjust during their separation or divorce. The workshop is taught by therapists and attorneys and focuses on how children react emotionally to their parents' separation or divorce, and what parents can do to help them adjust. Registration is confidential and parents of the same child(ren) are placed in different workshops. Workshop is offered on:(2) consecutive MONDAY evenings, 6:00-9:00 pm. Only the date of the first session in each Monday series will be listed below. Info., 272-2292.

Peachtown Native American Education Week and Festival, Sept 15-19th, Wells College, Aurora. For full schedule and details visit www.wells.edu.

Post Traumatic Stress Disorder Meeting, PTSD Ithaca is a Post Traumatic Stress Disorder support

group for individuals in and around Ithaca, NY who have been diagnosed with (or think they may have) Post Traumatic Stress Disorder. Meetings are every Monday at 6:30 p.m. Please call 607-279-0772 for more information.

Tai-Chi, Increase your balance, sense of body awareness and well-being. Mondays 3:30-4:30pm. Registration required. Info., www.ithacaymca.com.

The Curse of Economic Inequality: A Workshop with Bill Barclay, The US has experienced an explosive growth of inequality. Why? Tompkins County Workers' Center, 115 The Commons, Ithaca. Info: talt@igc.org, 607-273-3009. Free and open to the public.

The Policy Committee Meeting, 5pm, Conference Room A in the Administrative Building at 400 Lake Street, Ithaca.

Tompkins County Public Library Schedule, 9:00AM-12:00PM, Borg Warner Room, Human Services Coalition of TC AV; 11:30AM-12:30PM, Youth Services, Reader Is In; 5:00PM-7:00PM, Borg Warner West, Philanthropy Learning Exchange; 7:30PM-9:00PM, Borg Warner East, LWV-TC.

Tompkins County Water Resources Council Meeting, 4:15pm, 121 East Court Street, Ithaca, Meeting are every 3rd Monday, Info., You can learn more about WRC from their website: http://www.tompkins-co.org/planning/ click Advisory Boards and select Water Resources Council.

Walk-in Clinic, 2-6pm, Ithaca Health Alliance, 521 West Seneca St., Ithaca. See a doctor if you don't have insurance. Free services buy donations are appreciated. Call 607-330-1253 or email outreach@ithacahall.org.

Women's Self-Defense, Mondays 7-9PM, Special personal defense and safety training workshops for women and teen girls only. Professional instruction, confidence, practical techniques, body language and performance. Seishi Honbu, 15 Catherwood RD. Ithaca, (607) 277-1047 www.seihijuku.com.

Zen Meditation Practice, Every Monday 5:30-6:30pm, Anabel Taylor Hall, Cornell, founders Room. Sponsored by the Ithaca Zen Center. Prior sitting experience or attendance of an orientation session required to participate. For information or to schedule an orientation, contact Tony @ 277-1158 or Marissa @ 272-1419.

16 Tuesday

AA, 9am, 518 W. Seneca St., Ithaca, Main Floor, Info., 387-5701.

Abovagoogo Classes, Abovagoogo Art Studio, 409 W. Seneca St. Ithaca, Mixed up Media, 3:30-4; Arte en Espanol 4:30-6pm; Info., 262-6562 or visit abovagoogo.com.

After Suicide Support Group, Monthly, first & third Tuesdays, 5:30pm, SPCS Conference Room, 124 E. Court Street, Ithaca, The After Suicide Support Group of Suicide Prevention & Crisis Service helps those left behind after a suicide to grieve and cope. To attend, call Sheila McCue, LCSW at 607-272-1505 ext 17.

American Piano Music I, 7pm, Hockett Family Recital Hall, Ithaca College 953 Danby Rd. Ithaca Info., 607-274-3717.

Amnesty International, Group 73, will meet at 7:30 pm on Tuesday, September 16, at Cornell's Kahin Centre, 640 Stewart Avenue. For information please call 273-3009.

"An Environmental Review of the Draft NYS Energy Policy", The Susquehanna Chapter of the Sierra Club meets at 7:30pm, Central United Methodist Church, 17 Nanticoke Ave., Endicott. by Consulting Engineer Andre LaClair, Broome County Environmental Management Council Co-Vice Chair and Chair of Fenton's Conservation Advisory Committee, will recommend strategies to promote environmental health and stewardship of energy resources and to incorporate the global warming potential of different energy sources into New York State's energy portfolio. The meeting is open to the public. For more information, contact Scott Lauffer at: lauffer.scott@gmail.com.

Anonymous HIV Testing and Counseling, 1:30-3:30pm, Tompkins County Health Department. Every Tues/Thurs., Please call 274-6604 to schedule an appointment.

Astrology Learning Group, 6:30-8pm, Crow's Nest Cafe, above Autumn Leaves Bookstore on the Ithaca Commons. This group meets each week through Ithaca Freeskoop.

Board & Card Game Night, 6-9pm, Unwind Cafe, Ithaca Mall, We'll bring games on a rotating basis or bring your own favorite to play! Enjoy the great food, drinks & friendly atmosphere of the cafe. Open to the public.

Candor Library Story Hour, 10:15am, Candor Free Library, Bank and Main St., Info., 659-7258.

Cayuga Chimes A Capella Chorus Meeting, 6:45pm, Every Tuesday, Boynton Middle School, Music Room, Women of all ages are invited. No auditions required. Come join the fun. Info:(607)273-2324 or cayugachimes.org.

Cayuga Club Toastmasters, 6-7pm, meets every Tuesday, 6th floor of Rhodes Hall, Conference Room #655, Cornell University, Ithaca. Info., http://cayuga.freetoasthost.us.

Cayuga Trails Club will lead a two-three hour, moderate hike in Danby. Meet at 5:00 pm, Ithaca EMS parking lot, 722 S. Meadow St. For more information, call 607-339-5131 or visit www.cayugatrailsclub.org.

Comic Book Club of Ithaca, 7pm, Tompkins County Public Library, Club meetings are the 1st and 3rd Tuesday of the month. Info., www.comicbookclub.org.

Cortland Youth Center, 12noon-9pm, www.cortland.org/youth, 753-3021.

CRFL Resource Room, Open every Tuesday evening 5-7:00 pm for anyone to visit and browse through our resources. Cancer Resource Center, 612 W. State St., Ithaca, Info., 277-0960.

Crown City Toastmasters Club, meets on the 1st and 3rd Tuesdays from 6:30-7:45pm, Caring Hospice Center of Cortland, 11 Kennedy Parkway. Info., http://crowncity.toastmastersclubs.org.

Cuba Friendship Group of Greater Ithaca Meeting, Unitarian Church Annex, 208 E. Buffalo St., Meets the 3rd Tues of every month. Info 387-9830 or email cmcc@lightlink.com.

Cub Scouts Pack 55, Ellis Hollow Community Center, Pack meets 5pm, every Tuesday, Contact Dawn Thornton at 277-1051 or neiko1999@aol.com for more information.

Dewitt Park Farmer's Market, 9am-2pm, Dewitt Park, Ithaca. Information at www.ithacamarket.com.

Dharma II, 11am-12:30pm, Ahimsa Yoga Center, Dewitt Mall, Ithaca, Information and additional class schedules at www.ithacayoga.org.

Eating Disorders Family & Friends Support Network, 6:30-8:30pm, Cooperative Ext., 615 Willow Ave., Ithaca, every 3rd Tuesday, interactive videoconference with local connections. Info., 272-2292.

Emergency Food Pantry, 11:30am-2pm, Tompkins Community Action, 701 Spencer Rd., Ithaca. Provides individuals and families with 2-3 days worth of nutritious food and personal care items. Info. 273-8816. For a complete listing of daily pantries, see: www.211tompkins.org.

Enfield Fire Company Blood Drive, 1:30-6:30pm, 172 Enfield Main Road. You can call for an appointment by calling the American Red Cross at 273-1900.

Gentle Yoga, Meets every Tuesday 9:30-11:00am at Island Health & Fitness. A blend of stretching, relaxation, healing visualization & meditation in a supportive group environment. The class is offered free of charge to those with cancer. For more information contact instructor Nick Boyar 607-272-2062 or nickboyar1@yahoo.com.

GIAC Open Lounge, 3:30-6pm, 301 West Court Street, Ithaca, Game Room, Video Games, Open Gym & Field Trips.

Groton Public Library Board Meeting, 7pm, Groton Library.

Preschool Story Time & Activity, Tuesday, September 16 & Friday, September 19, 10:30am, Toddlers and preschoolers are invited to hear the story "Moving Day" by Robert Kalan and make clay hermit crabs. Sciencenter, 601 1st St, Ithaca, www.sciencenter.org or 607-272-0600.

Head Over Heals Gymnastics Unstructured Play-Time, 10:30-11:30am, Sept9-June26, 215 Commercial Avenue, Ithaca, This open gym time is for parents and children to play together. An adult must accompany children on the equipment. Ages 6 months - 5 years old. Pre-Registration is not required; Info., 273-5187, www.headoverheelsgym.net.

Healthy Tuesdays, 6pm, Groton Public Library, Free fresh produce, Info., Ruth, http://www.wholeshare.com.

IC Lecture, Presentation on the Freedom of Information Act and other government-access resources by Bob Freeman, executive director of the New York State Committee on Open Government; 5pm, room 223, Park Hall.

Immaculate Conception Church Food Pantry, 1-1:45pm, Seneca near Geneva St., Ithaca, Free, fresh produce, breads, desserts, dairy and deli. For low to moderate incomes, limit 1 pantry per week. www.friendshipdonations.org.

Ithaca Gay Mens Chorus, 7-9pm, First Baptist Church, Ithaca, every Tuesday.

Jennie's Book Club, 9:30am, Southworth Library, Dryden. Jennie's Book Club will discuss the works of Nancy Horan, award winning author of Loving Frank and Under the Wide and Starry Sky. Books and more information are available at the library.

Jesuians of Ithaca, 7-8:30pm, Discussion group for those interested in following the teachings of Jesus (compassion, forgiveness, non-violence, inclusivity), but don't necessarily believe in the miracles, resurrection, salvation, etc. Open to all orientations and religions (or lack thereof). Not affiliated with any religious institution. For info, email jesuanity@gmail.com, or visit www.facebook.com/groups/Jesuiansofithaca.

Karate, 5:30-6:30, Kwon's Champion School, 123 Ithaca Commons, Martial arts classes for all ages, children and adults, Never too old or too young. Info., CJichi@yahoo.com.

