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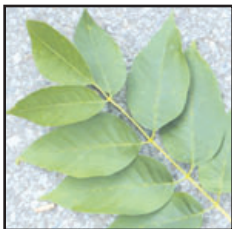


Road work issues are directed at BPWpage 2

Ithaca takes a stand on sweatshopspage 3



Head Over Heels for gymnasticspage 4



State expands ash quarantine areapage 5

Letters, opinionpage 6



Local musician pursues new directionspage 8



The cycles of enlightenmentpage 9

Forest management plans reviewedpage 10

Dryden, Groton Set to Vote

By Nick Babel

In this year's local village elections there are several contested races in both Dryden and Groton. While Groton Mayor Jeff Evener is running unopposed, Dryden Mayor Randy Sterling will face a challenger in his election.

Village elections will be held Tuesday, March 19. The polls are open from noon to 9 p.m. The polling place in Groton is the village office, 143 Cortland St. Dryden voters will cast their ballots at the village hall, 16 South St.

In Dryden, two trustee seats are up for grabs. One of them is a two-year seat that is currently held by Republican incumbent Paul Rachetta. The other is a one-year seat that is held by Republican Michael Hattery, who replaced Don Norman.

Sterling released a statement about his fellow Republican nominees running alongside him in the village races. "These candidates have served, and will continue to serve, Dryden residents responsibly. Collectively, they have many years of experience, knowledge and understanding of village activities."

He continued: "They will continue to focus on preparing Dryden for the future in the current economic climate and will continue to

effectively hold, and be accountable for, the funds entrusted to the village. They continue to have vision for the Village of Dryden as a prosperous, secure place to live and work. They will continue rebuilding the village infrastructure, which includes the village water-supply system as well as the successful completion of the village sewer system."

Sterling is optimistic

about his party's candidates in facing their challenge in all of the upcoming races. "We welcome this challenge, and our candidates will stand on their record of accomplishments for our village and county," Sterling added.

On the Dryden ticket for the Democrats are mayoral challenger James Zimmer and two candidates running for the two-year seat, Michael Murphy and Lisa

Valentinelli. In the race for the one-year seat is challenger Mary Ellen Bossack.

Zimmer believes that it is time to shake up the political landscape in the Village of Dryden. "I decided to be a candidate for mayor of the Village of Dryden on the basis of my long-standing disapproval of how the current administration of the village has managed and addressed the problems and concerns of residents of the village. I feel that the current mayor and the men and woman of the current board are sincere, good people attempting to manage the affairs of the village; they have invested many hours into these positions and, I believe, have strived to do what is best for the residents of the village.

"However, I feel that there has been a lack of foresight, a lack of effective leadership and, at best, less than effective communication with the populace of the village. I believe that we can do better in these regards," Zimmer said.

Murphy believes this election is a second opportunity for him to help his community. "I have always been interested in the Dryden community. In the 1980s, I was elected and served a one-year term as a village trustee. I did not run for a second term because I

Please turn to page 16

Artistic Endeavors



Photo by Kathy Morris

Tracy Zielger puts a red dot indicating "sold" on a pencil drawing by Raymond Palmore at the opening for the fifth annual Prison Art Show held at Cornell's Big Red Barn on Feb 25. Ziegler runs An Open Window, a non-profit dedicated to the transformative power of art. Draw from Life, her art-through-the-mail program for incarcerated individuals, works with hundreds of inmates across the the US. Inmate drawings are also currently on display at the Alternatives Federal Credit Union.

Danby Studies Local Water Sources

By Eric Banford

Feb. 21 was a snowy, cold night in Danby, but you wouldn't have known it by the number of cars streaming into the town hall parking lot. Todd Miller of the U.S. Geological Survey (USGS) was presenting the findings from his study of the town's aquifer, and about 80 people showed up to hear about the results.

In 2000, Miller mapped the Upper Buttermilk and Danby Creek aquifer, identifying it as one of 17 aquifers in Tompkins County needing further study. The current study is funded in part by a New York Senate grant and funds from Tompkins County, the Town of Danby and USGS.

The study was designed "to improve the understanding of the geohydrology of the valley-fill deposits in the Upper Buttermilk Creek/Danby Creek valleys in the Town of Danby."

"We've got a special resource here," says Ric Dietrich, town supervisor. "When you're talking about the health of the community, there's some neat data in the study. For planning purposes, it's really helpful to have this information available to our planning department to guide development. We've been trying to plan with blinders on, and this study gives us more thoughts, ideas and concepts."

Dietrich was especially interested in whether the aquifer could support a hamlet development area. "How many gallons can we pump out of the ground before we start doing damage? Or in cases where you have confined and unconfined sources, if you take water out of certain areas, you get surges in others," he says.

Miller notes that results to date do not support a municipal water supply. "The yield capabilities are quite modest," he says. "So far we've only found wells that yield tens of gallons per minute. Ideally, a municipal-quality well would be 100 or greater gallons per minute. But that doesn't mean there isn't a spot or two out there that can yield it; we just haven't encountered it yet."

When asked what he thought was important about the study, Miller says identifying the type of aquifers in the watershed was key. "Whether it was a confined or unconfined aquifer has implications for the type of water quality and also for its vulnerability to contamination," he says.

"Sand and gravel aquifers yield much larger amounts of fresh water than bedrock aquifers. It's important to protect any aquifer from contamination from spills or leaky casings from gas-drilling operations. This study also collected groundwater sam-

ples to document the background water chemistry before drilling takes place, if it ever does," says Miller.

With New York State still determining whether hydraulic fracturing for gas will be allowed, many Danby residents are concerned about the potential for contamination if drilling takes place. Unconfined aquifers are vulnerable to spills from above, and confined aquifers are prone to holding contaminants once polluted.

"You can't clean an aquifer," says Anne Klingensmith, a Danby resident and a member of the Danby Gas Drilling Task Force (DGDTF). "This is something people seem to forget when people say that gas drilling may or may not contaminate. If you can't clean an aquifer, and my property value is dependent on my house having good potable water, then basically I don't want anyone to do anything that might pollute my aquifer."

Klingensmith also notes that the USGS study shows that the local aquifer's recharge comes from runoff from a broad area. "That made me think that the town would be smart to pass a law that protects the aquifer and spells out specifically what you can and can't do to keep that water supply, which really belongs to all of us, clean. We should be protective of

Please turn to page 16

BPW Hears Road Project Concerns

By Franklin Crawford

The Ithaca Board of Public Works (BPW) will vote today, March 4, on a preliminary design for the reconstruction of Old Elmira Road, from the roundabout at South Albany and Spencer streets to Route 13.

The vote was delayed a week so that engineers could re-examine three possible designs for road reconstruction, the installation of sidewalks on both sides of the street, curb cuts and bike lanes, as well as other enhancements along a roadway that handles about 10,000 vehicles per day.

The delay also gives a dozen business and property owners on the south side of the road another chance to press for a single sidewalk on the north side; to request the option to hire their own sidewalk contractors, if necessary; and, to persuade the BPW that current and incomplete redesigns increase the threat of stormwater flooding in an area notorious for its drainage problems.

Almost all businesses to the south face significant alterations to their properties and loss of revenue during construction, and are being asked to foot about a third of the \$1.5 million project, facts they learned in late November.

Last year, the City of Ithaca was granted \$680,000 by the Southern Tier Regional Economic Development Council to commence the Old Elmira Road "complete street project," and property owners were expected to cover the remainder of the job. But estimates—and with them, assessments—continue to rise.

A May memo from now-retired



Photo by Franklin Crawford

Olivia Card, 15, center, flanked by her father William Card and sister Leslie, speaks at a Board of Public Works meeting on Feb. 25 in city hall.

BPW Superintendent Bill Gray to Mayor Svante Myrick stated the project would require an additional \$900,000. Estimated costs have since tripled, with property owners now facing bills from \$1,000 to \$57,000, based on their frontage, for a total of about \$330,000 for the entire stretch of road.

The Feb. 25 public comment period drew about a dozen speakers, almost all critical of one aspect of the project or another. Some, like William Card, owner of Automotive Consultants on the south side of Elmira Road, are frustrated by the BPW's lack of interest in property owners' concerns, people "who have lived and worked here most of our lives."

"They offer us a public comment period, they meet with us, but I haven't seen any of our concerns taken into real consideration," says Card. He was joined by his 15-year

old-daughter Olivia in appealing to Myrick and the BPW to reconsider the impact of current plans on small business owners and their families. "The minute we've said our piece it's like we didn't exist," Card says.

He faces a potential \$30,000 bill for reconstruction on his property above increased assessments, he says. Card and other business owners, such as Mike McLaughlin of Pudgie's Pizza, feel their request for a single sidewalk has not been met with an adequate response.

"There are only four businesses on the north side of the road and there are a dozen on the south side. Are you paving a road into our pocketbooks?" McLaughlin asked the BPW. "Putting a sidewalk only on the north side of the road will control cost and increase safety. Please do some safety testing, environmental impact studies and

flood plans. Then give us ample time to approve them."

The BPW is under no obligation to seek an independent environmental review, as the project is listed as "basically a street reconstruction," says Tim Logue, city transportation engineer. "We're not adding any new road here."

Brenda Westfall again expressed her dismay over the city's lack of concern about floodwater and drainage. Westfall is executive director of the Ithaca Housing Authority (IHA) that oversees Titus Towers and another public housing complex at South Plain and Center streets.

Both properties were threatened by flooding caused by Hurricane Lee in September 2011. Westfall says the IHA has since invested \$500,000 in flood control measures at its Titus Towers property to ensure the safety of its 250 residents.

Westfall suggests that current BPW designs will force floodwaters back toward Titus Towers. While that property does not directly border the proposed construction site, the Titus Tower grounds absorb much of the water that runs off Old Elmira Road and will absorb more if the area currently slowing that runoff is filled in, as each of the three plans in progress would allow.

Myrick seemed to indicate he was not concerned about drainage, deferring he has in the past to his city engineers. He did suggest working with property owners on ways to mitigate the impact of the cost of the current construction and also spoke of developing a city sidewalk workforce to address issues of cost, maintenance and repair of city sidewalks.

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Ithaca Takes a Stand on Sweatshops

By Anne Marie Cummings

Ithaca Mayor Svante Myrick has made sure that the City of Ithaca follows in Cornell's footsteps by demonstrating his opposition to sweatshops. In September, Cornell was one of six universities in the U.S. to terminate apparel contracts with Adidas over the brand's refusal to pay \$1.8 million in severance pay to 2,800 laid-off workers at the PT Kizone factory in Indonesia.

Last month, Myrick welcomed a delegation of workers from the apparel industry on a week-long tour around New York State and joined the City of Ithaca with the Sweatfree Purchasing Consortium (SFPC). Formed in May 2010, this organization of government entities works together to purchase apparel made in fair working conditions.

The tour was organized by the Labor-Religion Coalition of New York State, United Students Against Sweatshops and SweatFree Communities, a division of the International Labor Rights Forum. Among those on the tour were Telemarque Pierre, a factory worker at Premium Apparel and leader of the SOTA union in Port-au-Prince, Haiti; Yannick Etienne, director of the Haitian worker rights organization Batay Ouvriye; and Raquel Navarro, a garment worker in Honduras.

Joy Perkett, the tour's organizer and a campaign coordinator with the Labor-Religion Coalition of New York State, explains, "This is the first time we have held a tour specifically meant to pressure New York State government to imple-

ment a sweatfree code of conduct for the state."

Myrick's action makes Ithaca the only city in the state to have signed the Sweatfree Code of Conduct (passed by Common Council in 2011) and join the SFPC. The village and county of Albany, as well as the Village of New Paltz, are the only other communities that have signed the code of conduct; they have yet to join the SFPC.

"Passing the code of conduct gives cities and states the legal authority that allows them to require that factories uphold appropriate working conditions," says Perkett. "Joining the SFPC gives cities and states the tools to enforce appropriate working conditions with access to reports on factories abusing sweatfree codes of conduct, a database on brands and which factories they have hired, and trainings for government officials."

According to Perkett, Gov. Andrew Cuomo has expressed verbal support, stating that the SFPC is an important part of the effort to ensure that taxpayer dollars are not provided to entities that operate sweatshops, yet he has not taken

action to implement factory workers' rights.

Implementing policy in factories that operate sweatshops is tricky business. Darcey Laine, a member of the Labor-Religion Coalition of the Finger Lakes, notes that there is often no transparency about where apparel is made. "We would like distributors to find out the names and addresses of the factories making the apparel," she says, adding that when official complaints are made against factories, some close their doors and open at other locations with new names.

Liana Foxvog, director of Sweat-Free Communities, says Cornell and Ithaca College are affiliates of the Worker Rights Consortium (WRC), based in Washington, D.C. "This means that these institutions have adopted WRC's code of conduct; a process towards improving workers' rights in the factories making university apparel," she says.

Mike Powers, senior director in University Communications at Cornell, adds that the university is also a member of the Washington-based Fair Labor Association (FLA). Both the FLA and WRC are

watchdog organizations that conduct factory investigations around the world and respond to complaints from workers.

"We use these organizations as our guiding light when we see problems," Powers says. Cornell also contracts with the Atlanta-based Collegiate Licensing Company and works closely with on-campus student groups such as the Cornell Organization for Labor Action and United Students Against Sweatshops.

When the garment workers recently met with Myrick, they detailed stories about the unhealthy conditions, wage theft and workplace intimidation they have undergone while working for the Canadian garment brand Gildan, which makes apparel for government entities and is a supplier for the City of Ithaca. Pierre says he is required to sew on the sleeves for 3,600 shirts per eight-hour shift. Because that's impossible, he ends up working unpaid overtime, making about \$7.12 per day.

The SFPC urged Myrick to contact Gildan and express concerns about the information he has

Please turn to page 16

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Coaching Couple Trains Budding Gymnasts

By Gay Huddle

The partnership between Jayme Pierson Altes and Dean Altes was a match made in gymnastics heaven. Jayme was a competitive gymnast from a young age; her mother and sister owned a gymnastic school in the Syracuse area. By age 14, Jayme was coaching high-level competitive gymnasts.

Dean was a gymnast as a boy, competing on his high-school team and also coaching. While in college in Binghamton, he began working at a high-level gym and says, "I learned a great deal about both the coaching side and business side of gymnastics schools."

The couple met while coaching their respective teams at a competition called the "I Love New York Cup." They have been together ever since that Valentine's Day in 1999. Jayme also has a degree in dental hygiene from Broome Community College and works part-time as a hygienist. Dean has a bachelor's degree and MBA from Binghamton University. The couple resides in Baldwinsville with their two children, Danica, 3, and Carson, 19 months. Both children enjoy participating in gymnastic activities.

In 2001, Finger Lakes Gymnastics was for sale, and the couple purchased the business in June of that year. At the time there were about 200 students coming through weekly. There are now some 550 students at the gym, located at 215 Commercial Ave. The business underwent a name change in September and is now known as Head Over Heels Gymnastics, the same name as



Photo provided

Head Over Heels gymnastics student Maddison Huddle, 10, gets a helping hand from gym owner Jayme Altes.

the other locations owned by the couple in Horseheads and Vestal.

Their mission is to develop self-esteem, strength, flexibility, agility and confidence through gymnastics in a fun and safe learning environment. The goal is to have a place in the program for every child. Participants are placed in groups based on both age and ability, so every child feels comfortable but is constantly learn-

ing.

In the school-age program, a skill card is kept on file to keep track of development. Classes are offered to children from 16 months old through high school, and there are summer programs, birthday parties and special events such as Parents Night Out and Skills Clinics. Their competitive teams travel throughout the state, and the upper-level students will compete at nationals in California in June.

Having kept their eyes on the Horseheads area for a second location, the perfect building was finally found and purchased by Jayme and Dean in 2008, and that Head Over Heels Gymnastics now has almost 400 students enrolled. In 2012 an opportunity came up to buy an existing gymnastics club in Vestal, where more than 300 students attend. Among the three locations, more than 1,200 students attend, with 40 staff members currently on board.

Most of the staff members are former competitive gymnasts who, as Dean says, "go through a training program and continual monthly meetings." The managers and full-time staff are USA Gymnastics Safety certified. The owners will attend a national conference in Connecticut this summer in order to keep up on the latest trends and education available to gymnastics professionals.

Jayme and Dean promise that "There will be some exciting changes coming to our Ithaca facility this year." For more information, visit www.headoverheelsgym.net or call the Ithaca gym at 273-5187.

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Quarantine Expanded to Save Ash Trees

By Karen Scott

New York State's war with the emerald ash borer (EAB) has hit another unfortunate milestone. The quarantine on untreated ash logs has expanded to include everything south and west of the NYS Thruway, meaning us. The revised quarantine was announced by the NYS Department of Environmental Conservation (DEC) and the NYS Department of Agriculture.

Ash (*Fraxinus* spp.) is probably best known as the preferred wood for baseball bats, but it is also one of the most efficiently-burning woods, even when green. Although we are in the quarantine area, it is still important to observe the 50-mile limit on moving firewood.

According to Cornell forest entomologist Mark Whitmore, about 10 percent of New York's hardwood forest trees are ash. New York has the highest concentration of ash trees of any state. They are common growing over roads, houses and power lines everywhere. Mature ash can be 50 to 80 feet tall, with substantial branches that come down in big chunks—and an EAB infestation can mean a chaotic landscape of falling debris, with demand exceeding resources for tree removal.

If you are thinking, "Wait a second, should I be worried? What is that tree in the front yard? I thought it was a hickory, but I've never seen it produce a nut," the answer might be, "Yes." Fortunately, there are some things that you can do to fight EAB, and the first thing may be to go out in the spring and identify the trees in your yard (http://www.nyis.info/?action=eab_woodlot_ash).

Ash leaves are pinnately compound, meaning each leaf is made up of paired leaflets (see illustration) This is true of the leaves of common trees such as the walnut, hickory, locust and even staghorn sumac.

However, in mid-spring only female ash trees start growing samara. A samara is a seed encased in a leaflike structure that provides a little aerodynamic lift so that it will flutter away from the parent tree. Maples also produce this type of seed package; you are probably familiar with the two-chambered seeds that helicopter all over you in late summer. Ash trees produce single-chambered samaras that tend to hang on the trees. Male ash trees produce inconspicuous clusters of flowers in early spring. So, a pinnately leaved tree with no nuts, staghorns, berries, showy flowers or pods is probably an ash.

There are many resources on the web to help identify EAB; here are two: (www.emeraldashborer.info/files/E-2938.pdf and www.nyis.info/?action=identification). Emerald ash borer is not the only shiny green beetle around here, nor the only ash borer, although its semicircular exit holes are distinct.

Author Morrison to Speak at CU

Nobel Prize-winning author and Cornell University alumnus Toni Morrison will return to campus for a program on Thursday, March 7, at 4:45 p.m. in Alice Statler Auditorium, titled "Reading the Writing: A Conversation Between Toni Morrison and Claudia Brodsky."

Free tickets are required and are available at the Willard Straight Hall ticket desk.

tive. The top-down, gradual way it kills the tree's branches is very similar to the damage done by the common ash decline disease, and once the EAB damage is detected, the infestation is well under way.

Whitmore says that he would wait to treat his own trees when the EAB population is five miles away in order to avoid wasting his effort. Infestation maps can be viewed at www.nyis.info/?action=eab_maps.

The borers lay eggs on the bark. The larvae bore into the phloem, the layer between the bark and wood. The paths they chew, called "galleries," cut the tissue through which nutrients are transported to the roots and lead to the eventual death of the tree. When the larvae mature, the adult beetles chew their way out through the bark, usually in late May, making distinctive D-shaped holes. Adult beetles eat ash leaves. Depending on the level of the beetle population, the tree may stay alive for many years, but when populations build in an area, trees may succumb after just two years or less.

Because the larvae feed under the bark, getting pesticide to the pest is complicated, and the most effective techniques require profes-

sional application. The best treatments usually contain Imidacloprid. The best results with pesticide treatment are achieved with young, vigorous trees that take up the systemic insecticide rapidly and spread it evenly through the crown.

Soil drenches are tricky to apply but can be effective. The most effective treatment so far for mature trees is tree injection, although even this will miss branches with poor circulation. This is basically a highly targeted delivery method that poses less risk to children and animals. Unfortunately, you have to be working under a licensed professional to use injectors legally.

In the end, the pest's aggressiveness means that it will kill off enough ash trees so that it will run out of hosts and its population will crash. Meanwhile, tree breeders are working to introduce resistance to native American ash, and there are a couple of promising EAB parasites that are being introduced. According to Whitmore, this means that we have hope if we take time now to develop an EAB control strategy.

One way to get involved is to join one of the local task forces



Pinnately opposite leaves and samaras distinguish ash trees.

(www.nyis.info/?action=take_action). One project is the purple-ribbon project in which volunteers flag ash trees with purple flagging tape to raise awareness of ash trees. The National Seed Laboratory is saving seeds (www.nsl.fs.fed.us/genetic-conservation_ash.html), and next fall is the time to collect seeds while there is still genetic diversity.

For more information, contact Monika Roth at Cornell Cooperative Extension, mr55@cornell.edu or (607) 272-2292.

To learn more about emerald ash borer, the firewood regulation, or how you can help slow the spread, call the DEC's toll-free EAB/Firewood hotline at (866) 640-0652

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Ithaca is Gorges, and Sometimes Rude

By Franklin Crawford

Monday's Child

On Feb. 25 a group of property owners who depend on automobiles (including one drive-up pizza shop) met with city engineers, the board of public works and Mayor Svante Myrick in city hall to basically beg them to forestall plans to reconstruct Old Elmira Road (see story Page).

Bill Card, owner of Automotive Consultants, a used car business in operation for 30 years at the same location, even brought along his two daughters. His effort to show he was a single working father of two girls may or may not have played in his favor: It's not often we hear from single dads in this community, and perhaps the vision confused city officials. Secondly, Card wore shorts, which can scare people who get cold in the winter. If so the impact was naturalized by his Ithaca baseball shirt. This is a hometown working guy.

Olivia Card, 15, followed her dad's address to the BPW. Speaking without notes, her points were simple: "I'd like to live here when I grow up and go to school here, so please don't put my daddy out of business...this is not just about businesses it's about families."

Under normal circumstances such tender entreaties from a child speaking before a mayor (only nine years her elder) would evoke a much warmer response than young

Olivia Card received. Instead, the mood among officials seemed to be "why bring the kind into this?"

That's when it became as clear to me as a pothole I just hit that snapped a stabilizer arm. Mayor Myrick is hardly a sympathetic figure when it comes to cars. I greatly doubt he's a fan of "Car Talk." He might care about working families, he might care about little kids. But cars? This is the mayor who gave up his free parking spot so people could build snowmen in it come winter and picnic there in summer. When it comes to transportation Myrick walks or takes a bus. Applaudable. Much of his intimate knowledge about the conditions of the city's sidewalks and streets comes from hoofing around almost every square foot of this town during his exhaustive campaign for office.

As for city engineers and other members of the BPW who are pushing or being pushed into clearing preliminary plans for a total reconstruction of Old Elmira Road on the backs of a dozen business owners, where are their sympathies when it comes to muffler shops, car wash outlets, windshield replacement, greasy, stinky auto repair-in-general and a chain-store pizza place whose name celebrates

chunkitude, to wit: Pudgies?

My guess, after watching the expressions of the BPW members, is that the group is composed of the following: geeks who find Old Elmira Road an eyesore, eco-elites who see cars as a necessary evil and maybe one a coupla folks who would've run out for any kind of pizza if it meant they could be dismissed from that dreary round of public commentary.

And there was another kind of person on board: The alleged visionary. "I think what we're doing here is we're setting up the street for the next 20, 30 years of development," said commissioner Rob Morache, in January. "Those businesses are not going to be there forever. The reality of urban development is that things change and we're setting this up to be a more urban street."

Think of what he said: "Those businesses are not going to be there forever..."

Maybe Olivia Card has her eyes set on automotive repair, Mr. Morache. Do you look down on that somehow? Think it might be a little rude to talk about her dad's shop not being here any more? And by the way, where are those businesses going? Last I looked the pod car wasn't really taking off here. And

show me an urban setting that doesn't have one section entirely devoted to the upkeep, repair and sale of the good old nasty car.

What I think I saw last Monday at the BPW was something more than a bunch of disgruntled business owners getting railroaded into a project that hasn't been given proper weight and review by a city desperate to save jobs and squeeze revenue out of every crack in the pavement. I saw a clash of culture and class.

For now, I'll say everybody there had some sense of culture and a modicum of respect for one another. As for class, Olivia Card trumped the opposition.

"She cried on the way home," said Bill Card. "She said, 'Daddy, why won't they listen to us?'"

Because it's all about the money, honey. Just ask the mayor. It was the very first thing he said at the outset of the meeting. And he wasn't being mean, he was being realistic. One might say "urban." On another level, he also was way out of step with his constituency. The mayor doesn't own any city property and so he doesn't have worry about paying for sidewalks and curb cuts. He should keep that in mind when addressing those who do.

Franklin Crawford is a local writer and journalist. His blog, tinytowntimes.com, can be found online.

Economic Impacts of Fracking

The New York State Department of Environmental Conservation, as part of its pro-fracking stance, makes the laughable claim that fracking in our state wouldn't cause job losses.

The negative impact on jobs can be seen in states like Pennsylvania where fracking is widespread. Agricultural land would be lost to well pads, access roads, and pipelines. Dairy production diminishes in areas near fracking. Tourists don't want to visit an industrial area with heavy truck traffic on country roads. Real estate markets suffer because no one wants to buy a home near fracking or buy land when the mineral rights have been grabbed by compulsory integration.

The dangerous jobs that fracking creates are short-term and largely filled from out of state. The jobs for lodging, construction, etc. would be short-lived. Fracking doesn't provide decades-long prosperity for a region. After the boom of fracking is over, it leaves a region with no jobs. Fracking leaves ruined water, air and land, which prevents real estate, agriculture and tourism from refilling the fracking void.

Letters

There is no place for fracking in New York State.

Hadas Ritz
Newfield

Be Active, Be Healthy

March—it sneaks up on everyone. It's the time when work kicks up again, New Year's resolutions begin to fizzle, and healthy habits are buried come snowfall. Creating Healthy Places to Live, Work and Play, a program of the Human Services Coalition of Tompkins County, seeks to promote being physically active and cultivate healthy eating habits in Tompkins County. Staying healthy during winter is especially difficult for most of us so we have provided some easy and fun ways to incorporate healthy living in your every day.