Karate for Adults and Children, Emphasizing natural focus, discipline, personal enrichment and performance. Instruction classes for students, as young as, 3.5 years old. Official Seishi Honbu Karate, 15 Catherwood Road, Ithaca, (607) 277-1047 www.seihijuku.com.

Knowledge is Power, 6pm, group for those who have been in abusive relationships, For info., 277-3203.

Lifelong Schedule, 9-12PM, Morning Watercolor Studio; 9-12PM, Open Computer Lab/Discussion; 10:15-11:15AM, Senior Seated Stretch and Tone, Trumansburg Library; 11:30-12:30PM, Tai Chi, Lansing Community Library, Auburn Road; 12-3:30PM, Afternoon Art Studio; 1-3:30PM, Films on Rebellion and the Clash of Cultures, 4:30 - 5:30PM, Kundalini Yoga; Info., 273-1511 or www.tclifelong.org. **Lime Disease Prevention and Care**, 8:30pm, Greenstar Classroom, 701 W. Buffalo St., Ithaca. Info., 273-9392.

Little Voices Music & Motion, 10am, Ithaca Youth Bureau, Ithaca. or 4pm, Lansing Town Hall. Our music classes provide a wide variety of high quality music in a variety of tonalities, rhythms and styles. We sing, we dance, we play instruments and with movement props. Info., 227-7902 or www.littlevoicesmusic.com.

Loaves & Fishes Community Kitchen, 5:30pm, St. John's Church, 210 N Cayuga St., Open to all, no limitations or requirements. Info., www.loaves.org.

Neighborhood Food Hub, 8am-8pm, July 1-October 1, 33 James St., Dryden; 10am-9pm, Groton Public Library, 112 E. Cortland St.; 8am-8pm, 222 E. Falls St., Ithaca; A volunteer Hub Holder hosts a cooler one day a week, which will serve as the drop-off location for produce. The donations are distributed to food pantries, local meal programs, and individuals. Info., friendshipdonations.org/hubs.

Pre-school Storytime, 10am, Groton Public Library, September-May, Stories, crafts, songs, special guests, games, free. Info., 898-5055.

Preschool Story Time, 1PM-2PM, Lansing Community Library, 27 Auburn Road, Lansing, Join us for stories, songs, and fun! Different theme each week. Free and open to the public.

Science Cabaret, 7pm, Lot 10 Lounge, 106 S. Cayuga St., Ithaca. For more information, visit http://www.sciencocabaret.org/.

Sciencenter Preschool Program, 10:30am, Sciencenter, 601 1st St. Toddlers, preschoolers and their caregivers can enjoy a story & hands-on activity. Included with museum admission, toddlers (0-2) free. www.sciencenter.org., 607-272-0600.

Tai Chi Classes at Lansing Library, 11:30 AM - 12:30 PM, Lansing Community Library, 27 Auburn Road, Lansing, Tai Chi can dissolve tension, increase your strength and cardiovascular fitness, and leave you with a greater awareness, calmness, and overall sense of wholeness. Please wear loose, comfortable clothing. Registration and Cost: \$5/class (Scholarships and reduced monthly payment options available through Lifelong - 607-273-1511 www.tclifelong.org and the Lansing Library).

Tompkins County Library Schedule, 7:00AM-10:00AM, Borg Warner Room, BNI Thumbs Up; 1:30PM-4:00PM, Borg Warner Room, Tompkins Workforce; 7:00PM-7:30PM, Borg Warner East, New York Satsang Society/NC.

Tompkins Learning Partners New Tutor Orientation, 5:30pm-7:30pm, and on Saturday, September 20th, from 10:00am-12:00pm, at Tompkins Learning Partners, 124 W. Buffalo St., Ithaca, To register for one of the orientations, email our Program Assistant, Shannon Alvord, at: TLPShannonA@gmail.com, or call (607) 277-6442, Mondays and Fridays. Adults in our community, as well as incarcerated youth in nearby juvenile facilities, need help improving basic reading, writing, and math skills.

Immigrants in our community need help learning English and preparing for the U.S. Citizenship Exam. Tompkins Learning Partners seeks volunteer literacy tutors to meet with these community members on a weekly basis. Volunteers are also needed to help with mailings and other special projects. Come to learn more about how you can make a difference in our community, Program Assistant, Outreach & Recruitment, 124 W. Buffalo St., Ithaca, TLPShannonA@gmail.com, (607)277-6442.

Women's Barbershop Chorus, 6:45-9:15PM, practices Tuesday evenings at Boynton Middle School, New voices welcome.

Workforce NY Workshop, Tompkins Workforce NY, 171 E. State Street, Center Ithaca Building, Room 241, Ithaca, Jobseekers with Disabilities Workshop: 9:00-11:00 a.m.; Info., (607) 272-7570 ext. 126, Email: Ramona.emery@labor.ny.gov.

17 Wednesday

AA, 9am, 518 W. Seneca St., Ithaca, Main Floor, Info., 387-5701.

Adult Children of Alcoholics and Dysfunctional Families Group, ACA Meets every Wednesday 7-8pm at The Ithaca Community Recovery Bldg. 2nd floor of 518 W. Seneca St Ithaca, Info: www.adultchildren.org.

Annual Meeting and Celebration, 5-6:30pm, Cancer Resource Center, 612 W. State St., Ithaca.

Audrey O'Connor Lecture, The Drunken Botanist, Amy Stewart, Author, Cocktail Party: 4:30 p.m. - 6:30 p.m. Botanical Garden; pre-registration required. Lecture: 7:30 p.m. Statler Hall Auditorium, Cornell University.

Consumer Issues Education Program, Cornell Cooperative Extension, 3rd Wed every month. A Representative of the NYS Attorney General's Office will conduct a brief presentation and will be available until 1pm to consult. Info., counties.cce.cornell.edu, 272-2292.

Cooking Matters Store Tours, 1-3pm, Tops Friendly Market, Ithaca. For more information about this partnership or the tours at Tops, please call Lara Parrilla Kaltman at CCE-Tompkins (607) 272-2292.

Cornell Cinema, Willard Straight Theatre. 7:15pm, Projection Performance, Admission: \$4/adults, \$3/ kids 12 & under; Info at cinema.cornell.edu or 255-3522.

Cortland Youth Center, Open from 12-9pm. Info., www.cortland.org/youth, 753-3021.

"Cyber-Seniors", 7pm, Textor 102, Ithaca College. "Cyber-Seniors" chronicles the journey of six senior citizens guided by teenage mentors as they learn how to use the Internet. The film offers candid insight into the challenges and victories the seniors face as they dive into the digital world. For more information on the film and how to get involved with the program, visit www.cyberseniorsdocumentary.com.

Dharma II, 3:30-5pm, Ahimsa Yoga Center, Dewitt Mall, Ithaca, Information and additional class schedules at www.ithacayoga.org.

Evening Bereavement Support Group, 5:30-7pm, Nina K. Miller Hospicare Center, 172 East King Road, Ithaca. 1st and 3rd Wednesdays of the month, Free and open to adults who have experienced the loss of a loved one. For information, contact 272-0212 or dgeorge@hospicare.org or visit www.hospicare.org/grief-support-groups.

Faculty Recital: Lee Goodweh Romm and Peter Rothbart, bassoon, 7pm, Hockett Family Recital Hall, Ithaca College 953 Danby Rd. Ithaca, Info., 607-274-3717.

Farmer's Market, 4-7pm, East Hill Plaza, Ithaca. Information at www.ithacamarket.com.

Food Addicts in Recovery Anonymous (FA), 7-8:30pm, 309 Highland Rd., Ithaca, FA is a free 12-Step recovery program for anyone suffering from food obsession, overeating, under-eating, and bulimia. Info. 607-351-9504.

GIAC Open Lounge, 3:30-6pm, 301 West Court Street, Ithaca, Game Room, Video Games, Open Gym & Field Trips.

Head Over Heals Gymnastics Unstructured Play-Time, 10-11am, Sept9-June26, 215 Commercial Avenue, Ithaca, This open gym time is for parents and children to play together. An adult must accompany children on the equipment. Ages 6 months - 5 years old. Pre-Registration is not required; Info., 273-5187, www.headoverheelsgym.net.

IC Events, LECTURE: "Targeted Killings, the Constitution, and You: U.S. Drone Policy and Citizens' Rights," a Constitution Day presentation by Cornell law professor Jens David Ohlin and Carlos Figueroa, assistant professor of politics at Ithaca College; 7:30 p.m., Emerson Suites, Phillips Hall; MUSIC: Faculty bassoon recital by Lee Romm and Peter Rothbart; 7 p.m., Hockett Family Recital Hall, Whalen Center; READING: Distinguished Visiting Writers Series reading by National Poetry Series winner Kevin Young, author of "The Grey Album: On the Blackness of Blackness" and the collections "Most Way Home and Jelly Roll: A Blues"; 7:30 p.m., Clark Lounge, Egbert Hall; SCREENING: "Cyber-Seniors," a Gerontology Institute and Department of Occupational Therapy screening of a documentary about how generational gaps are bridged by the Internet; 7 p.m., Textor 102.

Ithaca Rotary Club Luncheon, 12:15pm, The Country Club, 189 Pleasant Grove Rd., Ithaca. Speaker: Director Fred Bonn, News from the Finger Lakes State Parks; The public is welcome to attend, cost is \$13. Info., at www.ithacarotary.com.

Ithaca Sociable Singles Dinner, 6pm, Waterwheel Café, 2 Main Street, Freeville. Info., 607-273-4421 or hlf2@cornell.edu.

Ithaca Veterans Acupuncture Clinic, 5pm, Ithaca Community Acupuncture, free "ear" acupuncture for all US Veterans and their families. IVAC takes place every Wednesday evening. Info., www.ithacacommunity-acupuncture.com or call 607-319-5454.