Fresh fruits and vegetables are not just for summer. There are plenty of delicious fruits and vegetables that are available (and not too costly)

during winter including beets, broccoli, Brussels sprouts, cabbage, carrots, celery, fennel, onions, sweet potatoes, winter squash, turnips, oranges, artichokes, kale and cranberries.

If you've got the right gear you're more likely to get out of the house. First, apply a good amount of moisturizing lotion before getting dressed. Second, layers are key. Make sure to wear fabrics that will wick away moisture and protect you from the wind. Of course don't forget the head, hands, and feet. Having a hat, scarf, gloves, warm socks and tough shoes makes all the difference.

Move around at work. Instead of sending an email to your coworker across the office, take a walk and speak with them in person. Additionally, walk around the office or worksite and catch up with coworkers, explain that you are trying to be healthier at work—maybe they will be interested, too.

Take part in winter activities. No other time of year can you have a snowball fight, make a snow sculpture, go ice-skating, or go snowshoeing. Both East Hill Recreation Way and the

Please turn to page 7

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Tompkins Weekly welcomes letters to the editor. In order to run letters in a timely fashion, they should be no longer than 300 words. Letters should be e-mailed to wrols@twcnny.com, or mailed to P.O. Box 6404, Ithaca, NY 14851. Please include name, address and the best way to reach you for confirmation.

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Montessori School Sets Family Event

The Elizabeth Ann Clune Montessori School of Ithaca is hosting a day of family fun at the Hangar Theatre in Cass Park on Saturday, March 9.

Experiencing cabin fever? Bring your family for a Poppins-themed afternoon of crafts, games, live music, and a showing of the movie starring Julie Andrews. Audience participation and singing during the movie will be encouraged. Doors open at 2:00 p.m. for pre-show activities, with the movie starting promptly at 3:30 p.m.

"Pop in" from 2 to 3:30 p.m. to make kites and sidewalk chalk art, get your face painted and have your photo taken at our photo booth. Grab a snack and head on in to watch (and interact) with the movie. Come dressed as your favorite Mary Poppins character and get a free popcorn.

Seating is limited for this event. Admission is \$10 for adults and \$5 for children. Tickets are available in advance at Dolce Delight on

South Hill, Parakeet Feet in Community Corners, Purity Ice Cream downtown, or the Elizabeth Ann Clune Montessori School on King Road. Tickets are also available on the day of the event at the Hangar Theatre in Cass Park (\$12 for adults, \$7 for children at the door).

Your ticket includes admission to all activities including a bag of goodies to use for interacting with the movie. Food and drink, silent auction, and raffle tickets may also be purchased at the event for an additional cost.

Proceeds from this fundraiser will benefit the Elizabeth Ann Clune Montessori School of Ithaca's capital campaign to build the new Andrea B. Riddle Center for Music, Movement and Art, an expansion of its current campus on East King Road.

For more information, contact Lisa Smith, EACMSI executive director, at 277-7335 or lisa@eacmsi.org.

Letters

Continued from page 6

Cayuga Waterfront Trail at Cass Park get snowplowed, and ice-skating is available at Cass Park every day.

Talia Landes
Creating Healthy Places to Work and Play
Ithaca

A Local Radio Favorite

I am writing to correct any confusion that might have arisen about the "Salt Creek Show" because of

Franklin Crawford's article about WVBR (Tompkins Weekly, Feb. 18). The Salt Creek Show started in 1963 and has had many hosts, including Heather Dunbar from 1978 to 2000. At present, five mumbling hillbillies take turns at the microphone: Peter Fraissenet, Armin Heurich, Annie Keville, Chuck Donovan and myself.

We are pretty sure it is the longest-running radio show in the area. It airs every week on WVBR (93.5 FM and wvbr.com) from 6 to 10 on Sunday mornings, and we invite you to tune in.

Brad Edmondson
Ithaca

Street Beat

The word on the street from around
Tompkins County.

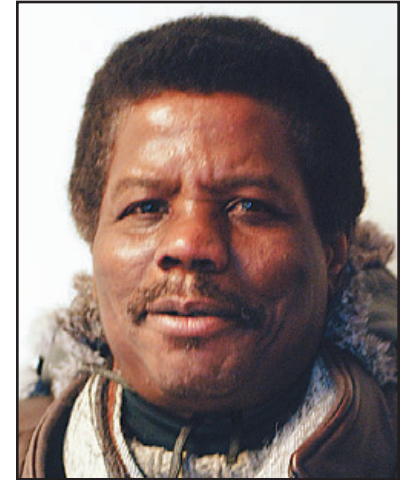
By Kathy Morris

Question: What's important to you about Black History Month?



"It's a time for us to educate those who may not know of famous African-Americans here in our community. We can do more research for ourselves."

- Danica Webb, Ithaca



"I'm originally from the Caribbean. Teaching our history is important to me."

- Desmond Balford Callender, Albany



"It's important for remembering the pioneers, those who opened the doors for people like myself to be where I am today."

- Kristopher Dewberry, Ithaca



"A lot of people think I'm black, I've always wanted to be black, and I learn a lot about black history during the month of February."

- R.M. Fury, Spencer

Submit your question to **Street Beat**. If we choose your question, you'll receive a gift certificate to GreenStar Cooperative Market. Go to www.tompkinsweekly.com and click on **Street Beat** to enter.

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New Directions for Former Hubcap Member

By Stephen Kimball

Steve Gollnick started playing in Ithaca in the late 1990s. He recalls, "I was playing occasional open mics around town about 1997. They used to have a really good one at The Chariot back then, and that's where I met Peter [Glanville] and a bunch of other cool folks. He and I started playing together not long after that."

Since then, Gollnick has performed as a solo artist and, more recently, as part of Sunday Vipers and Halogen Sons. His best-known musical endeavor, though, has been Hubcap—a band known for its strong songs and great live shows.

Gollnick has seen changes in the local music scene, both with his own undertakings as well as in the musical environment in general. "There's a lot more variety. There was a really dead period for almost a decade where there was really only reggae and jam band stuff," he says. "There were almost no loud rock 'n' roll bands, very little of anything like jazz or anything experimental. I never understood why. But I feel like there's definitely a broader range of sounds going on around town these days. It's a lot healthier, I think."

Gollnick recently announced that Hubcap was calling it a day after more than a dozen years together. That's a good run for any band. "I've been working on a new solo record for the last year or so, and playing with Sunday Vipers and Halogen Sons, and just finding myself more satisfied doing that stuff than playing with Hubcap,"



Steve Gollnick, post-Hubcap, is keeping busy with a couple of local bands and a renewed interest in going solo.

he says. "We'd only been playing kinda sparsely over the last couple years, and enthusiasm had waned for the other guys in the band as well. We were basically down to playing every six months or so and getting together a couple times before each show to relearn songs we already know. We'd basically stopped growing as a band, and it seemed like a good time to move on. We had 13 great years, and I'm really proud of everything we did, but it was time."

All of his latest musical outlets provide different environments and approaches to music making.

"Halogen Sons is Peter Glanville and me. We're basically playing older Hubcap and solo stuff as a duo. That's really been fun because we've been playing together so long we can just fall into it, and it always sounds great," Gollnick says. "It's also a good outlet for folks to hear our more rootsy songs that we had stopped playing with Hubcap."

"Sunday Vipers is myself, Billy Cote and Walt Lorenzut. It's more Velvets [Velvet Underground]-influenced, spooky pop songs. We do a number of my newer songs, along with some of Billy's Madder

Rose songs and some weird covers. That band's just a blast to play with because it's so loose and relaxed, and I get to play and sing with a lot more subtlety than I ever did with Hubcap," he adds. "The sound is just more open. And then the solo record is much more of a moody, electronic sound, with lots of programmed beats and minimalist guitar parts. I've been recording it almost entirely on my laptop, with Matt Saccuccimorano helping produce and shape sounds. It's definitely not a strummy singer-songwriter record, but it still sounds like me."

Like most musicians, Gollnick isn't just a performer; he's a music fan as well. His tastes are broad and include popular, local and lesser-known bands and musicians. "Over the last few years I've been listening more and more to music that has nothing to do with what I'm doing—lots of jazz, dub, avant-garde, soul, funk and hip-hop. I'm really more about sounds than lyrics these days."

"I think perhaps it's influenced me by not influencing me. It's freed me up to do my own thing, and I feel in some ways this new record sounds more like me than anything I've done before, like I finally found my voice after all these years. Locally, Johnny Dowd continues to amaze me, he somehow seems to be doing something different every time I see him, and it's always great. Candy Pants and The Sutras and LOFTS are all terrific. Tzar is awesome and Wingnut is still great after all these years."

Photo provided

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The Cycles of Enlightenment

By Nicholas Nicastro

★ ★ *The Highest Pass*. Written by Adam Schomer. Directed by Jon Fitzgerald. At Cornell Cinema, March 9, 7 p.m., Willard Straight Hall.

Anyone interested in India and who enjoys *Top Gear*-esque road adventures should be up for Jon Fitzgerald's *The Highest Pass* (getting its Ithaca premiere this week, with an introduction by writer/producer Adam Schomer).

The eponymous pass is a road in northern India that boasts the highest stretch of "motorable" pavement in the world. This is above 18,000 feet, accessed first through dizzying Indian traffic, then breathtaking landscapes that seem to threaten avalanche with every switchback. Fitzgerald documents a trip upcountry by a handful of Americans, led by Anand Mehrotra, a 27-year-old Indian guru and avid biker. Awkwardly, most of Anand's followers hunger not just for spiritual development, but for basic experience on motorcycles. The spectacle this film presents—of two-wheel novices risking their necks in a country where road rules seem optional—raises issues far more basic than spiritual enlightenment. As in, does anybody get killed?

Largely told through the eyes of Schomer, this adventure is a purely elective affair. No one is delivering life-saving medicine to remote villages here. Instead, the entourage of LA-based models/actors, stunt men and graphic designers seek to find their "higher selves," to step outside the trap of their constrained, materially comfortable lives. Anand himself suggested the trip, apparently in direct defiance of an astrological "prophecy" that he would die in an accident at the age of 27. Leading his pack of mild ones to elevations usually visited only by airliners, the smooth-talking guru dispenses the equivalent of spiritual comfort food to his fol-

Funniest Person in Ithaca Announced

Out of 29 total entrants, a final seven stand-up comedians performed for the Funniest Person in Ithaca contest, the headlining event at the 2013 ComedyFLOPs ComedyFEST, on Feb. 16. By the sheer volume of applause, local comedian Josh Soldiers edged out Maryanne Donnelly as the winner.

A native of Montana currently in Ithaca pursuing a degree in mechanical engineering from Cornell, Soldiers has emerged as one of the area's top comedic talents at Groundhog Comedy's bi-monthly stand-up comedy open mic events at Pixel Lounge. "I can't believe how badass this coconut trophy is," Soldiers said of the custom-designed award by local artisan Teo Aceto.

The proceeds from his victory will fund his other passion, animation. "I am now able to get even deeper into my dream of creating my own animated show," Soldiers said.

ComedyFLOPs ComedyFEST boasted substantial crowds entertained by more than 50 comedians from all over the region. ComedyFEST proceeds will go to support the Community School of Music and Arts.

For more information visit www.ComedyFLOPs.com.

lowers as they bounce off truck fenders and gasp for oxygen. More than once, Fitzgerald and Schomer hint that Anand is nuts.

On an obvious level, *The Highest Pass* seems like a over-produced vacation video. It takes some cynicism—but not much—to make fun of these guys, waxing karmic in their Maui Jim shades. Listening to them go on about "powering through adversity" as virtually the entire population of rural India "powers through" adversity they'll never imagine is hard to take. But let's be gracious: stunt men and models/actors are entitled to their shares of enlightenment, too. While Schomer and his crew might seem like spiritual tourists, there are far, far worse kinds of tourists to be in this world. It may be painful to hear them talk, but the stunning Himalayan vistas captured by Dean Mitchell would be worth it, even with the sound turned off.

The Highest Pass strays into questionable territory when the expedition reaches a pass blocked by a June snowstorm. Normally this would entail a two-day delay. But Anand, who seems strangely impatient for a guru, insists on tra-



Photo provided

Bikers on the roof of the world in *The Highest Pass*.

versing the pass immediately, pressuring the Indian road crew to plow farther, faster. The bikers take on a degree of risk in this, which is their prerogative. But nobody seems to have asked whether it's fair to the road workers, let alone anybody else following them down a prematurely-opened road, to expose them to increased risk of

avalanche. Never mind karmic liberation—what about moral hazard?

Movie Ratings

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

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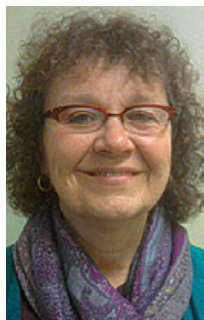
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Hearings Set for Forest Management

By Patricia Brhel

A draft management plan has been prepared for the Hammond Hill and Yellow Barn state forests, with the last two public meetings and chances to comment scheduled for 3:30 to 5:45 p.m. and 6:30 to 8:45 p.m. on Thursday, March 7, at the Tompkins-Cortland Community College Forum Room, 170 North St. in Dryden. Directions to TC3 are available at www.tc3.edu/about_tc3/map.asp.

The Hammond Hill and Yellow Barn state forests are multi-use lands that cover 5,002 acres in the towns of Dryden and Caroline, with most of the land in Dryden. Created from scratch over farmed land reclaimed by pine, spruce, larch, cherry, ash, maple and oak, trees planted between 1935 and 1950, they form the ÅTwin ShedsÅh Unit, with part of the water flowing into the Great Lakes/Ontario basin and the other part flowing into the Susquehanna River Basin.

They have become popular areas

for family-based recreation including hiking, bird watching, horseback riding, cross country skiing, mountain biking, and snowshoeing in recent years. The Finger Lakes Trail crosses the forest, and the 16-mile trail system is a cooperative effort among the New York State Department of Environmental Conservation (DEC), the Division of Land and Forests, the Cayuga Nordic Ski Club, The Cayuga Nature Center, the Friends of Hammond Hill and the Town of Dryden.

In addition, smaller, more informal groups such as the mountain bikers help with trail maintenance. While ATV use is prohibited in state forests, there is a snowmobile trail and most non-motorized travel is not only permitted, but encouraged. In the fall hunters have found it a place to enjoy their sport, too.

There is parking on Hammond Hill Road, on Cayuga Nature Center property, where visitors will find a number of ski and hiking trails classified by user ability from easy

beginner slopes to advanced, longer trails with steeper slopes. The yellow slopes are the easiest and allow hiking, mountain biking, horseback riding and cross country skiing.

After the yellow trails they go up in difficulty through the blue trails, red trails and green trails. Each is slightly longer and harder, but allow the same range of non-motorized activities. The orange trails are snowmobile trails and total 5.6 miles in length. While hiking, mountain biking, horseback riding and cross-country skiing are allowed on the orange trails, users are cautioned to listen for and watch out for the snowmobiles.

Check out canaaninstitute.org/bikeskiblog for more information on these activities and maps of both forests.

Michael Ludgate, who with his wife has lived adjacent to the forest preserve since 1986, is a frequent trail user. "The trails are a great asset and the various user groups seem to get along and volunteers do a good job of maintaining the trails," he says. "For instance, when the mountain bikers ride in the summer or hikers go through they sometimes carry along a small saw to keep the trails cleared. This makes it easier for the skiers and snowshoe users in the winter.

"I spend a lot of time in the woods and everyone I encounter seems friendly and helpful. It would be great at this meeting if people showed up not only with complaints but with appreciation for the forests and trail system and the way the DEC manages it. While there are a few problems, some

unauthorized trails that have been created, for the most part itÅfs a beautiful area and the users function like a neighborhood watch. Now that more people are using the trails there is much less garbage dumped there," he adds.

On its website the DEC explains that, "Management goals for the forest are to provide recreational opportunities, to maintain a healthy forest and ecosystem, and to improve the forest for future generations. We now have a rich and diverse forest. Future forest management will be aimed at converting the even-aged softwood plantations to more natural mixed hardwood and softwood forests."

The draft plan is posted at www.dec.ny.gov/lands/88726.html. A limited number of copies of the plan are available on compact disk (CD). Contact the DEC Cortland Lands and Forests office at 753-3095, ext. 217 to request a copy.

The first half hour of each session will be an open house format that provides time for the public to informally discuss the draft plan with DEC Lands and Forest staff. Beginning at 4 and 7 pm, respectively, DEC staff will briefly present highlights of the draft plan. Following this the public will have an opportunity to comment. Those unable to attend the meeting are invited to submit comments to the DEC by mail to NYSDEC, Division of Lands and Forests, Attn: John Clancy, 1285 Fisher Ave., Cortland, NY 13045-1090, or by email to jmclancy@gw.dec.state.ny.us. Written comments will be accepted until April 7.

Ithaca College Tuition Set at \$38,400

At its February meeting, the Ithaca College Board of Trustees approved a budget that features the smallest percentage increase in tuition in more than four decades. For 2013-14 IC tuition will be \$38,400, with charges for the standard room and board plan at \$13,900, bringing the total cost to \$52,300.

The 3.8 percent tuition rise represents the lowest rate of increase since 1969-70.

In a letter to parents announcing next year's charges, college president Tom Rochon noted that considerable diligence was employed in determining how best to allocate resources to meet academic needs and priorities. To provide context, accompanying the letter was a chart showing the current tuition charges at a group of 20 private colleges and universities with which Ithaca annually compares itself. Ithaca's tuition for 2013-14 is still lower than the current tuition at all but three of those institutions.



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TC3 President Outlines Goals, Challenges

By Tompkins Weekly Staff

In his annual State of the College message to the Tompkins County Legislature on Feb. 19, Carl Haynes said he is optimistic about the future of Tompkins Cortland Community College (TC3) in continuing to effectively serve the people of its communities. But the college president also expressed concerns about significant challenges that TC3, and most other community colleges, face in the near-term that affect their ability to fulfill their mission.

Haynes reported that both fall and spring semester enrollment at TC3 declined by about 6 percent, stemming primarily from higher academic standards at the college and subtle changes restricting outside financial aid. He said the college has adjusted this year's budget to reduce spending by \$500,000—and will seek approval to use

\$250,000 in reserve funds to help fill that gap.

Among potential impacts from Gov. Andrew Cuomo's budget, the president said that, while base aid is proposed to remain steady (although not the increased level that colleges need), he is especially concerned about a potential threat to base aid for career programs. That would require that the college annually document that such programs meet valid current employment needs as specified by local Regional Economic Development Council or Department of Labor reports to qualify for continued base aid funding.

The governor's budget also proposes a \$3 million competitive performance-based funding initiative, with the metrics and timetable for allocation unclear. Haynes noted that TC3 has undertaken many initiatives to improve graduation rates and other student outcomes—

with higher academic and financial aid standards, monitoring and analysis, educational programs, and academic support services all combine to maintain a "strong ongoing focus on student success" at TC3.

The president expressed concern that there may be a "disconnect" between public and political discourse and the role of comprehensive community colleges, such as TC3, and that the focus in the governor's budget on "training" focuses on only one part of community colleges' mission, neglecting preparation of students for successful transfer to four-year colleges and serving local employers with non-credit training programs for existing employees.

That focus risks "an inappropriate narrowing" of the colleges' overall mission, he said. And Haynes questions the need for additional accountability requirements

for community colleges beyond existing reporting and assessment of student success, imposed by "well-meaning state and federal agencies," whose benchmarks often fail to address current college attendance trends, and would add to colleges' administrative burden and cost.

As the college seeks to manage change in a time of a shifting higher education landscape, Haynes notes, "I believe that at TC3 we are effectively managing and responding well to these changing dynamics."

Among the college's achievements: award-winning technology support, within and outside the classroom; a multitude of "lean-office" initiatives to help curtail costs; and a broad range of global initiatives that bring cultural enrichment to the campus and contribute to much-needed financial

Please turn to page 16

Conflict Resolution and Building Community

By Jeff Shepardson

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

Healthy, engaged relationships are key to the success of any endeavor that is dependent on a spirit of collaboration and community. In situations where people in a community are engaged in the challenging process of change and adaptation, where new ways are replacing the way things used to be, conflict is unavoidable and is potentially a valuable part of growth and transformation.

However, conflict and the individuals it "hooks" can easily sabotage months, even years, of effort and collaboration when that conflict is avoided or inadequately addressed. Healthy communities, in any context and size, require a process that manages conflicts when they appear in ways that not only solve

problems but, more importantly, restore individuals and their relationships and interactions with each other. These resolution processes often happen both in the one-on-one setting and in the multi-party or group context, sometimes separately and sometimes simultaneously.

Because our culture tends to be strongly averse to conflict, many of us opt to deal with the conflict/crisis by going into a problem-solving mode, developing systems and devising protocols that manage the conflict in attempts to eliminate or sidestep the "personal, emotional" (i.e. messy and difficult) components. Such strategies, though potentially effective short term, often fail to address the deeper elements at play: elements that when left unaddressed will likely reappear down the road, causing folks to question, "Why are we dealing with this again? I thought we had solved this problem."

The Community Dispute Resolu-

tion Center (CDRC) offers mediation and facilitation as one such possible resource for managing conflict in a way that addresses these more deep-seated, not-always-visible issues and dynamics at play in a conflict. Using transformative mediation principles and practice, mediation and facilitation offers people a mechanism to address the compromised human interactions that rest at the heart of any conflict/crisis.

Using this model of mediation practice, once parties and groups have shifted the dynamics of their interaction from feeling compromised and shut off from each other to being more centered and responsive to each other, problem solving becomes much more relevant and

long lasting, often flowing out of a restored spirit of collaboration.

Conflict is a normal and natural part of humans living in a community. As such, conflict also has an inherent potential to be powerfully informative and useful as individuals and groups define and redefine themselves. Resolutions that acknowledge and mediate not just the more objective or symptomatic parts of conflict but, rather, "go for the heart" of compromised interactions have the best chance of achieving sustainable, long-term results.

For more information on CDRC's mediation, facilitation and training services, contact Jeff Shepardson at shepardson@cdrc.org or call 273-9347.

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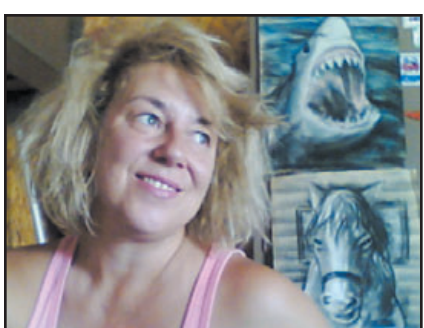


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Tompkins County Community Calendar...

4 Monday

Baby Storytime, 10:30-11am, Tompkins Co. Public Library, Caregivers and newborns up to 15 months old are invited to join us each Monday in the Thaler/Howell Programming Room for stories, songs, and togetherness. For more info, 272-4557 ext. 275.

Cayuga Vocal Ensemble Concert "All Night, All Day", 8pm, Barler Recital Hall on the Wells College Campus. "All Night, All Day" features an entertaining mix of choral music by Johannes Brahms, Felix Mendelssohn, Reynaldo Hahn and several contemporary American composers, along with spirituals, folk song arrangements and three songs by Cole Porter. The performance will be accompanied by Kerry Mizrahi. This concert is free and open to the public. Info., www.wells.edu.

Board of Public Works Meeting, 4:45pm, Common Council Chambers, City Hall, Ithaca.

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.

Food Addicts in Recovery Anonymous, 7-8:30pm, Cayuga Medical Center, 101 Dates Dr., Ithaca, Fourth Floor North Conference Room. Food Addicts in Recovery Anonymous (FA) is a free Twelve Step recovery program for anyone suffering from food obsession, overeating, under-eating and bulimia. Info., 607-351-9504, Visit our website at www.foodaddicts.org.

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

Ithaca College Music, "Ghosts and Apparitions," a faculty recital by soprano Patrice Pastore, performing music by Kurtag, Crumb and Walton; 7 p.m., Hockett Family Recital Hall, Whalen Center; Performance by the Jazz Ensemble, directed by Mike Titlebaum; 8:15pm, Ford Hall, Whalen Center.

Jazz Dance Classes with Nancy Gaspar, 7:15pm, Finger Lakes Fitness Center, 171 E. State St., Center Ithaca, Non-members welcome. Info., 256-3532.

Jazz Ensemble, 8:15pm, Ford Hall, Ithaca College.

Lifelong Schedule, 8-9AM, Enhance Fitness®, Lifelong, 119 W. Court Street, Ithaca; 9-10AM, Enhance Fitness®, Juniper Manor I, 24 Elm St., Trumansburg; 9-10AM, Enhance Fitness®, Kendal at Ithaca, 2230 N. Tripphammer Rd., Ithaca; 10-12:30PM, Clay Class; 10-11AM, Tai Chi, Titus Towers Apt., 800 S. Plain St., Ithaca; 10:15-11:15AM, Enhance Fitness®, Dryden Veterans Memorial Home, 2272 Dryden Rd., Dryden; 12:30-1:30PM, Strength Training, Lifelong, 119 W. Court St., Ithaca; 1-3PM, Diabetes Self-Management; 1:45-3PM, Senior Chorus; 2-3PM, Enhance Fitness®, McGraw House Annex, 211 S. Geneva St.; 2-4PM, English as a Second Language Class - Advanced; 2-4PM, When Your Computer Slows Down; 2:30-3:30PM, Exercise for People with Parkinsons; 6-8PM, MS Support Group; 7:9PM, International Folk Dancing, 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.

Maternal Child Health "Infant Care and Safety in the Early Years", Accident and injury prevention, first aid for choking and infant CPR. Fee is \$25 per family. For information, and to register please call The Maternal-Child Health Division at Cayuga Medical Center at (607) 274-4408.

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.

Music at Cornell, 8pm, Barnes Hall, Cornell. Visiting Lecturer Elizabeth Shuhan, flute with Emily DiAngelo, oboe; Richard MacDowell, clarinet; Rebecca Jermin, bassoon; and Andrew Zhou, piano. Features works by Cesar Franck, Claude Debussy, and Elliott Carter.

Overeaters Anonymous, 7:30-8:30pm, Henry St. John Building, 301 S. Geneva St., #103, corner W. Clinton St., Speakers/Literature meeting, Meetings are free, confidential, no weigh-ins or diets. Info., 387-8253.