Lifelong Schedule, 8:30-9:30AM, Enhance Your Fitness, Lifelong, 119 W. Court St, Ithaca; 9-10AM, Enhance Fitness®, Juniper Manor; 9-12PM, HIICAP; 10-12PM, Lifelong Transitions Presents: Downsize for Simplicity; 10-12PM, Motor Racing; 10-12PM, From Athens to Istanbul; 10:15-11:15AM, Enhance Your Fitness, Dryden Veterans Memorial Home, 2272 Dryden Rd.; 11-12PM, Football: The 2014 College and Professional Seasons; 12-2PM, Ladies Senior Golf Luncheon; 12-2PM, Joint Replacement Study; 1-2PM, Senior Seated Stretch and Tone Juniper Manor; 1-3:30PM, German; 1-3:30PM, Crafting Circle-Needlework & Quilting; 2-3PM, Enhance Fitness®, McGraw House Annex, 221 S. Geneva St.; 2-4PM, KTW: The House; 2-4PM, Opera-Watch, Listen, Discuss; 3-5PM, Lifelong Transitions Presents: Financial Planning/Wealth Management; 3-5PM, Crazy About Sudoku; Info., 607-273-1511 or www.tclifelong.org.

Loaves & Fishes Community Kitchen, 12Noon, St. John's Church, 210 N Cayuga St., Open to all, no limitations or requirements. Info., www.loaves.org.

Longview Senior Community Wellness Fair and Open House, 10am-3pm, Participants can enjoy tours of the facilities, exercise equipment demonstrations,

healthy cooking programs, a guided nature trail walk (weather permitting), a demonstration of the PERS (personal emergency response system) units by the County Office for the Aging, workshops on mindfulness and brain games, mini massage with Rasa Spa, Elder Comfort Care Massage, Sweet Massage by Sarajane and Inge Johnson LMT, as well as displays and information from the Cayuga Center for Healthy Living, Tompkins County Office for the Aging, Ithaca College's Center for Life Skills, and Cornell Cooperative Extension. Info., 607-375-6315 and registration is required for this event. To register, go to: <http://tinyurl.com/LVWellness>.

Music at Cornell, 8pm, Sage Chapel, Guest ensemble: Schola Cantorum of Oxford. The Cornell choirs present the celebrated Schola Cantorum from Oxford University, conducted by James Burton, on its first American tour in twenty-five years. Admission \$10 adult; \$5 student, at www.gleeclub.com/concert-schedule.html and at the door. Info., <http://music.cornell.edu/calendar/>

Neighborhood Food Hub, 8am-8pm, July 1-October 1, 222 Bald Hill Rd., Danby and also at Ithaca Community Gardens. A volunteer Hub Holder hosts a cooler one day a week, which will serve as the drop-off location for produce. The donations are distributed to food pantries, local meal programs, and individuals. Info., friendshipdonations.org/hubs.

Open Family Swim Tompkins Cortland Community College, Dryden. 6pm-9pm. Fee. 844-8222.

Play Mah Jongg! 1PM-4PM, Lansing Community Library, 27 Auburn Road, Lansing, Play American Mah Jongg in an informal, relaxed setting. Free and open to the public.

"Purple Fields", 7pm, Uncorked Creations, 102 N. Tioga Street, 2nd Floor, Ithaca, Info., www.uncorkedlthaca.com.

Read Baby Read, 10am, Southworth Library, Main St., Dryden. Infant and toddler storytime with rhymes, songs, stories and fingerplays to delight our youngest library patrons.

Senior Wellness Fair & Open House, 10am-3pm, Longview, Ithaca. Participants can enjoy tours of the facilities, exercise equipment demonstrations, healthy cooking programs, a guided nature trail walk (weather permitting), a demonstration of the PERS (personal emergency response system) units by the County Office for the Aging, workshops on mindfulness and brain games, mini massage with Rasa Spa and SageWork, as well as displays and information from the Cayuga Center for Healthy Living, Tompkins County Office for the Aging, Ithaca College's Center for Life Skills, and Cornell Cooperative Extension. Registration is required for this event. To register, go to: <http://tinyurl.com/LVWellness>. To view the day's schedule, go to: <http://www.ithacarelongview.com/events/view/WellnessFair.html>. For information, please call (607) 375-6315.

Science Together, Wednesdays and Saturdays in September 10:30 – 11am, Toddlers and preschoolers with their grown-ups are invited to use their senses to explore like real scientists. The Sciencenter Early Explorer Educator will also share research-based tips for parents in an interactive, fun environment. Sciencenter, 601 1st St, Ithaca, www.sciencenter.org or 607-272-0600.

Shackleton's Antarctic Dream, 7:30pm, Trumansburg Elementary School, Auditorium. \$5.00 tickets at the door, and in advance at Good To Go and NY Pizzeria Presented as a fund raiser for Encore Players Community Theater in Trumansburg, OPEN TO THE PUBLIC.

"Targeted Killings, the Constitution, and You: U.S. Drone Policy and Citizens' Rights" will be held at Ithaca College on Wednesday, Sept. 17. Held in recognition of Constitution Day, the presentation is scheduled for 7:30 p.m. in Emerson Suites, Phillips Hall. It is free and open to the public.

Teen Tech Club, 3:30-5pm, Newfield Public Library, Main St., Newfield. Teens, drop in after school to explore our new tablets and e-readers, and to share your favorite tips and apps.

The House, 7:30pm, The Kitchen Theatre, State St., Ithaca. Info., <http://www.kitchentheatre.org>.

Tompkins County Library Schedule, 10:00AM-11:30AM, Borg Warner East, Tompkins County DSS AV; 1:30PM-4:00PM, Borg Warner Room, Tompkins Workforce; 3:00PM-4:00PM, Youth Services, Reader Is In; 4:00PM-5:00PM, Youth Services, Reader Is In; 4:45-5:45pm, Thaler/Howell Room, Young Adult Book Club.

Waffle Wednesdays, 9-11am, Dryden Community Center Cafe, 1 W. Main St., Dryden. Serving hot fresh waffles from scratch, served with either real New York maple syrup or fresh strawberries and whipped cream. Info., 844-1500.

Workforce NY Workshop, Tompkins Workforce NY, 171 E. State Street, Center Ithaca Building, Room 241, Ithaca, Conquering the Interview Workshop: 9:00-11:00am; Info., (607) 272-7570 ext. 126, Email: Ramona.emery@labor.ny.gov.

18 Thursday

AA, 9am, 518 W. Seneca St., Ithaca, Main Floor, Info., 387-5701.

Affordable Acupuncture for People with Cancer, Available every Thursday 1-4pm at Ithaca Community Acupuncture (510 W. State St.). A collaboration between Ithaca Community Acupuncture & CRCL. Sliding scale \$15-\$35 + a one time \$10 new patient paperwork fee. To make an appointment, call 607-319-5454. www.ithacacommunityacupuncture.com.

American Piano Music II, 7pm, Hockett Family Recital Hall, Ithaca College 953 Danby Rd. Ithaca, Info., 607-274-3717.

Anonymous HIV Testing and Counseling, 1:30-3:30pm, Tompkins County Health Department. Every Tues/Thurs., 274-6604 to schedule an appointment.

Anorexia Nervosa & Associated Disorders, 7pm, Cooperative Extension, 614 W. State St., for those in need of help & recovery. Info., 272-2292.

Artist's Talk at the Johnson Museum, 5:15pm, Artist and biologist Brandon Ballengée will discuss his work, which was included in the recent exhibition "beyond earth art: contemporary artists and the environment" at the Johnson Museum. Free. For more information, please call (607) 255-6464 or visit www.museum.cornell.edu.

Ash Seed Collection Workshop, 12noon-3pm, Cornell Cooperative Extension, 615 Willow Ave., Ithaca. Information 607-272-2292 or visit <http://csetompkins.org>.

Author Marianne Angelillo Book Signing Event, 4-7pm, Barnes & Noble, 614 S Meadow St, Ithaca, Angelillo, a resident of Skaneateles, NY, will be available to sign copies of her book, *Sharing My Stones*.

Book Sale Trumansburg Ulysses Philomathic Library, 10am-8pm, 74 E. Main St., Trumansburg. Info., 607-387-5623 or www.trumansburglibrary.org.

Cancer Resource Center Yoga Class, 9:30am-11am, Island Health and Fitness, The classes are free to anyone with a cancer diagnosis, but registration is required. To do so, call the Cancer Resource Center at 277-0960 or contact ann@crcl.net.

Cooking Matters Store Tours, 1-5pm, Greenstar, Ithaca. For more information about the tours at GreenStar, please contact Laura Buttenbaum at cookingmatters@greenstar.coop (607) 273-9392.

Cornell Cinema, Willard Straight Theatre. 7:15pm, Walking the Camino: Six Ways to Santiago; 9:15pm, 22 Jump Street, Admission: \$4/adults, \$3/kids 12 & under; Info at cinema.cornell.edu or 255-3522.

Cortland Youth Center, Open from 12-9pm, Info., www.cortland.org/youth, 753-3021.

Danby Food Pantry, 3-6pm, 3rd Thursday of the month, Danby Federated Church, 1859 Danby Road, Danby residents only.

Depression Support Group, 5:30-7pm, Finger Lakes Independence Center, 215 Fifth Street, Ithaca. Every Thurs. The group is free, confidential and organized by people who have personal experience with depression. Info., 272-2433.

Dewitt Park Farmer's Market, 4-7pm, Dewitt Park, Ithaca. Information at www.ithacamarket.com.

Dharma II, 6-7:30pm, Ahimsa Yoga Center, Dewitt Mall, Ithaca, Information and additional class schedules at www.ithacayoga.org.

"Eldercare and Mindfulness", 6:30pm, Lifelong, 119 W. Court St., Ithaca. The meeting is open to anyone caring for an elderly spouse, parent, other relative or friend. The group meets every week. For more information on the group, please contact Robert Levine at the Office for the Aging at (607) 274-5482 or at Rlevine1@binghamton.edu or view a flyer about the group on the Office for the Aging website: www.tompkins-co.org/cofa.

Enfield Grange Farmers' and Crafters' Market, Every Thursday from 3-7pm, Enfield Center, Enfield Main Rd. off of Rt. 79 west. Thru mid October.

GIAC Open Lounge, 3:30-6pm, 301 West Court Street, Ithaca, Game Room, Video Games, Open Gym & Field Trips.

Halsey Valley Pantry, 4-4:45pm, GAR building, Hamilton Rd, Halsey Valley, No pantry on the 3rd Thursday; Free, fresh produce, breads, desserts, dairy and deli. For low to moderate incomes, limit 1 pantry per week. Info., www.friendshipdonations.org.