Planning, Energy, and Environmental Quality Committee, 3:30PM, 125 East Court Street, Ithaca.

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.

Prenatal Nutrition & Breastfeeding, 5:30PM-8PM, CCE-Tompkins Education Center, 615 Willow Avenue, Ithaca, Join other expectant mothers for a 6-session cooking and education series. Share a meal and conversation, then take home recipes and food for after your delivery. Registration is required. Free for women who are eligible for WIC, Food Stamps or similar programs. Meets (6) Mondays, March 4-April 8, 2013. Contact Melinda at Cornell Cooperative Extension (607) 272-2292 or mt333@cornell.edu with questions or to sign up. Sponsored by CCE-Tompkins and the Doula Project.

Tending Fires Film Screening & Panel, 6:30PM-8:30PM, CCE-Tompkins Education Center, 615 Willow Avenue, Ithaca, Join us for a screening of Tending Fires, a documentary by Peter Ferland. This film documents a teen rite-of-passage ceremony created for 7 adolescent boys in the Hudson Valley, the multi-generational circle of men who helped to create it, the impact it had on their parents, and the larger cultural issues that surface when a community comes of age. After the film there will be a panel discussion with Primitive Pursuits and Earth Arts.

Tot Spot, 9:30-11:30pm, Ithaca Youth Bureau, October 22 thru Late April. Indoor stay and play for children 5 months to 5 years & grown-ups of any age. Children ages 5 months to 1 year: \$2; Children ages 1 year to 5 years: \$4; Adults always FREE! Frequent Visit Discount Passes Available for Recreation Partnership Residents, Info., 273-8364.

Urgent Care Open House, 7-9am or 6-8pm, Five Star Urgent Care, 740 South Meadow St., Ithaca. Five Star Urgent Care Founder and Owner Dr. John Radford and Regional Medical Director Dr. LouAnne Tenkate will be on hand to welcome you and give tours of the state-of-the-art facility, as well as introduce you to Five Star's friendly and professional staff. Light refreshments will be provided. To RSVP, please call (607) 846-2030 or email info@fivestaruc.com.

Yoga Classes, 5-6:15pm, Mindful Movement in Community Corners, 903 Hanshaw Rd., Suite 201, Info., 607-592-5493.

5 Tuesday

Adult Karate, Seishi Honbu, 15 Catherwood Road, Ithaca. Formal, traditional, Japanese discipline, Progressive noon time classes for men and women. Info., (607) 277-1047 Email seishihonbu@verizon.net.

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.

Al-Anon, 12noon, 518 W. Seneca St., Ithaca, Meeting open to anyone affected by another person's drinking. Info., 387-5701.

Around the Kitchen Table, 7:30pm, The Kitchen Theatre, Ithaca. Join Artistic Director, Rachel Lampert, and guest directors, designers, and actors for a series of discussions about what goes on behind the scenes at the Kitchen Theatre. Info., www.kitchentheatre.org.

Be Your Own Record Label: Producing and Marketing Your Music in the Digital Age, 5:30-7:30pm, Community Arts Partnership, 171 East State Street Ithaca, Led by Steve Stull. A workshop for musicians and composers who are considering producing their own recordings. Topics will include music selection, the recording session, album art and packaging, distribution, on-line streaming, legal requirement, sales tax, royalties, ASCAP and BMI licensing. Pre-registration required. Learn more at www.artspartner.org or call 607-273-5072, ext. 20

Book Talk for Kids and Parents, 6-7:30pm, Southworth Library, Ithaca. "Together offers families a chance to discuss books in a meaningful format. These discussions give kids, aged 9-11, the chance to enjoy reading outside of school and gives parents the opportunity to share the books their kids are reading," says Council Executive Director Sara Ogger. The program is free and open to the public, although pre-registration is required. A simple meal will be provided at each session as well as childcare for younger siblings. For more information about series, please contact Diane Pamel at 607-844-4782 or email southworth@twcny.rr.com.

Boy Scouts Troop 55, Ellis Hollow Community Center, Pack meets 7:15pm, every Tuesday, Contact Liam Murphy at 272-4526 or liam.murphy@clarityconnect.com for more information.

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

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

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.

Finger Lakes Ski Club Meeting, 7:30pm, Knights of Columbus, 47 Market St., Auburn. Wine tasting party; annual meeting; board elections. For information about all the Finger Lakes Ski Club has to offer, please go online to www.fingerlakeskiclub.com or call Kelly Buck at 315-406-0791.

First Tuesday Book Club, 6:30pm, Newfield Public Library, Main St., Newfield.

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

Healing Ithaca Prayer Service, 5:15PM-5:45PM, First Tuesday of the month, First Baptist Church, 402 N. Aurora St., Ithaca, For more information, Myra Sabir at HealingIthacaNY@gmail.com.

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 College Music, Guest recital by the Penn State choir Essence of Joy, presenting an evening of sacred and secular music from the African and African-American traditions; 7 p.m., Hockett Family Recital Hall, Whalen Center; Performance by the Symphonic Band, conducted by Elizabeth Peterson, playing music by Boysen, Grainger, Maslanka, Biedenbender, Salfelder and Gorb; 8:15pm, Ford Hall, Whalen Center.

Ithaca Planning Board Meeting, 7pm, 215 N. Tioga St., 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.

Lifelong Schedule, 9-12PM, Morning Watercolor Studio; 9-12PM, Open Computer Lab/Discussion; 10AM-12PM, Dash Your Doubts About Whether You Can Write; 10-12PM, Archeology of Ancient Greece & Rome II; 10:15-11:15AM, Senior Seated Stretch and Tone, Trumansburg Library; 11:30-12:30PM, Tai Chi, Lansing Community Library, Auburn Road; 1-3PM, The American Economy; 1-4PM, Afternoon Art Studio; 2:30-4:30PM, Open Computer Lab; 4:30-5:30PM, Young at Heart Yoga; 7-9PM, Lions Club Meeting; Info., 273-1511 or www.tclifelong.org.

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.

Lot 10 Lounge Open Mic Night, 10pm, Lot 10 Lounge, Cayuga Street, Ithaca. For more information on this event and all Lot 10 events please visit www.lot10.com or call 607-272-7224.

Music at Cornell, 8pm, Sage Chapel, Cornell. Annette Richards, University organist. Includes Franck's Grande piece symphonique, Alain's Trois pieces, and Durufle's Prelude et fugue sur le nom d'Alain.

Overeaters Anonymous, 12:15-1:15pm, Henry St. John Building, 301 S. Geneva St., #103, corner W. Clinton St., 12 Steps & 12 Traditions meeting; 7-8pm, Watkins Glen Library; Meetings are free, confidential, no weigh-ins or diets. Info., 387-8253.

Salsa Dance Lessons by Nancy & Angel, 7-8pm, Oasis Dance Club

Sciencenter Math Time: It Looked Like Spilt Milk, 10:30am, Sciencenter, 601 1st St, Ithaca, Toddlers and preschoolers are invited to hear the story It Looked Like Spilt Milk by Charles G. Shaw, then learn about shapes with mix-and-match cards. Info., www.sciencenter.org or 607-272-0600.

Strength Training, 5:35-5:55pm, Newfield Fire Station, bring a mat and light weights. \$2 per class.

T'ai Chi Classes at Lansing Library, 11:30AM-12:30PM, Lansing Community Library, 27 Auburn Road, Lansing; T'ai Chi promotes balance, flexibility, coordination and can reduce pain. Please wear loose clothing. \$5/class (Scholarships and reduced monthly payment options available through Lifelong, 273-1511, www.tclifelong.org and the Lansing Library.

Toddler Storytime, 10am, Groton Public Library, September-May, Info., 898-5055.

Toddler Storytime, 11-11:30am, Thaler/Howell Programming Room, Tompkins County Library. Thru December 11th. For ages 18 months to 36 months, Stories, songs, and fingerplays and more.

Tot Spot, 9:30-11:30am, Ithaca Youth Bureau, October 22 thru Late April. Indoor stay and play for children 5 months to 5 years & grown-ups of any age. Children ages 5 months to 1 year: \$2; Children ages 1 year to 5 years: \$4; Adults always FREE! Frequent Visit Discount Passes Available for Recreation Partnership Residents, Info., 273-8364.

Tuesday Lunch Club, 12noon, Royal Court Restaurant, 529 S. Meadow St., An informal lunch get-together on the 2nd Tuesday of the month for bereaved adults. Participants pay for their own food and beverage. Info email dgeorge@hospicare.org or 272-0212.

Tuesday Morning Art Classes for Children, 9:15-11:30am, Dryden Community Cafe, Main St., Dryden. Please come by to sign up, or email Leslie at robertcobb@frontiernet.net, or leave a note at the Cafe.

Women Singin', 5:30-7pm, Hospicare, Ithaca. Every 1st Tuesday of the month; A singing circle of a cappella songs from different traditions, including harmonizing, rounds, etc. For all women who like to sing. For more information, contact Hospicare at 607-272-0212.

Women's History Month Illustrated Talk, 2pm, Barnes and Noble, 614 South Meadow St., Ithaca. A representative of the Women's Rights National Historic Park will be presenting an illustrated talk which will provide an introduction to the first Women's Rights Convention which occurred in Seneca Falls, NY in 1848.

Workshop: Marketing and Advertising Your Special Event, Tompkins County Chamber of Commerce, Ithaca. Info., 277-8679 or tcfestivals@gmail.com.

Zumba Class, 6-7pm, Newfield Fire Station, Open to the public- no dance/fitness background necessary, first class is 1/2 off, \$8 drop in or \$55 for 9 classes good for 2 months from date of sale.

6 Wednesday

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.

Alzheimer's Support Group, 6pm, Lifelong, 119 W. Court St., Ithaca. Info., 1-800-272-3900 or email cny-programs@alz.org.

Babies, Books, and Bounce Time, 11:30-12noon, Tompkins County Library, Thaler/Howell Room.

"Bariatric Surgery - Is Weight Loss Surgery for Me?", 6pm, Howell Education Center, 2nd floor at Cayuga Medical Center. Safe weight loss through surgery requires a strong commitment from the patient and the team of medical experts providing care. Education, one-on-one counseling, complete medical exams and testing, and continued support are top priorities, so our patients understand the requirements, responsibilities and benefits of undergoing bariatric surgery. Come to our free seminars and learn more about our bariatric services. Listen to information about the surgery from our bariatric surgeons. RSVP by phone at 607-252-3555 or on-line, http://www.cayugamed.org/bariatric.cfm

Bread of Life Food Pantry in Candor, 1 Water Street, Candor, across from Post Office, 3-6pm. For a complete listing of daily pantries, see: www.211tompkins.org.

Crooked by Catherine Trieschmann, 7:30pm, The Kitchen Theatre, 417 W. State St., Ithaca. 14-year-old Laney and her recently divorced mom have moved back to Oxford, Mississippi. Laney doesn't easily fit into her new school, but another teen misfit befriends her, and together they start to figure things out. An insightfully written coming-of-age story with an intense mother-daughter relationship at the core. Feb 27 - Mar 17, Info., www.kitchentheatre.org.

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

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

Ithaca College Music, Guest recital by violinist David Colwell and pianist Dmitri Novgorodsky, playing music by Mozart, Brahms, Grieg and Stucky; 7 p.m., Hockett Family Recital Hall, Whalen Center. Performance by the Brass Choir, Trombone Troupe and Brass Chamber Music; 8:15 p.m., Ford Hall, Whalen Center.

Ithaca Rotary Club Luncheon, 12:15pm, The Holiday Inn, Ithaca. Speaker: Jackie Mou-Grube - A new Sustainability Center for Ithaca; The public is welcome to attend, cost is \$13. Info., at www.ithacarotary.com.

Ithaca Sociable Singles Group Dinner, 6pm, Sahara Restaurant, 118 North Aurora St., Info., 272-6013 or map10@cornell.edu

Lansing Writers' Group, 7PM, Lansing Community Library, 27 Auburn Road, Lansing, Meetings are open to adults (18 years old and up) who strive to improve their writing skills and learn from each other. All genres, skill levels, and writing types are welcome. Additional information available at www.groups.yahoo.com/group/lansingwritersgroup. Free and open to the public.

"Let's take a walk" 8-9am, A low key walk for men and women with any type of cancer; enjoy a weekly walk and good conversation. Meets inside entrance to Border's, The Shops at Ithaca Mall. Info, Cancer Resource Center of the Finger Lakes. 612 W State St. 277-0960.

Lifelong Schedule, 8:30-9:30AM, Enhance Fitness®, Lifelong, 119 W. Court Street, Ithaca; 9-10AM, Enhance Fitness®, Juniper Manor I, 24 Elm St., Trumansburg; 9-10AM, Enhance Fitness®, Kendal at Ithaca, 2230 North Tripphammer Road; 9-12PM, HICAP Health Insurance Counseling by appointment. Call 273-1511; 10-11AM, Getting Your GreenBack! FREE; 10AM-12PM, Introduction to Open Office Suite; 10:15-11:15AM, Enhance Fitness, Dryden Veterans Memorial Home, 2272 Dryden Rd., Dryden; 11-12PM, The American Songbook in Stride; 1-2:30PM, German; 1-3:30PM; Crafting Circle-Needlework and Quilting; 2-3PM, Enhance Fitness®, McGraw House Annex, 211 S. Geneva St.; 12:30-2:30PM, The Films of Krzysztof Kieslowski Part 2; 2-4PM, KTW Crooked; 2:30-3:30PM, Absolute Beginners Computing; 3-4:30PM, Memory Loss, Dementia and Alzheimer's Disease - The Basics - FREE; Info., 273-1511 or www.tclifelong.org.