IC Events, ART: Artist talk by Julia Randall, whose exhibit "Oral Fixations" — a collection of her hyperrealist drawings ranging from disembodied mouths to monumental bubblegum — is on display at the gallery; 6 p.m., Handwerker Gallery, Gannett Center; MUSIC: "PIANAMERICA" a festival of American piano music performed by students in the studio of Jennifer Hayghe; 7 p.m., Hockett Family Recital Hall, Whalen Center.

Ironwood, 6-7:30pm, Six Mile Creek Vineyard. Info., www.sixmilecreek.com.

Ithaca Fixers Collective, 6-8pm, ReUse Center in the Triphammer Marketplace, 2255 N Triphammer Rd, Ithaca. **Karate**, 5:30-6:30, Kwon's Champion School, 123 Ithaca Commons, Martial arts classes for all ages, children and adults. Never too old or too young. Info., CJichi@yahoo.com.

Karate for Adults and Children, Emphasizing natural focus, discipline, personal enrichment and performance. Instruction classes for students, as young as, 3.5 years old. Official Seishi Honbu Karate, 15 Catherwood Road, Ithaca, (607) 277-1047 www.seishijuku.com.

"Kids Corner" 4pm, Children Reading Program, Adelson Library, 159 Sapsucker Woods Rd., Cornell Lab of Ornithology. Every 3rd Thursday, Hands-on activities follow each reading, suitable for children in grades K-5. The Fall series features Bird Tales from Other Cultures. Info. 254-2165.

La Leche League Meeting, 6:30pm, Bloom 134 E. State St., Ithaca. Breastfeeding help and support.

Lifelong Schedule, 10-11:30AM, Asking the Right Questions; 10-12PM, Sleep Seminar; 10-1PM, Joint Replacement Study; 10:15-11:15AM, Senior Seated Stretch and Tone, Trumansburg Library; 12:30-1:30PM, Strength Training, Lifelong; 2-3PM, Lifelong Senior Theater Troupe; 3-5:30PM, Viva La Vegan Part 2; 6:30-8:30PM, Computer Questions and Discussion; 7-8:30PM, Line Dance Lessons; Info., 607-273-1511 or www.tclifelong.org.

Loaves & Fishes Community Kitchen, 5:30pm, Loaves & Fishes, 210 N Cayuga St., Open to all, no limitations or requirements. Info., www.loaves.org.

Overeaters Anonymous, 12 Steps & 12 Traditions, 7-8am, Unitarian Church Annex, 208 E Buffalo St., Rm 201, (enter through glass door, go to 2nd floor then through large room to last room on left.), Contact Judy at 607-319-0573.

Pat's Group, Living with Cancer as Chronic Disease, Meets the 1st & 3rd Thursday of each month 12-1:30 pm, Cancer Resource Center, 612 W. State St., Ithaca. Lunch provided. For people with more advanced cancers; caregivers welcome.

Reception for ART@BTI photo show, 5-7 PM, Boyce Thompson Institute for Plant Research, Cornell. Short talks by photographer David Watkins and plant scientist Georg Jander @5:30 pm, flute music by Liz Shuhan, 40 botanical portraits 'From my backyard'

Senior Dollar Day at Ithaca YMCA, YMCA of Ithaca, Graham Road West, On Thursdays Senior non-members (60+) are welcome use the facilities for a \$1. Info., www.ithacaymca.com.

September Networking at Noon, Noon-1:30pm, Location: Aladdin's Natural Eatery, 100 Dryden Road, Fee: \$21. Limited to Chamber members. Space is limited; only 2 representatives from each business or organization, please.

Shackleton's Antarctic Dream, 7:30pm, Trumansburg Elementary School, Auditorium. \$5.00 tickets at the door, and in advance at Good To Go and NY Pizzeria Presented as a fund raiser for Encore Players Community Theater in Trumansburg, OPEN TO THE PUBLIC.

Suzanne Vega, 8pm, The Hangar Theatre, Ithaca.

The Bike Rack in Colletown will have Free bicycle repair classes the 1st and 3rd Thursdays of the month. The classes will be at the store from 6-7PM, it is not necessary to sign up. The clinics will be led by our head mechanic, Leland O'Connor. The Bike Rack, 409 College Ave., Ithaca, (telephone) 607-272-1010, (fax) 607-272-3062, (email) gweidberg@aol.com, www.thebikerrackonline.com.

The House, 7:30pm, The Kitchen Theatre, State St., Ithaca. Info., <http://www.kitchentheatre.org>.

Thursday Night Spaghetti Special, 5-7pm, Dryden Community Center Cafe, 1 W. Main St. Dryden. Our all-you-can-eat spaghetti dinner comes with a side salad & Italian bread for just \$5.55, with meatballs just a little bit extra. Call for info., 844-1500.

Toddler & Pre-School Storytime, 10:30-11AM every Thursday, Cortland Free Library, 32 Church St, Cortland, Info., 753-1042.

Toddler Story Hour, 10:30 AM, Lansing Community Library, 27 Auburn Road, Lansing, Join us for stories, songs, and fun! Different theme each week. Free and open to the public.

Tompkins County Coalition for Families, 8:15-9:30am, Join with parents, volunteers and agency staff members to strengthen our community for children, youth and families! Monthly meetings focus on creating family-centered services, enhancing collaboration, and exploring policy issues. All are welcome! every 3rd Thursday, 8:15 am - 9:30 am at the CCE-Tompkins Education Center. 8:15 - Networking & tea/coffee 8:30

- Introductions & Announcements... bring your announcements & handouts 8:45 - Dialogue and/or guest speaker 9:30 - 10:00 Follow-up, See more at: <http://csetompkins.org>.

Tompkins County Library Schedule, 9:00AM-11:00AM, Borg Warner Room, Tompkins Workforce NY AV; 11:00AM-12:00PM, Youth Services, Reader Is In; 12:00PM-1:30PM, Borg Warner West, Cornell University.

Workforce NY Workshop, Tompkins Workforce NY, 171 E. State Street, Center Ithaca Building, Room 241, Ithaca, Job Search Tips for Older Workers: Thursday, 10a.m.-12Noon; Info., (607) 272-7570 ext. 126, Email: Ramona.emery@labor.ny.gov.

Yardworks - Planting Gardens to Attract Birds and Pollinators, 6-7:30pm, Cornell Cooperative Extension, 615 Willow Ave., Ithaca. Information 607-272-2292 or visit <http://csetompkins.org>.

19 Friday

AA, 9am, 518 W. Seneca St., Ithaca, Main Floor, Info., 387-5701.

Acoustic Open Mic @ Unwind Café in the Ithaca Mall, 6PM to 8:30PM every 2nd and 4th Friday of each month. Bring your instruments. We have a keyboard for piano/organ players available. Any style music welcome (original music and covers). Call 607-266-9463 for details.

Back to the Garden, 8pm, Hangar Theatre, Ithaca. a musical tribute to folk-rock trailblazers Carole King, Joni Mitchell, and Laura Nyro, Tickets for Back to the Garden start at \$18 and can be purchased online at www.HangarTheatre.org, by phone at (607) 273-ARTS (2787), or in person at the Hangar Theatre business office located in Center Ithaca on the Commons (Mon-Sat from 10am to 4pm).

Bird Walk, 7:30am, Lab of Ornithology, Ithaca. Come for a leisurely walk through the Sanctuary to look for birds. These 90 minute walks are aimed at beginner bird watchers.

Book Sale Trumansburg Ulysses Philomathic Library, 10am-5pm, 74 E. Main St., Trumansburg. Info., 607-387-5623 or www.trumansburglibrary.org.

"Brown Bag Lunch" 12noon-1pm, Cancer Resource Center, 612 W. State St.; open to women with any type/stage of cancer, Info., 277-0960.

Carder Steuben Symposium, September 19-20, Corning Museum of Glass, Every year the Carder Steuben Club holds a Symposium on the glass of Frederick Carder. Programming for the Symposium consists of lectures and presentations by experts on the glass of Frederick Carder, museum and library scholars, glass dealers and collectors. This year's speakers include: Steven Bender, Kelly Conway, William Warmus, Gregory Merkel, Kelley Elliot, Gail Bardhan, Scott Coots, Marion and Sandy Frost, Willson and Susan Craigie, Jane Spillman, and Thomas Dimitroff. Fee applies; registration required. Visit cardersteubenclub.org.

Climbing Wall "Kaylee's Climb", Friday- 4+5+6PM. Sat 9:30AM-12:30PM; Beginner Climbing Fun, indoor individual / group instruction and parties. Seishi Honbu, World Seishi Karate Headquarters., 15 Catherwood Rd. Ithaca, Information call: (607)277-1047 or www.seishijuku.com.

Congo Square Market, 4-8pm, Next to Southside Community Center, Ithaca.

Cornell Games Club Weekly Meeting, 7-11pm, Goldwin Smith Hall, 232 East Ave., Central Campus, Cornell. They play board games, card games, miniatures games, and role-playing games (RPGs). Attendance is free and open to anyone. Rules are taught for most games. Info., 607-255-5980, <http://www.rso.cornell.edu/gamesclub>.

Cornell Cinema, Willard Straight Theatre. 7:30pm, Walking the Camino: Six Ways to Santiago; 9:30pm, 2014 Sundance Film Festival Shorts on Tour; Info at cinema.cornell.edu or 255-3522.

Dharma II, 11am-12:30pm and 3:30-5pm, Ahimsa Yoga Center, Dewitt Mall, Ithaca, Information and additional class schedules at www.ithacayoga.org.

Fall Bake and Rummage Sale, 9am-5pm, Harmony UM Church, 726 Route 221, Harford. Come have lunch with hot dogs and polish sausage and satisfy your sweet tooth with lots of delicious baked goods. There will be clothes, coats, and shoes for all; games, books, plants, and household items.

Fire Up Your Future, Students in middle school through college are invited to attend this free event highlighting careers in the arts. Special guest is Dr. Marvin Bolt, curator of science and technology at The Corning Museum of Glass. Registration requested. 6:00-7:30 p.m. at The Studio of The Corning Museum of Glass. RSVP to fireup@cmog.org or 607.438.5429.

Friday Market Day, 9am-1pm, Triphammer Marketplace, Triphammer Rd., Ithaca. Every Friday local farmers and artists display their wares for your shopping enjoyment. Info., www.triphammermarketplace.com.

GIAC Open Lounge, 3:30-6pm, 301 West Court Street, Ithaca, Game Room, Video Games, Open Gym & Field Trips.

IC Events, MUSIC: Performance by Premium Blend; 8 p.m., Emerson Suites, Phillips Hall.