Little Voices Music & Motion, 10am, Ithaca Youth Bureau, Ithaca. 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, 12Noon, St. John's Church, 210 N Cayuga St., Open to all, no limitations or requirements. Info., www.loaves.org.

Lot 10 Lounge Event, 6pm, 106 S. Cayuga St., Ithaca, Djug Django, Info., 272-7224, www.lot10.com.

"Mark Bittman at The Kitchen", 12noon-2pm, The Kitchen Theatre, State St., Ithaca. New York Times columnist and cookbook author Mark Bittman, This fun event will be filled with great food and culinary conversation. 100% of the proceeds will benefit the Food Bank of the Southern Tier.

Music at Cornell, 8pm, Barnes Hall, Cornell. Contrapunkt, Paul Hwang, director. Third annual Art Concert features music written by Cornell undergraduate composers in collaboration with undergraduate artists.

Nutrition for 2: Healthy Eating During Pregnancy Class, 5-7pm, Cayuga Center for Healthy Living, Join us as we share ideas on how to eat healthy before and during pregnancy. Fee: \$30, Call to register: 607-252-3590.

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.

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.

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.

"West Side Story", 6:30pm, Lansing Middle School, Auditorium. Tickets: \$5.

Workforce NY Workshop, NYS Department of Labor /Tompkins Workforce NY, 171 E. State Street, Center Ithaca Building, Room 241, Ithaca, 2-3:30pm, Metrix and Prove It, E-Learning; Info., 272-2835.

7 Thursday

AL-ANON Hope for Today, 7:30pm, 518 West Seneca St., Ithaca, main floor, Meeting open to anyone affected by another person's drinking. Info., 844-4210.

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

Art for Lunch: Children's Books at the Johnson Museum, 12noon, Discuss the exhibition Beauties and Beasts in Children's Book Illustrations with curator Nancy Green. Free. For more information call (607) 255-6464.

Cornell Symphony Orchestra, 8PM, Bailey Hall, Cornell. Chris Younghoon Kim, conductor, Features concerto winner Vikram Potdar playing Barber's Concerto for Piano and Orchestra, a new work by graduate composer Charles Cacioppo, and Elgar's "Enigma" Variations.

Crooked by Catherine Trieschmann, 2pm & 7:30pm, The Kitchen Theatre, 417 W. State St., Ithaca. 14-year-old Laney and her recently divorced mom have moved back to Oxford, Mississippi. Laney doesn't easily fit into her new school, but another teen misfit befriends her, and together they start to figure things out. An insightfully written coming-of-age story with an intense mother-daughter relationship at the core. Feb 27 - Mar 17, Info., www.kitchentheatre.org.

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.

Health Insurance Application Assistance, 9:45am-3pm, Tompkins Community Action. For information and appointment call 1-800-231-0744.

Game Time, 3-5pm, Thaler/Howell Programming Room, TCP Library, Ithaca. Enjoy an afternoon of board games at the library. Ages 6-12.

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.

Ithaca College Events, Lecture: "White Muslin: Veiling the Body in the 1790s," a Rooms of their Own: Humans and the Second Skin lecture by Amelia Rausser, associate professor of art history at Franklin and Marshall College; 4 p.m., Handwerker Gallery; Music: Performance by the Madrigal Singers, conducted by Lawrence Doebler, performing music by Heinrich Schuetz; 8:15 p.m., Hockett Family Recital Hall, Whalen Center; Screening: "Paris Is Burning," director Jennie Livingston's film chronicle of the 1980s Harlem drag culture; 6pm, Handwerker Gallery.

Ithaca Forest Preschool Information Session, 5:15-6:30pm, CCE, 615 Willow Ave., Ithaca. This will be a time to learn more about the program, meet the instructors and ask questions. It will be "adult focused" but kids are welcome as well. Info., 272-2292.

JazzSpacethaca, 8PM, Carriage House Cafe, Cornell. Bobby Sanabria, drums with Mike Titlebaum on saxophones, pianist Rocjard DeLaney, and bassist Hector Diaz. Admission: \$18, \$9 students; see http://jazzspacethaca.arts.cornell.edu.

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.

Karan Casey and John Doyle, 7:30pm, CSMA, 3rd Floor Hall, Ithaca. \$20 suggested donation, call for family rate, Tickets: Angry Mom Records downstairs at Autumn Leaves Book Store, Brooktons Market, Proceeds go to the peace and justice work of the Peter De Mott Catholic Worker House. For info 607-279-8303 or email at demottgrady@gmail.com.

Lifelong Schedule, 9-4PM, RSVP Tax Clinic; 10-11AM, Getting to Know the Microbes in Your Life; 10-11AM; Leaders and Participants-How we Claim Our Authority as We Age; 10:15 -11:15AM, Senior Seated Stretch and Tone, Trumansburg Library; 12:30-1:30PM, Strength Training; 2-3PM, Lifelong Senior Theater Troupe; 2-4PM, KTW Crooked Matinee at Kitchen Theater; 2-3:30PM, Soul in the World; 3:30-4:30PM, Sing, Anyone Can®; 6:30-8PM, Family Caregiver Support Group, Call 274-5482 for information; 7-8:30PM, Line Dancing Lessons; 7:15-9PM, Toastmasters Meeting; Info., 273-1511 or www.tclifelong.org.

Little Voices Music & Motion, 11am, Dryden Town Hall, Dryden. 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, Loaves & Fishes, 210 N Cayuga St., Open to all, no limitations or requirements. Info., www.loaves.org.

Lowe's Women Build Workshop, 6-7pm, 130 Fairgrounds Memorial Parkway, Ithaca. To sign up for the clinics or to learn more about Habitat for Humanity's Women Build program, interested volunteers should email womenbuild@tchabitat.com or call 607-898-4148. Volunteers should wear comfortable clothing and bring a ready-to-learn attitude. All supplies will be provided on site.

Making Sense of the Civil War Reading and Discussion, 7pm, Southworth Library, Dryden. Participants in the program will come together over the course of five sessions to explore different facets of the Civil War experience through written works, both past and present. Dr. Fred Antil, local Lincoln historian, will facilitate the discussions. For more information about the series & to register, please contact Diane Pamel at 607-844-4782 or email the library at southworth@tcwcnv.rr.com.

"Medicare and Family Caregiving", 6:30PM-8PM, Lifelong, 119 W. Court Street, Ithaca. The workshop, presented by Sarah Jane Blake, of the NY StateWide Senior Action Council, will help family caregivers understand Medicare coverage of home care, hospitalizations, nursing home stays, and other health care that may be needed by their loved ones. To register for the workshop, call the Tompkins County Office for the Aging, 274-5492 or email dstoyell@tompkinsco.org.

Midday Music at Lincoln, 12:30PM, B20 Lincoln Hall, Cornell. Elizabeth Shuhan, flute with clarinetist Richard MacDowell and pianist Andrew Zhou, includes Debussy's Prelude a l'apres-midi d'un faune, arranged for flute, clarinet and piano, and Franck's sonata in A Major, arranged for flute and piano.

Out of Bounds Radio Show, hosted by TISH PEARL-MAN, will feature writer/educator/Veterans' advocate FRED A. WILCOX. 7pm: WEOS-FM (90.3 & 89.7 Geneva region), Live Stream: WEOS.org.

Overeaters Anonymous, 6:15-7pm, Henry St. John Building, 301 S. Geneva St., #103, corner W. Clinton St., Just for Today/open sharing meeting. Meetings are free, confidential, no weigh-ins or diets. Info., 387-8253.

Prenatal Yoga Classes 5:30-7pm. Diane Fine. Info., fineryoga@yahoo.com 564-3690 or dianefineyoga.com.

Preschool 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. Info., www.lansinglibrary.org.

Preschool Storytime. Tompkins County Public Library, 3-3:30pm, Thaler/Howell Programming Room. Pre-school-aged children (3-5years) are invited to join us for stories, songs, activities and fun. Info., 272-4557 ext. 275.

"Rate Your Date" Book Program Discussion, 6:30pm, Newfield Public Library, Main St., Book discussion on the Blind Date with a Book program. Did you meet a new author or a genre you never would have spent time with before? Join us to rate your date.

Reading the Writing: A Conversation Between Toni Morrison and Claudia Brodsky, 4:45pm, Alice Statler Auditorium, Cornell University campus. Free tickets are required and will be available at the Willard Straight Hall ticket desk beginning Feb. 25 to members of the Cornell community with valid ID, and Feb. 28 to the general public. Info., vpk6@cornell.edu.

"Rosy Way Playgroup" with Ms. Kirsten Hascup, 9:30-11am, Ithaca Waldorf School, 20 Nelson Rd., Ithaca. \$5 drop in fee per session. Info., (607) 256-2020; ithacawaldorfrenrollment@gmail.com.

Strength Training, 5:35-5:55pm, Newfield Fire Station, bring a mat and light weights. \$2 per class.

Survivors Of a Loved One's Suicide Support Group, 7pm in the conference room of the Cortland Youth Bureau (35 Port Watson St in Cortland). Please note, this is a new location for the meetings. Provides a safe, supportive environment for you to talk about your lost loved one. The group meets every first Thursday of the month. Please contact Cecile at 753-3021 ex 26 or at Cecile@Cortland.org for more information. The group is facilitated by peers who have survived a loved one's suicide.

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.

Tompkins County Estate Planning Council Meeting, 11:45am, Borg Warner Room at the Tompkins County Public Library. Our program topic is "Collaborative Law: It's better than Court." If you plan to attend, please RSVP by noon - Tuesday, March 5 to Info@Estateplanningcouncil.org. Unless you paid for the year in advance, lunch is \$10 for members and first-time guests; for others it is \$15.

Tot Spot, 9:30-11:30am, Ithaca Youth Bureau, October 22 thru Late April. Indoor stay and play for children 5 months to 5 years & grown-ups of any age. Children ages 5 months to 1 year: \$2; Children ages 1 year to 5 years: \$4; Adults always FREE! Frequent Visit Discount Passes Available for Recreation Partnership Residents, Info., 273-8364.

"West Side Story", 7:30pm, Lansing Middle School, Auditorium. Tickets: \$10.

Women Build Workshop, 6PM-7PM, Lowes in Ithaca. Tonights Workshop is on Trim. Trainings take place near the Commercial Sales desk and lumber department. Contact womenbuild@tchabitat.com or call 607-898-4148 with questions.

Zumba Class, 6-7pm, Newfield Fire Station, Open to the public- no dance/fitness background necessary, first class is 1/2 off, \$8 drop in or \$55 for 9 classes good for 2 months from date of sale.

8 Friday

Al-Anon, Meeting open to anyone affected by another person's drinking. 7pm. Dryden Methodist Church, Park in Rite-Aid lot. Info., 387-5701.

Baby Playtime, 11-12noon, Tompkins County Public Library, Ithaca. An hour long unstructured play and social time for children and adults featuring a large enclosed environment with a variety of toys to keep the children entertained.

Birds of North America: A guide by Mara Baldwin, Artist's reception: 5:30-8pm, at The Corners Gallery. Show on view March 8 through May 4, 2013. Info., www.cornersgallery.com.

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

Chicken and Biscuit Dinner, 5-8pm, Danby Federated Church, 1859 Danby Rd., Ithaca, Chicken & biscuits, mashed potatoes, corn, green beans, Harvard beets, applesauce, squash, beverage and dessert.

Crooked by Catherine Trieschmann, 8pm, The Kitchen Theatre, 417 W. State St., Ithaca. 14-year-old Laney and her recently divorced mom have moved back to Oxford, Mississippi. Laney doesn't easily fit into her new school, but another teen misfit befriends her, and together they start to figure things out. An

insightfully written coming-of-age story with an intense mother-daughter relationship at the core. Feb 27 - Mar 17, Info., www.kitchentheatre.org.

CU Music, 1:25pm, Lincoln Hall, Performers Mimi Stillman (flute) and Charles Abramovic (piano) speak about writing for their duo, Dolce Suono; 8pm, Bailey Hall, Cornell. Poncho Sanchez Latin Jazz Band, Info., 255-5144 or <http://baileyhall.cornell.edu>.

Finger Lakes Gymnastics Unstructured Play-Time, 10:30-11:30am, Sept.-June, 215 Commercial Avenue, Ithaca, Ages 6mo-5yrs, Cost: 6 Mths - 1 Year - \$3. 1 Year - 5 Years Old - \$5 for current members, \$7 for non-members; Info., 273-5187, www.flga.net.

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

Ithaca College Event, Mary Hayes North recital competition for senior piano majors; 2 p.m., Hockett Family Recital Hall, Whalen Center.

Joni Mitchell Tribute Concert, 7pm, CSMA, 3rd floor performance space, \$10 donation benefits CSMA, Info., 607-272-1474.