Interlaken Reformed Church Pantry, 3-6pm, 8315 Main Street, Interlaken, Free, fresh produce, breads, desserts, dairy and deli. For low to moderate incomes, www.friendshipdonations.org. For a complete listing of daily pantries, see: www.211tompkins.org.

Lifelong Schedule, 8:30-9:30AM, Enhance Your Fitness, Lifelong, 119 W. Court St, Ithaca; 9-10AM, Tai Chi, Kendal; 9-10AM, Enhance Fitness@, Juniper Manor; 9-10:30AM, Knitting Circle, All Levels Welcome; 9:30-10:30AM, Strength Training @ St. Catherine of Siena Parish Hall, Room 3, 302 St. Catherine Circle, Ithaca; 10-11AM, Senior Seated Stretch and Tone, Lifelong, 119 W. Court St, Ithaca; 10:15-11:15AM, Enhance Your Fitness, Dryden Veterans Memorial Home, 2272 Dryden Rd.; 11:30-12:30PM, Tai Chi Class with Strength Training; 1-3PM, NSSS game time; 2-3PM, Enhance Fitness@, McGraw House Annex, 221 S Geneva St.; 2-4PM, English as a Second Language, Beginner/Intermediate; 2-4PM, Square, Line, Polka Dancing; Info., 607-273-1511 or www.tclifelong.org.

Live Jazz, 6-9pm, Oasis, Danby Road, Ithaca, Every Friday evening.

Loaves & Fishes Community Kitchen, 12Noon, Loaves and Fishes, 210 N. Cayuga St., Open to all, no limitations or requirements. Info., www.loaves.org.

Music at Cornell, 8pm, Barnes Hall Auditorium, Guest ensemble: John Funkhouser Quartet, with John Funkhouser, piano, keyboard; Phil Sargent, guitar; Greg Loughman, bass; and Mike Connors, drums. Info., <http://music.cornell.edu/calendar/>

Music at Dryden Community Cafe The Larry Stamatel Band 7-9pm. 1 West Main St., Rt. 13, Dryden drydencafe.org

Neighborhood Food Hub, 10am-8pm, July 1-October 1, Southside Community Center, 305 S. Plain St., Ithaca. A volunteer Hub Holder hosts a cooler one day a week, which will serve as the drop-off location for produce. The donations are distributed to food

pantries, local meal programs, and individuals. Info., friendshipdonations.org/hubs.

New England Contra and Square Dance, 8-11pm, Bethel Grove Community Center, NYS Rt. 79, about 4 miles east of Ithaca. For more information: Ted Crane, 607-273-8678 or visit www.tedcrane.com/TCCD.

Open Family Swim Tompkins Cortland Community College, Dryden. 6pm-9pm. Fee. 844-8222.

Pay What You Can Yoga Classes, 5-6pm, Fine Spirit Studio, Dey, St., above Hickey's Music, All welcome, Bring a mat or rent one for \$1. Recommended to bring a bottle of water and a small towel. More info about class and teacher: <http://vidayoga.org/schedule>.

Preschool Story Time & Activity, Tuesday, September 16 & Friday, September 19, 10:30am, Toddlers and preschoolers are invited to hear the story "Moving Day" by Robert Kalan and make clay hermit crabs. Sciencenter, 601 1st St, Ithaca, www.sciencenter.org or 607-272-0600.

Roller Skating, 7-9pm, Cass Park Rink, \$7 admission inc. skate rental. Admission \$5 w/ your own skates. Info., www.cityofithaca.org/departments/yb/cass/index.cfm.

Safety, the 2014 Community-Based Play about Community-Police Relations, 8pm, Lehman Alternative School, Ithaca. Pay What You Can. Reservations are encouraged. Go to civcensemble.org or call 607-241-0195 to reserve a seat.

Take a Tour of the Museum, 11:30am, Museum of the Earth, 1259 Trumansburg Rd., The Museum of the Earth is pleased to offer exhibit tours included with admission. The tour is of the Museum's permanent exhibition hall, A Journey through Time, share the story of the Earth and its life. Info., 273-6623.

Tales for Tots Storytime, 11am, Barnes & Noble, we read fantastic and imaginative stories for young readers. Info., 273-6784 or www.BN.com.

The House, 8pm, The Kitchen Theatre, State St., Ithaca. Info., <http://www.kitchentheatre.org>.

Ulysses Historical Society Museum, 39 South St., Trumansburg, 2-4pm. Genealogical research. Info., 387-6666.

"Van Gogh's Cafe Terrace", 7pm, Uncorked Creations, 102 N. Tioga Street, 2nd Floor, Ithaca, Info., www.uncorkedlthaca.com.

West Village Apartments Food Pantry, 12:30-1:30pm, Every 3rd Friday, parking lot in front of apt #637, Ithaca.

Women's Noon Group, Meets every Friday 12-1:30 pm. Cancer Resource Center, 612 W. State St., For women with any type of cancer, at any stage of treatment or recovery. Light refreshments provided. Info., 277-0960.

Workforce NY Workshop, Tompkins Workforce NY, 171 E. State Street, Center Ithaca Building, Room 241, Ithaca, Civil Service Workshop: 1-2pm; Info., (607) 272-7570 ext. 126, Email: Ramona.emery@labor.ny.gov.

20 Saturday

AA, 9am, 518 W. Seneca St., Ithaca, Main Floor, Info., 387-5701.

Abovoagogo Classes, Abovoagogo Art Studio, 409 W. Seneca St., Ithaca, Pop-ups, Dolls and Paper Pleasures, 10am-11:30am; Family Studio, 1pm-3pm; Info., 262-6562 or visit abovoagogo.com.

Al-Anon, 9am, 518 W. Seneca St., Ithaca, Meeting open to anyone affected by another person's drinking. Info., 387-5701.

Animal Feeding, Cayuga Nature Center, 12Noon, Feel free to visit CNC as our animal volunteers feed our many animals, then hike one of our trails or visit the tree house. Free for members, low cost to visitors. Info www.cayuganaturecenter.org.

Art-Full Family Day at the Johnson Museum, 10a.m.-12p.m., Learn how insects gather food with artists Brandon Ballengée and Aurore Ballengée. Recommended for ages 3-11. Free for Johnson Museum Members/ \$5 per family for nonmembers. Space is limited. For more information, please call (607) 255-6464 or visit [museum.cornell.edu](http://www.museum.cornell.edu).

Asleep at the Wheel, 8pm, Center for the Arts, 72 S. Main St., Homer. Now in their 41st year, the band Asleep at the Wheel continues to introduce the western swing genre to a new generation on tour and takes audiences on the ride of a lifetime with their play, "A Ride with Bob." Western swing has a unique combination of elements of American blues, swing and traditional fiddling but also demanding musical chops. Tickets can be purchased online at www.center4art.org or by calling the box office at (607) 749-4900. If available, tickets will be sold at the door on the night of the performance. The Center Social Hour begins at 7 pm, offering desserts, coffee, tea, wine and beer for purchase as a fundraiser for the Center.

Back to the Garden, 8pm, Hangar Theatre, Ithaca. a musical tribute to folk-rock trailblazers Carole King, Joni Mitchell, and Laura Nyro, Tickets for Back to the Garden start at \$18 and can be purchased online at www.HangarTheatre.org, by phone at (607) 273-ARTS (2787), or in person at the Hangar Theatre business office located in Center Ithaca on the Commons (Mon-Sat from 10am to 4pm).

Fall Fungus at the Ellis Hollow Nature Preserve, 10am, Join mycologist Kathie Hodge to explore the curious fungus kingdom that sprouts around us in the fall.

Family Storytime, 1pm, Southworth Library, Main St., Dryden. Every 3rd Saturday of the month. Info., 844-4782.

Food Scrap Recycling Drop Spot, 9am-12noon, Dryden Highway Department. The free service will allow residents to expand their recycling options and reduce their trash disposal costs. The material collected each week will be taken to Cayuga Compost in Trumansburg for processing, with the resulting compost marketed to landscapers, homeowners, and organizations as a soil amendment.

Fossil Collecting Field Trip, Museum of the Earth, Trumansburg Rd., Ithaca. To Connecticut (includes a trip to the Yale Peabody Museum and has special rates), Collecting at each site begins at 11am and ends at 2pm. Explore the ancient seas of central New York with the help of our expert staff. Search for trilobites, brachiopods, and a myriad of other ocean creatures up to 400 million years old! Each trip begins with a short introduction to the geologic history of the area. Tools and fossil ID guide provided. Please bring a bag to take home your fossils, sunscreen, and sensible shoes. Trip participants meet at each location, which varies from a 45-minute to 3-hour drive from Ithaca. All the sites are fairly accessible with parking. However, most sites do not have convenient restroom facilities. Info., Samantha Lesser at lesser@museumoftheearth.org.

Habitat for Humanity Women Build, 9am-4pm, 3937 Highland Rd., Cortland. All veteran and new Women Builders are welcome to help us complete the shed, and prepare our latest build site.

Homestead Harvest Festival, 12-6pm, Southworth Homestead, 14 North St., Dryden.

International Peace Festival, St. Catherine's of Siena Parish, 302 St. Catherine's Circle, Ithaca. The event will feature arts and craft vendors, an assortment of international food, local craft beer and wine, as well as activities and entertainment for kids, including a bouncy castle, with performances by the Sim Redmond Band, Kevin Kinsella, The Burns Sisters, The Dorothy Cotton Jubilee Singers, Toivo, and more. Info., www.internationalpeacefest.org.

Introduction to Draft Animal Power, Saturday & Sunday Sept 20-21, 9 AM - 3PM, Lead Instructor: Donn Hewes, Location: Northland Sheep Dairy, Marathon, Join us for an amazing two-day, hands-on experience. Donn Hewes is an experienced teamster and a passionate educator, and loves teaching others how to think like a horse. This is your chance to learn the basics of working with draft horses and mules. Our trainees absolutely LOVE this class, Groundswell Member Sliding Scale Tuition: \$125 to \$290 for two days. For more information click HERE. To register send email to info@groundswellcenter.org.

Ithaca College Jazz Ensemble Children's Concert, 10am, Ford Hall, Ithaca College, Ithaca, Info., 607-274-3717 or http://www.ithaca.edu/music/events/

Ithaca Farmer's Market, 9am-3pm, Steamboat Landing, Ithaca. Info., www.ithacamarke.com.

Ithaca Fixers Collective, 3-5pm, ReUse Center in the Triphammer Marketplace, 2255 N Triphammer Rd, Ithaca. **Jazz Dance Class,** 11am, Finger Lakes Fitness Center, 171 E. State St., Center Ithaca, lower level, Beginners. Non-members & drop-ins welcome. Info., 256-3532.

J-Ville Jazzy Jumble Thrift Shop, Jacksonville Community United Methodist Church starting Saturday June 30th till end of Nov. Our Hours: Tuesdays: 4:30PM-7:30PM, Saturdays: 10AM-1PM. Good quality used clean clothes, Good used clean gift items.

Karate, 9-10am & 10-11am, Kwon's Champion School, 123 Ithaca Commons, Martial arts classes for all ages, children and adults, Never too old or too young. Info., CJichi@yahoo.com.

Karate for Adults and Children, Emphasizing natural focus, discipline, personal enrichment and performance. Instruction classes for students, as young as, 3.5 years old. Official Seishi Honbu Karate, 15 Catherwood Road, Ithaca, (607) 277-1047 www.seihijuku.com.

Linderman Creek Pantry, 201 Cypress Court, Ithaca Community Room, 12-12:30pm, 3rd Saturday of the month.

Master Class, 11am-1pm, Ahimsa Yoga Center, Dewitt Mall, Ithaca, Information and additional class schedules at www.ithacayoga.org.

Morning Story Time 10am. Caroline Community Library 2670 Slaterville Rd. Slaterville Springs. www.tcpl.org.

Music at Cornell, 8pm, Barnes Hall Auditorium, SPICMACAY and the South Asia Program present violin maestros Mysore Manjunath and Mysore Nagaraj playing Indian classical music, accompanied by Shrimushnam Raja Rao, mridangam, and Giridhar Udupa, ghatam. Funded in part by grants from the Cornell Council for the Arts and SAFC. Info., http://music.cornell.edu/calendar/

Neighborhood Food Hub, 8am-8pm, July 1-October 1, 411 N. Cayuga St., Ithaca and also at Cornell Garden Plots, Freese Rd., A volunteer Hub Holder hosts a cooler one day a week, which will serve as the drop-off location for produce. The donations are distributed to food pantries, local meal programs, and individuals. Info., friendshipdonations.org/hubs.

One Heart Community Drumming Circle, 4pm, West End of Stewart Park, Ithaca. Some drums are provided, Info., www.oneheartcommunitydrumming.org for last minute updates.

Open Family Swim Tompkins Cortland Community College, Dryden. 11am-1pm. Fee. 844-8222.

"Our Brothers, Our Sisters' Table" hot cooked community meal, 12noon, served at the Salvation Army, 150 N. Albany St. Ithaca. All welcome, No income guidelines.

Overeaters Anonymous, 11am-12:15pm - Speaker meeting. Ithaca Free Clinic, 521 West Seneca St., Ithaca. Enter conference room thru parking lot side door. Contact Beth at 607-280-5721.

Overeaters Anonymous, 12 Steps & 12 Traditions Study, 8-9am, Cortland Memorial Nursing Facility, 134 Homer Ave., Basement Conference Room B, Info., (607) 591-7218.

Path of Success, 10am-4pm, Ithaca High School, York Auditorium. Path of Success aims to provide students with the motivation to set high goals in academics, careers, and relationships and to provide them with the skills to achieve those goals. This nationally acclaimed, full-day seminar is presented by founder Alfred Watts, an attorney, minister, and Cornell graduate. No cost seminar. Door prizes. Lunch will be provided. Teachers, mentors, youth workers are welcomed to attend this seminar. To register, please contact Lisa Gould by telephone 256-0780 or email coordinator@villageatithaca.org. Path of Success is sponsored by the Village at Ithaca. It takes a whole village to raise, educate, affirm and inspire a child. Visit www.VillageAtIthaca.org

Parents' Night Out at Head Over Heals Gymnastics. 6-10pm, Give your child a super fun experience while you have a fun time of your own, Every 3rd Saturday, Sept-May. Reservations required as space is limited. \$25 per child. Info. 273-5187. www.flga.net.

Qigong for Health, 10am, Ithaca Karate Harmony with Nature School, 120 E. King Rd., ancient energy practices, 273-8980.

Safety, the 2014 Community-Based Play about Community-Police Relations, 2pm & 8pm, Lehman Alternative School, Ithaca. Pay What You Can. Reservations are encouraged. Go to civicensemble.org or call 607-241-0195 to reserve a seat.

Science Together, Wednesdays and Saturdays in September 10:30 - 11am, Toddlers and preschoolers with their grown-ups are invited to use their senses to explore like real scientists. The Sciencenter Early Explorer Educator will also share research-based tips for parents in an interactive, fun environment. Sciencenter, 601 1st St, Ithaca, www.sciencenter.org or 607-272-0600.

Sciencenter Showtime! Wild World of Insects, 2pm, Why are there so many kinds of insects? Learn where insects live, what they eat, and how to recognize them. Observe and touch live insects. Sciencenter, 601 1st St, Ithaca, www.sciencenter.org or 607-272-0600.

Siblings are Special, 3rd Saturday of the month, Cayuga Medical Center. This class is for children ages 3-8 years who are about to become big brothers and sisters. Fee \$15 per family. Info., 274-4408 or visit www.cayugamed.org.

Steak Dinner, 5pm, Danby Federated Church, 1859 Danby Rd., Ithaca, \$12pp, Charcoal Grilled Steak, Salad, Green Beans, Baked Potato, Beverage and Dessert. Info., 607-272-1687, www.danbyfederatedchurch.org.

Take a Tour of the Museum, Museum of the Earth, 11am, The Museum of the Earth is pleased to offer exhibit tours included with admission. The tour is of the Museum's permanent exhibition hall, A Journey through Time, share the story of the Earth and its life. Info 273-6623. 1259 Trumansburg Rd.

Talks and Treks, 10am, Fall Fungus at the Ellis Hollow Nature Preserve. Join mycologist Kathie Hodge to explore the curious fungus kingdom that sprouts around us in the fall. Remember to wear good shoes and bring water and snacks.

The House, 8pm, The Kitchen Theatre, State St., Ithaca. Info., http://www.kitchentheatre.org.

Tompkins County Library Schedule, 11:00AM-12:00PM, Youth Services, Reader Is In, 2:00PM-4:00PM, Borg Warner Room, ICOA Voices of Freedom Event.

Woods Earth "Back to School, Farm to School" Benefit Dinner, VIP Cocktail Reception at 6:30 PM; Dinner at 7:00 PM, Just Be Cause Center, 1013 W. State St. Ithaca, a delicious community feast of vibrant, local, organic, plant-based food enhanced with wines and beers from area vineyards and breweries, and live music will create a unique evening to remember. This delectable meal is inspired by recipes from "The Great Life Cookbook," by local authors and cooks, Priscilla Timberlake and Louis Freedman. See http://woodsearth.com/ for tickets.

Wildlife Defenders, 1pm, Southworth Library, Main St., Dryden. Come for stories and interactions with a live porcupine, armadillo, nutria and more! This free family Storytime program is provided through the Rosen Library Fund of the Tompkins Community Foundation.

21 Sunday

AA, 9am, 518 W. Seneca St., Ithaca, Main Floor, Info., 387-5701.

Al-Anon, 9am, 518 W. Seneca St., Ithaca, Meeting open to anyone affected by another person's drinking. Info., 387-5701.

"American Winter", 6:30-8:30pm, Cinemapolis, The Commons, Ithaca. The showing of American Winter, a compelling documentary about the face of poverty in the United States, is also a fundraiser for the food pantry network in Tompkins County. The suggested donation is \$10 and above.

Bird Walk, 7:30am, Lab of Ornithology, Ithaca. A leisurely walk through the Sanctuary to look for birds. These 90 minute walks are aimed at beginner bird watchers.

Book Sale Trumansburg Ulysses Philomathic Library, 12pm-5pm, 74 E. Main St., Trumansburg. Half Price Day, Info., 607-387-5623 or www.trumansburglibrary.org.

Bound For Glory Show, 8-11, Anabel Taylor Hall, Cornell, with live sets at 8:30, 9:30, and 10:30. All three sets are different. Kids are always welcome. Refreshments are available. Featuring: Leslie Lee and Steve Gretz; For information, call Phil Shapiro at 844-4535, or e-mail pds10@cornell.edu or visit www.wvbr.com.

Cat Show, 10am-4pm, JM McDonald Sports Complex, 4292 Fairgrounds Dr Cortland, Parking is FREE, ADMISSION: \$4 Children under 5, free; Website has \$1 off admission coupon, http://saltcitycatclub.org/

Cellist/songwriter Christopher Bell, 7pm, Felicia's Atomic Lounge, Ithaca. Info., http://thecrisbell.tumblr.com/shows .

Cornell Cinema, Willard Straight Theatre. The Freshman, 7pm, 2014 Sundance Film Festival Shorts on Tour; 9pm, 22 Jump Street; Info at cinema.cornell.edu or 255-3522.

Early Morning Farms Harvest Dinner, a harvest dinner menu prepared by Executive Chef Patrick Higgins of Aurora Inn paired with wines from Bet the Farm. The reception starts at 4:30pm with live music and an array of delectable hors d'oeuvres. Guests are invited to join Anton Burkett, Farm-Owner, for a special tour of his highly productive organic farm feeding thousands of people in his community. A greenhouse used for starting seedlings in Spring will be transformed into an elegant dining hall, farm style. The feast will be a true delight featuring locally sourced food, from just steps away and neighboring producers. Tickets start at \$75 (all-inclusive) with proceeds benefiting Healthy Food For All, a partnership between local farms and Cornell Cooperative Extension of Tompkins County which makes fresh produce accessible to households with limited income. Reservations are required and seating is limited so don't delay. For more info please visit HealthyFoodForAll.org

Emotions Anonymous Meeting, 7:30-8:30pm, Second Floor, 518 W. Seneca St., Ithaca, Info., www.ithacacommunityrecovery.org.

"Fireplace" Contemporary Worship Service, 6-7PM, Lansing United Methodist Church Route 34B and Brickyard Road, Lansing. Modern praise music, fellowship and food in a relaxed, welcoming atmosphere.