Lifelong Schedule, 9-12PM, RSVP Tax Clinic; 8:30-9:30AM, Enhance Fitness®, Lifelong, 119 W. Court Street, Ithaca; 9-10AM, Enhance Fitness®, Juniper Manor I, 24 Elm St., Trumansburg; 9-10AM, Enhance Fitness®, Kendal at Ithaca, 2230 North Triphammer Road; 9-10:30AM, Knitting Circle, All Levels Welcome; 9-12PM, Duplicate Bridge Class, Beginner and Intermediate Lessons and Practice Play; 9:30-10:30AM, Strength Training @ St. Catherine of Siena Parish Hall, Room 3, 302 St. Catherine Circle, Ithaca; 10-11AM, Chair Yoga; 10:15-11:15AM, Enhance Fitness, Dryden Veterans Memorial Home, 2272 Dryden Rd., Dryden; 11:30-1PM, Tai Chi Class; 1-3PM, Mahjong; 2-3PM, Enhance Fitness®, McGraw House Annex, 211 S Geneva St.; 2-4PM, English as a Second Language Class, Beginner/Intermediate; 2-5PM, Square, Line, Polka Dancing; Info., 273-1511 or www.tclifelong.org.

Little Voices Music & Motion, 10am, Lansing Community Library. 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, 12Noon, Loaves and Fishes, 210 N. Cayuga St., Open to all, no limitations or requirements. Info., www.loaves.org.

Lot 10 Lounge Event, 6pm, 106 S. Cayuga St., Ithaca, Floppy Hour W/ Comedy FLOPS Improv Troupe, Info., 272-7224, www.lot-10.com.

Me & Matt, 10pm, Agave, 381 Pine Tree Rd., Ithaca. Bluesgrass music, Free.

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/TCDD.

NOOK Knowledge Night, 5-7pm, Every Friday, Barnes and Noble, 614 South Meadow, Ithaca, Curious about NOOK? Interested in new technology but don't know where to begin? Join us and let us show you how NOOK can work for you. We'll cover all the basics and even demonstrate exciting extras like using NOOK with your library card; Info., 607-273-6784.

Pajamarama Storytime and Game Night, 7pm, Every Friday, Barnes and Noble, 614 South Meadow, Ithaca. Join us for Pajamarama Storytime. Wear your favorite pajamas, bring your pillow and settle in for a special Friday night. After we read, we will play board games, do puzzles and fun for the whole family. Info., 607-273-6784.

Preschool Story Time, 10am, Southworth Library, Dryden, For preschoolers and their caregivers. Come for stories, crafts and snacks. Info. 844-4782.

Southern Cayuga Planetarium Night, 7:30pm, Meteorites, including samples from asteroids, our moon, and Mars, will be on display after the program. It is accompanied by a stars-on-the-dome program, What's Up! Clear skies and temperatures permitting, our nearby Observatory will open to view star clusters, nebulas, and galaxies following the Planetarium show. The event is free and open to all. We take no reservations but advise arriving fifteen minutes early for the best seating. Doors close when the theater's sixty seats are filled. For further information contact: Alan Ominsky at ominsky@southern cayuga.org.

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.

Trumansburg Conservatory Traditional Music & Dance Weekend, Friday evening thru Saturday Evening, Weekend pass is \$40 adults; \$20 students. Individual concerts/events or classes \$10 adults; \$5 students. Info., 607-539-3095 or 914-420-2545, email: nancydancer2k@yahoo.com.

"West Side Story", 7:30pm, Lansing Middle School, Auditorium. Tickets: \$10.

Workforce NY Workshop, NYS Department of Labor/Tompkins Workforce NY, 171 E. State Street, Center Ithaca Building, Room 241, Ithaca, 10-11:30am, Meet the Employer Session with Ithaca College; Info., 272-2835.

Writing Group for Women, Fridays 2 to 4 p.m., Timed writings, using prompts, is the best way to keep limber in your writing. Being in shape, from a writing perspective, is essential for anyone dedicated to writing. Call Pamela for information, 564-6069.

9 Saturday

25th Annual TCBRA Home & Garden Show, 10am-6pm, TC3 college campus in Dryden. Fees/Admission: \$5 There is a new farmer's market area this year along with many local vendors offering many different services and items to purchase. We are a proud supporter of our local Habitat for Humanity and we donate \$1 of each admission to our local Habitat organization. 607-749-2550.

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.

Balto Storytime & Movie, 1:30pm, Groton Public Library, Balto Book Read Aloud by Marilyn Levine with Movie to follow, Free Popcorn and Water. Seating for the children will be on the floor and limited to first come, first serve - there will be room for parents to sit. For information call 898-5055 or email director@grotonpubliclibrary.org.

Bats, 2pm, Waterman Center, 403 Hilton Road, Apalachin, for a discussion on one of the most misunderstood creatures. Scott MacDonald, Executive Director of Waterman Center, will cover bats, including how to keep bats out of your house as well as why we want to attract them. Registration requested. Cost is \$3. Call 625-2221 for information or to register.

Cayuga Bird Club Field Trip, 7:30am, Peterson Lot on the corner of Tower and Judd Falls Road, across from where the Dairy Bar used to be. All field trips are open to the public, both experienced birders and beginners. For Information, contact Meena at

mmh3@cornell.edu or 607 229-8710 or refer to the bird club's website: <http://www.cayugabirdclub.org/>.

Celtic Stars FullSet, 8pm, Center for the Arts of Homer. Info., www.center4art.org or by calling (607) 749-4900.

CHRYSLIS-College Prep Workshop, 10am-2pm, Newfield Public Library, Main St., Newfield. This hands-on workshop will guide teens through the college search, application process, test prep and financial aid. It's led by experienced guidance counselors and college admissions officers. Please let Rick Pawlewicz know you're coming by calling 564-9955 ext. 3133.

Club Veg & DOVE Events, 5:30-7pm, First Unitarian Society of Ithaca Annex, 2nd floor, 208 Buffalo Street, Ithaca, Cost: \$10 if you would like a dinner, free if not. Required if you want a dinner. Appreciated if you are coming but not eating. Email clubveg@gmail.com or call 272-1126 before 10pm. Make sure to specify name, date and name of event, and your phone number; 7-9:45pm, the movie is free. Dessert is available. Please bring cash, exact change, Reservations Required if you want dessert. Appreciated if you are coming. Email clubveg@gmail.com or call 272-1126 before 10 pm. Make sure to specify name, date and name of event, and your phone number. Uprooting the Leading Causes of Death - A compelling and funny movie. Dessert TBA.

Daniel Kahn and the Painted Bird, 8pm, Carriage House Cafe Hayloft, 305 Stewart Avenue, Ithaca, will perform as part of the Crossing Borders Live concert series. The concert will be preceded by a workshop entitled, "Alienation Klezmer: Translation as Transgression," from 3-5pm Concert tickets are available for sale at www.kickbacktickets.com and at Angry Mom Records.

Family Fun Fest, doors open at 2pm, showtime at 3:30, a family-friendly afternoon of fun, sponsored by the EAC Montessori School of Ithaca and the Hangar Theatre. Crafts, games & activities, silent auction, food and more. Tickets are \$5 for children under 12, and \$10 for their adults. (\$7/\$12 at the door). Find out more at www.eacmsi.org, call the office at 277-7335.

Family Swim, 4-5pm, YMCA, Ithaca. FREE.

Families Learning Science Together, Thaler Howell Programming Room, Tompkins County Public Library, 2nd Saturday of the month, 2-3PM. Info., (607) 254-8256 or kdilley@ccmr.cornell.edu.

"Fiddler on the Loose" Murder Mystery Dinner Theatre, 6:30 doors open, Cortland Ramada Inn Ballroom, 2 River St., near exit 11 or Rt. 81, Ages 12+, Ticket price includes a welcome reception with hors d'oeuvres at 6:30 pm, a cash bar, dinner and the performance beginning at 7:00. Tickets can be purchased at Jodie's Hallmark on Main Street in Cortland, at the CRT Box Office, 24 Port Waston Street in downtown Cortland or by phone by calling 800-427-6160.

First Ever Finger Lakes Crossword Competition to Benefit Tompkins Learning Partners, 1-4PM, Boynton Middle School Cafeteria, Teams of 4 or individual solvers will compete at one of three levels of difficulty. Teams of 4 \$140, Individuals \$35; To register and see the rules visit: TLPartners.org.

Guest Duo: Dolce Suono, 8PM, Barnes Hall, Cornell. Mimi Stillman, flute; Charle Abramovic, piano. "Modernism Becomes Today" features music by Dutilleux, Debussy, Varse, Bates, Gill, and Stillman.

Guided Beginner Bird Walks, 9-12noon, Cornell Lab of Ornithology, Ithaca. Meet at the main entrance to the visitors' center.

Hilltop Jamboree Carnival, 12noon-5pm, Barton Hall, Cornell. All proceeds from the event are donated to a local community organization dedicated to the uplift of the community. Lots of activities including Games, Carnival, Candy, Music, Balloons, Moon Bounces, Arts & Crafts, Pizza and more, \$5 admission.

Lifelong Schedule, 9-12PM, RSVP Tax Clinic; 9-12PM, Men's Group, Newcomers Welcome; 9-12:30PM, AARP Safe Driving; Info., 273-1511 or www.tclifelong.org.

Little Voices Music & Motion, 10am, Lansing Community Library. 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.

New York Funk Exchange, 9pm, The Nines, 311 College Ave., Ithaca. We will be playing two long sets beginning at 9pm. Make sure you reserve a table in advance. BTW, they got great pizza too. For tax info and directions, visit www.theninesithacany.com or call 607-272-5890.

Newfield Lioness Corned Beef & Cabbage Dinner, 5-7PM, Newfield Fire Hall, 77 Main St., Newfield. Serving: Corned beef, ham, cabbage, potatoes, carrots, rolls, beverage & dessert. Cost: Adults: \$9, Seniors: \$8, Under 10: \$5, Also a silent auction.

"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, Henry St. John Building, 301 S. Geneva St., #103, corner W. Clinton St., 12 Steps & 12 Traditions meeting; 8-9am, Cortland Memorial Nursing Facility; Meetings are free, confidential, no weigh-ins or diets. Newcomers always welcome. Info 387-8253.

"Say Cheese" on the Cayuga Wine Trail, 10am-5pm, All 16 wineries on the wine trail. Receive a wine glass, a wine charm from each winery and recipe cards as you travel along the trail experiencing perfect wine and cheese pairings. Tickets can also be purchased through our 800# 800-684-5217 or at any area Wegmans-six weeks prior to the event. Info., www.cayugawinetrail.com.

Sciententer Showtime! Reptiles: Life in Cold-Blood, 2pm, Sciententer, 601 1st St, Ithaca, Have you ever gotten a close-up look at a bearded dragon? Cornell's Michael Wolfin will have live reptiles on hand for guests to meet and marvel at the amazing diversity and adaptations of these cool creatures. Info., www.sciententer.org or 607-272-0600.

Second Saturday: What Women Need to Know About Divorce, 2nd Saturday of the Month, This is a monthly workshop for women who are considering or in the process of going through a divorce to help provide the necessary guidance of trained professionals. For more information about SECOND SATURDAY or to sign up for the next workshop, call or email Sherry Auble at Divorcefinancialstrategy@gmail.com 607 319-0825.

Secular Organizations for Sobriety Meeting, 2pm, Unitarian Church Offices, Basement at Aurora and Buffalo Streets, S.O.S offers a secular approach to recovery based on self-empowerment and individual responsibility for one's sobriety.

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.

The Low Energy-Use Home: A Symposium for Building Professionals, 8AM-4:30PM, Holiday Inn, 222 South Cayuga St., Ithaca, Cost: \$80 this includes breakfast, coffee and deli style lunch provided by the Holiday Inn. Info., (607) 272-1000.

Toddlers Yoga, Namaste Montessori School, 1-1:45pm. Walkers-3. Info 273-1673 or littlebuddhasyoga@gmail.com. 1608 Trumansburg Rd.

Tot Spot, 9:30-11:30am, Ithaca Youth Bureau, October 22 thru Late April. Indoor stay and play for children 5 months to 5 years & grown-ups of any age. Children ages 5 months to 1 year: \$2; Children ages 1 year to 5 years: \$4; Adults always FREE! Frequent Visit Discount Passes Available for Recreation Partnership Residents, Info., 273-8364.

Upholstery Workshop, 2pm, Funky Junk, Ithaca. Learn the basic skills of Upholstery. \$50-75 Sliding Scale. Bring your own chair and fabric or buy from us at 10% off. Instruction, upholstery gun and staples, and batting provided. Info., info@funyjunkithaca.com.

Waffle Saturdays, 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.

"West Side Story", 7:30pm, Lansing Middle School, Auditorium. Tickets: \$10.

Winter Farmer's Market, 11am-2pm, The Space, Greenstar. Info., www.ithacamarket.com.

Winter Worm Composting Class, 10am-12noon, CCE-Tompkins Education Center, 615 Willow Avenue, Ithaca, No backyard is needed - learn all you need to know to set up and maintain an indoor worm composting bin in this workshop. Every household leaves with a starter bin and worms. Children are welcome with an accompanying adult. Fee: \$10 includes starter bin & worms. Register early at (607) 272-2292. Space is limited, Contact: Adam Michaelides at acm1@cornell.edu with questions.

10 Sunday

25th Annual TCBRA Home & Garden Show, 10am-4pm, TC3 college campus in Dryden. Fees/Admission: \$5 There is a new farmer's market area this year along with many local vendors offering many different services and items to purchase. We are a proud supporter of our local Habitat for Humanity and we donate \$1 of each admission to our local Habitat organization. 607-749-2550.