Food Addicts in Recovery Anonymous (FA), 4-5:30pm, 518 West State St., Ithaca, FA is a free 12-Step recovery program for anyone suffering from food obsession, overeating, under-eating, and bulimia. Info. www.ithacacommunityrecovery.org.

FOUND Flea Market, 227 Cherry St., Ithaca. At the FOUND FLEA you'll find an outrageous array of fantastic and funky antique and vintage treasures for your home and garden. Furniture, vintage clothing and jewelry, "Mantiques", art and more! You name it, we've probably got it. Admission is free and there is always plenty of free parking on the street and in neighboring lots. ON FOUND FLEA days FOUND in Ithaca will be open from 9am - 6pm.

IC Music, Faculty recital by the Shuhan-Luk trio featuring work by Weber, Gaubert, Durufle and Wilson; 1 p.m., Ford Hall, Whalen Center.

International Peace Festival, St. Catherine's of Siena Parish, 302 St. Catherine's Circle, Ithaca. The

event will feature arts and craft vendors, an assortment of international food, local craft beer and wine, as well as activities and entertainment for kids, including a bouncy castle, with performances by the Sim Redmond Band, Kevin Kinsella, The Burns Sister, The Dorothy Cotton Jubilee Singers, Toivo, and more. Info., www.internationalpeacefest.org.

Ithaca Farmer's Market, 10am-3pm, Info., www.ithacamarke.com.

Judy's Day at Cornell Plantations, 1-5pm, Family Reading Partnership will be taking part in this fun family learning festival at the Cornell Plantations. Stop by to visit us, learn all about fruits, and walk through a giant Very Hungry Caterpillar display.

Margaret Wakeley and Denice Karamardian In Cabaret: 'Growing Up at the Movies', 8pm, Carriage House Hayloft, Cornell, 305 Stewart Ave., Ithaca. Advanced tickets sales are available at the Carriage House Café and through the cast between September 1 and September 20 for \$12, and at the door performance night for \$15. Seating is limited.

Moto-Inventions, Sundays in September, 1-2pm, Invent contraptions that can move. Tinker with recycled materials and electricity to make whirling, moving machines. Materials provided by Cornell Xraise. Sciencenter, 601 1st St, Ithaca, www.sciencenter.org or 607-272-0600.

Music at Cornell, 7pm, Sage Chapel, Annette Richards, organ. "The Bach Legacy" features music by J. S. Bach, C. P. E. Bach, Mendelssohn, Brahms, and Liszt. [begins at Sage Chapel and moves to Anabel Taylor Chapel at intermission] Info., http://music.cornell.edu/calendar/

Open Family Swim Tompkins Cortland Community College, Dryden. 1pm-4pm, Fee, 844-8222.

"Our Brothers, Our Sisters' Table" hot cooked community meal, 3pm, served at the Salvation Army, 150 N. Albany St. Ithaca. All welcome, No income guidelines.

Overeaters Anonymous, 7-8pm, Cortland Memorial Nursing Facility, 134 Homer Ave., Basement Conference Rm B, Info., (631) 804-8237.

Peoples Climate March Bus Transportation, Peoples Climate March will begin at 11:30 am at Columbus Circle. At least two and possibly more buses are leaving from Ithaca for a massive, history-making march in NYC, with hundreds of coordinated actions around the world. More info at http://peoplesclimate.org/ To join the Ithaca bus, see info in the copied email below. An ad hoc planning committee (composed of members of the Interfaith Climate Justice Group, TCCPI, Citizens Climate Lobby, Getting Grounded, and others) is organizing transportation from Ithaca to NYC for this event. The first bus (55 seats) sold out in 4 days. A SECOND BUS HAS BEEN ADDED! Tickets for the second bus are available online: http://www.eventbrite.com/e/peoples-climate-march-bus-2-ithaca-to-nyc-roundtrip-tickets-12799602957?aff=es2&rank=2

Recovering Couples Anonymous, 7-8pm, Main Floor, 518 W. Seneca St., Ithaca, RCA is a 12-step group for couples wanting to restore commitment, communication & caring in their relationships. Open to all. Info., www.ithacacommunityrecovery.org.

The House, 4pm, The Kitchen Theatre, State St., Ithaca. Info., http://www.kitchentheatre.org.

Vocalists Margaret Wakeley and Denice Karamardian share their favorite movie memories in a single cabaret performance at 7pm, Carriage House Hayloft, 305 Stewart Avenue, Ithaca. 'Growing Up At the Movies', which also features Molly MacMillan, brings to life memorable musical moments from notable movies of the 40s, 50s, and 60s.

Western Square Dance Classes, Sunday evenings, 7-8:30pm, Temple Beth-El social hall (corner of Tioga and Court streets in Ithaca). This activity can be enjoyed by people of all ages. No special dancing skills are required. We'll have fun learning dance steps that are used worldwide. Free for all. Information, Richard Rosenfield at 607-257-1638 or CANCELL10@gmail.com.

22 Monday

AA, 9am, 518 W. Seneca St., Ithaca, Main Floor, Info., 387-5701.

All Saints Bingo, 6pm, All Saints Church, 347 Ridge Rd., Lansing, 533-7344.

Book Sale Trumansburg Ulysses Philomathic Library, 10am-5pm, 74 E. Main St., Trumansburg. \$5 Brown Bag Day, Info., 607-387-5623 or www.trumansburglibrary.org.

Buon Gusto, Tickets can be purchased through the CCO office by calling 607-273-8981 or emailing cco.orch@gmail.com. Each ticket is \$75 and quantities will be limited to 75 people, so be sure to RSVP soon.

Cornell Cinema, Willard Straight Theatre. 7:15pm, Shaft, Admission: \$4/adults, \$3/ kids 12 & under; Info at cinema.cornell.edu or 255-3522.

Cortland Youth Center, Open from 12-9pm. Info: www.cortland.org/youth or call 753-0872.

Drawing through Time, 2pm, Museum of the Earth, Trumansburg Rd., Ithaca. Cool down with drawing through times ice age series. Info., www.museumoftheearth.org.

Dryden Senior Citizens Lunch, Dryden Fire Hall. Lunch is served at 12:15 pm with announcements starting at 11:45 am. Please bring your own table service. The meal cost for members is \$7.00 and \$8.00 for non-members. The menu will be meatloaf, mashed potato, tossed salad, spinach (vinegar on the side), and rice pudding with raisins. Our speaker will be Jessica Daily from Walden Place who will talk about the benefits of laughter.

Emergency Food Pantry, 1-3:30pm, Tompkins Community Action, 701 Spencer Rd., Ithaca. Provides individuals and families with 2-3 days worth of nutritious food and personal care items. Info. 273-8816.

Food Addicts in Recovery Anonymous (FA), 7-8:30pm, 518 West State St., Ithaca, FA is a free 12-Step recovery program for anyone suffering from food obsession, overeating, under-eating, and bulimia. Info. www.ithacacommunityrecovery.org.

GIAC Open Lounge, 3:30-6pm, 301 West Court Street, Ithaca, Game Room, Video Games, Open Gym & Field Trips.

Grandparent's Group, 6:30-8:30pm, Family & Children's Service, 127 West State Street. Supportive and educational support group for grandparents who are raising their preschool & school-aged grandchildren. Free of charge. Meet's 4th Monday of the month. Childcare can be provided, register 273-7494.

Ithaca Town Board Meeting, 4:30pm, Ithaca.

Landlords Association of Tompkins County, will have its next monthly meeting on Monday, Sept. 22nd, 4:30PM at the Ramada Inn on N. Triphammer Rd., This meeting starts a new season of events and guest speakers on topics important to landlords. Rental property owners interested in joining are invited to attend. Info., email LATC@LandlordsAssociation.com or call 607- 257-2382.

Loaves & Fishes Community Kitchen, 12Noon, St. John's Church, 210 N Cayuga St., Open to all, no limitations or requirements. Info., www.loaves.org.

Mindfulness-Based Stress Reduction-Introductory Session, An introduction to the 8-week

stress-reduction program developed by Jon Kabat-Zinn. If you experience stress, and/or stress related medical conditions this is an opportunity to learn about the program which will begin on September 29. For more information see www.annasalamone.com, or call 607 256-3959. The session is free of charge. Preregistration is necessary.

Muffin Mondays, 8am 'til gone! Dryden Community Center Cafe, 1 W. Main St. Dryden. Different homemade, from scratch, muffins every week. Muffin Monday special \$3.25 for a muffin & a 12oz. coffee. Info., 844-1500.

Neighborhood Food Hub, 8am-5pm, July 1-October 1, Plant Science Building, Cornell. A volunteer Hub Holder hosts a cooler one day a week, which will serve as the drop-off location for produce. The donations are distributed to food pantries, local meal programs, and individuals. Info., friendshipdonations.org/hubs.

Open Family Swim, 6pm-9pm, Tompkins Cortland Community College, Dryden, Fee, 844-8222.

Out Loud Chorus, 7-8:30pm, Briar Patch Vet, 706 Elmira Rd., Ithaca, Urban Choral Music. No auditions, no experience necessary. Looking for new singers. All genders and sexual expressions welcome. Find out more at www.outloudchorus.org. Email outloudchorusny@aol.com, or call 607-280-0374.

Overeaters Anonymous Meeting, 7-8pm, Cortland Memorial Nursing Facility, 134 Homer Ave., Basement Conference Rm B, Info., (631) 804-8237.

Overeaters Anonymous Meeting, 7pm-8pm, Just Because Bldg., 1013 W. State St., Ithaca, phone: 607-592-5574.

Post Traumatic Stress Disorder Meeting, PTSD Ithaca is a Post Traumatic Stress Disorder support group for individuals in and around Ithaca, NY who have been diagnosed with (or think they may have) Post Traumatic Stress Disorder. Meetings are every Monday at 6:30 p.m. Please call 607-279-0772 for more information.

Tai-Chi, Increase your balance, sense of body awareness and well-being. Mondays 3:30-4:30pm. Registration required. Info., www.ithacaymca.com.

Tompkins County Library Schedule, 9:00AM-12:00PM, Borg Warner East, Human Services Coalition of TC AV; 11:30AM-12:30PM, Youth Services, Reader Is In; 5:00PM-7:30PM, Borg Warner East, Human Rights Commission.

Tompkins County Water Resources Council Meeting, 4:15pm, 121 East Court Street, Ithaca, Meeting are every 3rd Monday, Info., You can learn more about WRC from their website: http://www.tompkins-co.org/planning/ click Advisory Boards and select Water Resources Council.

Walk-in Clinic, 2-6pm, Ithaca Health Alliance, 521 West Seneca St., Ithaca. See a doctor if you don't have insurance. Free services but donations are appreciated. Call 607-330-1253 or email outreach@ithacahealth.org.

Women's Self-Defense, Mondays 7-9PM, Special personal defense and safety training workshops for women and teen girls only. Professional instruction, confidence, practical techniques, body language and performance. Seishi Honbu, 15 Catherwood RD. Ithaca, (607) 277-1047 www.seihijuku.com. **Workforce NY Workshop,** Tompkins Workforce NY, 171 E. State Street, Center Ithaca Building, Room 241, Ithaca, Metrix E-Learning Information Sessions: 1:00-2:00p.m.; Info., (607) 272-7570 ext. 126, Email: Ramona.emery@labor.ny.gov.

Everyday

Aboveogogo Studio is a fun urban outpost for training in the fine arts and a place for events. Classes for kids start at 4 years old, after school, Saturdays and during school breaks. Call Stiller 607 262 6562 or aboveogogo.com.

After School Personal Enrichment M-F, Program registrations, open for all school age children. M-F. Seishi Honbu, 15 Catherwood RD. Ithaca, (607) 277-1047 www.seihijuku.com.

Botanical Garden Tours at Cornell Plantations, Jun 14th, 2014 - Sep 28th, 2014, Cornell Plantations, 1 Plantations Road Ithaca, http://www.plantations.cornell.edu/, Enjoy a guided tour through the Botanical Gardens and discover the beauty and diversity of our numerous theme gardens. Actual tour content will vary from week to week, depending on the plants, season, interests of the group, and whim of the docent.

Cayuga Lake Seido Karate, 17 Ridge Rd., Lansing. Karate for youth and adults. Schedule and information at www.cayugaseido.com or call 607-533-6049.

Cornell Cooperative Extension of Tompkins County, 615 Willow Ave., Ithaca. Workshops, Events and Information available at http://csetompkins.org or call 607-272-2292.

CSMA Classes, Please visit http://www.csma-ithaca.org/ for course descriptions, faculty bios, and to register online. Need-based scholarships are available. Enroll online, in person, by mail, or by phone (607) 272-1474.

Herbert F. Johnson Museum of Art, Cornell University, Ithaca, Tuesdays to Sundays, 10am-5pm, Always free admission, museum@cornell.edu, www.museum.cornell.edu.

Ithaca Boat Tours, May-October, Narrated tours, Red Hook Charters, Floating Classroom. A variety for everyone. For tickets and information visit http://ithacaboattours.com or call 607-697-0166.

Ithaca Children's Garden, Cass Park Access Road, Ithaca. Come explore and play. Programs and events for all ages. Info., http://ithacachildrengarden.org.

Lansing Jazzercise Center, 3100 N. Triphammer Road, Lansing, for class times visit jazzercise.com or call 218-4221.

Museum of the Earth, Trumansburg Rd., Ithaca, Hours: Monday, Thursday, Friday & Saturday 10am-5pm, Sunday 11am-5pm, Closed Tuesday and Wednesday from Labor Day to Memorial Day, Closed Thanksgiving Day. Visit us on the web at www.museumoftheearth.org.

Submit Your Calendar Listing:

• visit tompkinsweekly.com

and click on submissions

• deadline for submissions is

Wednesday at 1pm

• email: jgraney@twcny.rr.com

• fax 607-347-4302

• write: Tompkins Weekly

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Volunteers Wanted

Dryden Community Cafe 1 West Main St., Dryden. drydencafe.org
Volunteers wanted for a variety of shifts and positions at the community-center/cafe. Stop in for an application.

Volunteers Needed: Contact Southworth Library, W. Main St., Dryden. Call 844-4782 for info.

Announcements

Women's Opportunity Center offers employment and computer training services to low income parents and displaced homemakers of Tompkins County. Check us out to find out if you qualify at 315 North Tioga St, Ithaca. 607-272-1520 www.womensopportunity.org

Event Listings: Email details to jgraney@twcny.rr.com. The deadline to submit items is each Wednesday at 1pm for the next Monday's paper.

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Continued from page 1

because it is too isolated for her taste. She was hired as principal of Walter Panas High School in Cortlandt Manor, where she stayed for 14 years until this past June when she retired to begin a new career.

Continuity is key to a school's success, Strauss contends. "With continuity you can accomplish so much. When you have the same person there with the commitment, when the administrative team is continuous, the community comes to recognize what is expected and what the responses to situations will be. If you have the continuity of leadership in the building, then you have the option to institute and maintain programming and practices that will mitigate issues when they arise," she says.

"Stability breeds consistency," Powers says, noting that Ithaca has had "three decades of no systems in place" for textbook purchases. When the principal, school board, teachers and the state each has its own policies, it becomes a "crazy quilt" and building or sustaining momentum is difficult, he says.

Don Mills was principal from 2009-11, in between the terms of Wilson and Powers. Mills, who is now at Immaculate Conception School in Ithaca, did not return messages.

With the exception of Sean Eversley Bradwell, none of the Ithaca school board members, including board president Robert Ainslie, responded to requests for comment on this issue.

Bradwell is about to begin his sixth year on the school board. He says being principal of Ithaca high

is a "difficult job," especially since the town is racially, ethnically and economically diverse. "Jarett Powers' departure should be celebrated. The high school is in amazing shape," says Bradwell.

Powers says that under his helm, discipline rates declined while attendance and graduation rates increased. He notes that 35 days of instruction were added to the science curriculum, resulting in improved science test scores. In 2011, 72 percent of the students taking chemistry passed, compared to a 97 percent passage rate in 2013, he says. He adds that during the 2011-12 school year, there were 5,952 disciplinary referrals. In 2013-14, the number dropped to 1,602 referrals.

During Powers' term, 91 percent of white and African-American students alike graduated within five years. The graduation rate gap between the races closed in the last three years, he says. "Credit goes to the teachers because they had to build that culture. Without teachers and staff, none of that would have happened," he says.

All of the sources contacted for this story cited the demands and expectations placed on the principal leading the largest high school in our well-educated community.

"This is an academic community more than anything else. College- and graduate-level academics are used to developing their own ideas and holding fast to them. Most people in an academic community are not compelled to collaborate. They adhere to their own views and advocate for them without coming to a consensus. In the absence of consensus or compromise, that approach carries over into the decision-making process in the public arena," Wilson says.

Powers came to IHS first as a stu-

dent teacher in 2003. In 2004, he was hired as a social studies teacher and continued to teach a class while principal. Later named associate principal, he was promoted to principal in 2011 at age 29.

In explaining his decision to leave IHS, Powers says he was drawn to the opportunity at Union Springs. "It wasn't on my master plan. I was at a point in my career to take on new challenges," he says. Located about 34 miles north of Ithaca, Union Springs has about 950 students district-wide compared to 1,400 at Ithaca High School alone.

Ithaca City School District is advertising for an interim principal in the salary range of \$110,000 to \$125,000. When Union Springs announced it was looking for a new superintendent last spring, the initial starting salary was \$150,000.

"Ithaca has been very good to me. I have an immense amount of respect for the people who work here and the kids who go to school here," says Powers.

Forest

Continued from page 1

bigger-picture stuff, too, that hasn't been brought up enough," Gabriel says. "The ecology and the climate-change chapters, in terms of the context, the big-picture stuff I didn't really feel was out there and might be really necessary."

Mudge encourages readers to finish the book before beginning to grow crops in their woods. "You really need to look at your land and see what it's suitable for. It's a very deliberate process. Once you know what your land is capable of, then you can make some choices, and there are intensive chapters on specific crops so you can get detailed, how-to information," he says.

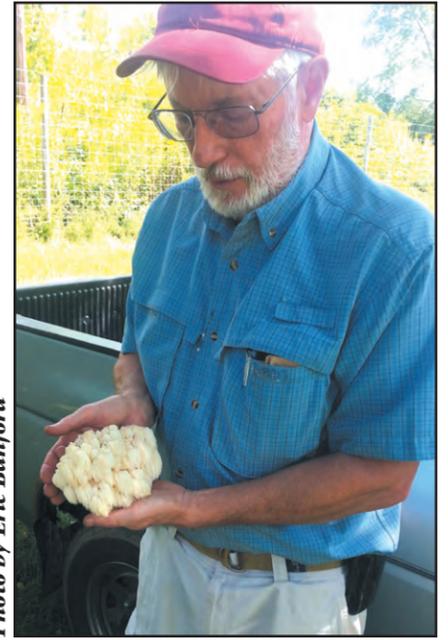


Photo by Eric Banford

Ken Mudge with a lion's mane mushroom he found in the Arnot Forest.

Plans are in the works to promote the book at appropriate events, such as the Northeast Organic Farming Association's annual gathering. Local events will be held at the Tompkins County Public Library and Buffalo Street Books in the coming months.

As Gabriel and Mudge state in the introduction: "This book is about many things, but fundamentally it is about a new way to relate to the forest. It offers not only new ways of seeing and valuing forest for both preserving and enhancing forest health but also the potential to make an income. However, the tips, tricks, and techniques within are no good if readers don't take time to connect to the forested landscape. It is our love for the woods that keeps us going above all, and the reason we wrote this book."

For more information, visit <http://farmingthewoods.com>.

Join us for a Senior Wellness Fair & Open House at Longview on Wednesday September 17th from 10:00AM to 3:00PM!

- tours of Longview campus
- displays & info on senior resources in our area
- exercise equipment demos
- healthy cooking program
- guided nature trail walk
- PERS unit demos
- mindfulness workshop
- brain games
- mini massages
- and more!



In partnership with: Cayuga Center for Healthy Living, Cornell Cooperative Extension, Elder Comfort Care Massage, Inge Johnson LMT, Island Health & Fitness, Ithaca College Center for Life Skills, Ithaca College Gerontology Institute, Rasa Spa, Sweet Massage by SaraJane, Tompkins County Office for the Aging.

Registration is required for this event!
To register, go to: <http://tinyurl.com/LVWellness>

To view the day's schedule, go to:

<http://www.ithacarelongview.com/events/view/WellnessFair.html>

For more information, please call (607) 375-6315



1 Bella Vista Drive, Ithaca, NY

www.ithacarelongview.com