Bond 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. For information, call Phil Shapiro at 844-4535, or email pds10@cornell.edu or visit www.wvbr.com.

Chamber Series #3 - From Russia with Love, 4pm, Unitarian Church of Ithaca, 306 North Aurora Street Ithaca, 607-273-8981, <http://unitarian.ithaca.ny.us>.

Chemstations, 2pm, Sciententer, First St., Ithaca. Local high school students demonstrate a variety of chemistry reactions, including disappearing ink, floating bubbles, dry ice and more.

Chicken Barbecue, 11AM until all is gone, Enfield Fire Station, 172 Enfield Main Rd., Adult meals are \$8, Children meals are \$5.

Discovery Sunday, 1pm, Cayuga Nature Center, 1420 Taughannock Blvd., Ithaca, 2nd Sunday we offer different themed educational programs for the public. Info., www.cayuganaturecenter.org.

Dryden VFW Benefit Spaghetti Dinner, Dryden VFW, Rt. 13, Dryden, 12Noon to 6PM, Family and Friends of Chuck Brown are hosting a benefit spaghetti dinner to assist with uncovered medical bills and everyday family needs. In addition to the dinner there will be live music, 50/50 raffle, silent auction and a baked goods roulette wheel. To purchase advanced tickets call 607-753-3510. There will be a \$7.00 cover charge at the door if a dinner ticket is not wanted.

"Fiddler on the Loose" Murder Mystery Dinner Theatre, 2pm, doors open, Cortland Ramada Inn Ballroom, 2 River St., near exit 11 or Rt. 81, Ages 12+, Ticket price includes a welcome reception with hors d'oeuvres, a cash bar, dinner and the performance. Tickets can be purchased at Jodie's Hallmark on Main Street in Cortland, at the CRT Box Office, 24 Port Waston Street in downtown Cortland or by phone by calling 800-427-6160.

Food Addicts in Recovery, 4-5:30 pm, The 1st Congregational Church, 309 Highland Rd., Ithaca. Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous (FA) is a free Twelve Step recovery program for anyone suffering from food obsession, overeating, under-eating and bulimia. For info. 607-351-9504 Visit our website at www.foodaddicts.org.

Guest Organist: Jonathan Biggers, 3PM, Anabel Taylor and Sage Chapels, Cornell. Features music by Bruhns, Bohm, and Bach, followed by Vierne, Phillips, Howells, and Fox in Sage Chapel.

Guided Beginner Bird Walks, 9-12noon, Cornell Lab of Ornithology, Ithaca. Meet at the main entrance to the visitors' center.

Healing Meditation, 7-8pm, Ahimsa Yoga Center, Dewitt Mall, Ithaca, \$5 suggested donation, Info., www.ithacayoga.org.

"Mademoiselle" Nadia Boulanger, 3pm, First Presbyterian Church, 6 North St., Dryden. Refreshments following, \$8, \$22 family pass, Info., ithacawomensworks.org.

Michael Nozzolo Speaker at United Gun Owners of New York Meeting, 2pm, South Seneca Sportsmen's Club, 6894 Yarnell Rd., Ovid. Open to the public.

"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.

Out of Bounds Radio Show, hosted by TISH PEARL-MAN, will feature writer/educator/Veterans' advocate FRED A. WILCOX. 11:30am: WSKG-FM (89.3 Binghamton, 90.9 Ithaca 91.7 Cooperstown/Oneonta, 91.1 Corning/Elmira, 88.7 Hornell/Alfred) Live Stream: Wskg.org.

Recovering Couples Anonymous, 8pm, Downstairs @ 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.

"Say Cheese" on the Cayuga Wine Trail, 10am-5pm, All 16 wineries on the wine trail. Receive a wine glass, a wine charm from each winery and recipe cards as you travel along the trail experiencing perfect wine and cheese pairings. Tickets can also be purchased through our 800# 800-684-5217 or at any area Wegmans-six weeks prior to the event. Info.,

11 Monday

Baby Storytime, 10:30-11am, Tompkins Co. Public Library, Caregivers and newborns up to 15 months old are invited to join us each Monday in the Thaler/Howell Programming Room for stories, songs, and togetherness. For more info, 272-4557 ext. 275.

Cayuga Bird Club Field Trip, Meet at 7:30 p.m. in the Auditorium at the Lab of Ornithology on Sapsucker Woods Rd. This month's speaker will be Nick Mason, presenting "Complex colors and simple songs? Exploring evolutionary relationships between plumage, vocalizations and habitat in Tanagers (Thraupidae)." Meetings are free and open to the public and anyone interested in birds is invited to attend. For information, call 279-4253, email wingmagic16@gmail.com or refer to the bird club's website: <http://www.cayugabirdclub.org/>.

Design on a Dime, 6:30-8pm, Habitat for Humanity Office, 14 W. Main St., Dryden. A free seminar with Lynda Myers, Friends and family are welcome to attend; childcare is available but please RSVP to info@tchabitat.com by March 4th if you will be bringing children.

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 12:15pm with announcements starting at 11:45am. Please bring your own table service. The meal cost for members is \$6 and \$8 for non-members. The menu will be corned beef, cabbage, boiled potatoes, carrots, onions, rolls, tossed salad, and pound cake with hot lemon sauce. Our speaker will be Michael Lane, Attorney at Law, who will talk about wills and health care proxies, etc.

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, 7-8:30pm, Cayuga Medical Center, 101 Dates Dr., Ithaca, Fourth Floor North Conference Room. a free Twelve Step recovery program for anyone suffering from food obsession, overeating, under-eating and bulimia. Info., 607-351-9504, Visit our website at www.foodaddicts.org.

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

Health Insurance Application Assistance, 12:15-7pm, Mothers and Babies Perinatal Network, Cayuga Urgent Care Center, Ithaca. For information and appointment call 1-800-231-0744.

Jazz Dance Classes with Nancy Gaspar, 7:15pm, Finger Lakes Fitness Center, 171 E. State St., Center Ithaca, Non-members welcome. Info., 256-3532.

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

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.

Overeaters Anonymous, 7:30-8:30pm, Henry St. John Building, 301 S. Geneva St., #103, corner W. Clinton St., Speakers/Literature meeting, Meetings are free, confidential, no weigh-ins or diets. Info., 387-8253.

Parents Apart, 6-9pm, Cornell Cooperative Extension, Tompkins County, 615 Willow Avenue,

Ithaca, a six-hour workshop for parents who want to learn how to help their child(ren) cope 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. Info., 272-2292.

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.

The Chamber is Your Goldmine, 8:30-11am, Tompkins County Chamber of Commerce, Large Conference Room, Ithaca. \$25 Chamber Members, \$40 Non-Chamber Members. Info., <http://business.tompkinschamber.org/Events>.

Tot Spot, 9:30-11:30pm, Ithaca Youth Bureau, October 22 thru Late April. Indoor stay and play for children 5 months to 5 years & grown-ups of any age. Children ages 5 months to 1 year: \$2; Children ages 1 year to 5 years: \$4; Adults always FREE! Frequent Visit Discount Passes Available for Recreation Partnership Residents. Info., 273-8364.

Western Square Dance Classes, Monday 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. See also the flyer posted in the hall at Tikun v'Or. Interested? Please contact Richard Rosenfield at 607-257-1638 or rosenfield@gmail.com.

Workforce NY Workshop, NYS Department of Labor /Tompkins Workforce NY, 171 E. State Street, Center Ithaca Building, Room 241, Ithaca, 10-11:30am, How to get your foot in the Civil Service door; Info., 272-2835.

Yoga Classes, 5-6:15pm, Mindful Movement in Community Corners, 903 Hanshaw Rd., Suite 201, Info., 607-592-5493.

Everyday

AFCU Free Tax Preparation, January 16-April 13, 2013, Alternatives Federal Credit Union, Ithaca. Offering free tax preparation to low- and middle-income community members, Tuesday's hours are 10:00 AM - 1:00 PM and 3:00 - 8:00, Wednesdays and Thursdays from 3:00 - 8:00 PM, and Saturdays 10:00 AM - 2:00 PM. Additional hours and sites will also be available in Brooktondale, Groton, and Dryden. Call 2-1-1 or visit www.alternatives.org/vita.html for details. 2012 income requirements for this free tax preparation service are \$30,000 for singles with no dependents and \$51,000 for families. To schedule an appointment, call 2-1-1 or 877-211-8667 toll free.

Bikram's Yoga Classes, Bikram's Yoga is 26 postures with two breathing exercises. Classes every day. Info., (607) 269-9642 or www.bikramyoga.com.

Bright Red Bookshelf Book Drive, The Family Reading Partnership, located in Ithaca, New York, is a coalition of organizations, individuals, schools, libraries and businesses that is working to create a "culture of literacy" by promoting family reading practices in the community and beyond. If you have gently used books to donate please contact: 607-277-8602, Email: office@familyreading.org.

Cascades Indoor Waterpark, Open to the public 7 days a week, from 12noon to close. Call 1-800-955-2754 of visit <http://cascadesindoorwaterpark.com> for information or to purchase tickets.

Cass Park Rink Open Skate, 701 Taughannock Blvd., Ithaca, Open October 20-March 10th. Info., 273-1090, www.ci.ithaca.ny.us.

Freeskool Classes, Calendars with complete class descriptions are being distributed throughout Ithaca and are available online at <http://ithacafreeskool.wordpress.com/class-descriptions>.

From Here to There, Sciencenter, 601 1st St., Ithaca. The 1,500 square foot exhibition is color-coded and divided into three main categories: transportation by land, sea and air. Exhibit Spring 2013.

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

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.

No Land Escapes, Feb 1st, 2013 - Mar 29th, 2013, Ink Shop, 330 E State St # 2 Ithaca, 607-277-3884, <http://www.ink-shop.org>.

Tai Chi Classes, Monday through Sunday, Taoist Tai Chi Society 1201 N. Tioga St. (old Fall Creek Pictures bldg.). For health, healing and fullness of life try Taoist Tai Chi. For listing of class times visit us at <http://www.ithaca.newyork.usa.taoist.org/>, email ithaca.ny@taoist.org or call 277-5491.

Volunteer Opportunities in Tompkins County, sign-up for various volunteer opportunities with flexible hours. Info., Toll-free: 1-877-211-8667, www.211tompkins.org.

Women's Opportunity Center Retail Training Program and women's clothing boutique at 110 West Court St. Check us out for great prices on new and used clothing. Shop local, shop green, support your community and our program! Call 256-9957, www.secondsoncourt.com.

Writing Through The Rough Spots Classes, Writing can help to create clarity about challenging situations. www.WritingRoomWorkshops.com, schmidt.ellen@gmail.com.

YMCA Fitness training & Cardio room, For members ages 10 and up. The cardio fitness room houses treadmills, ellipticals, Expresso and recumbent stationary bikes, as well as stretching machines. There is a separate Hoist free weight room and a circuit training area. www.ithacaymca.com.

YMCA Full-Day program, Full day programs are available on site for common school breaks. Registration required, www.ithacaymca.com.

YMCA Group and Individual Swim Lessons, (ages 6 months and up), The Y group swim lessons are designed for each age group: 6 months - 3 years, 3 - 5 years, 6 - 12 years, and 13+. Levels are progressive within each age group and children register according to skill, not age. Please refer to class descriptions on the back side of the swim lesson flyer to see which level may be appropriate for you or your child. Please check schedule on line or at the Y facility. www.ithacaymca.com.

facility. www.ithacaymca.com.

YMCA Music and Movement (ages 3-5), YMCA Instructor, Rebecca Sandberg, will teach a new class for babies /toddlers and moms through age 5. We sing, dance, play instruments, learn basic music theory and terms, and have a lot of fun. The class will take place in the YMCA Gymnasium. Children under the age of 3 must be accompanied by an adult. Coming second session. Call the Y for more information.

YMCA Pool, The Ithaca Y features two swimming pools for our membership and the community. Our small pool is 2.5 - 3.5 feet deep and is kept at 85 degrees. This pool is mainly devoted to family usage and is available for family swim during the majority of our facility's open hours. Our large pool is a six lane, 25 yard pool that graduates from 4 - 8 feet deep.

YMCA Youth Sports, Friendly non-competitive (except with yourself) drills and skills activity, lots of variety and a supportive environment means team sports are fun again, and it makes for a healthier lifestyle and a good story or two. Including: Soccer, T-Ball, Ultimate Frisbee, Basketball and more. Registration required. www.ithacaymca.com.

YMCA Youth Swim team, The premier non-competitive swim team in Ithaca! The Barracudas Youth Swim Team is a developmental swim team designed to introduce kids 7-15 to life on a swim team. Kids are introduced to more advanced workouts with stroke enhancement and racing in mind. Registration required. www.ithacaymca.com

YMCA ZumbaAtomic, Zumba for youth ages 3-5 and 6-12! Dance numbers are modified to fit the age group. Youth will learn a variety of steps that are put into routines choreographed to Zumba music. Movement games are incorporated into the class time. Registration required, www.ithacaymca.com.

**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
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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

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Vote

Continued from page 1

believed that the position deserved and required more time than I could give at that time in my life. I am now retired and believe I can make a significant contribution to our village's well-being if elected. I am very interested in the expensive upcoming upgrade to the village water system.

"I want to be sure all alternative solutions are fully investigated and that the best solution is selected, not just the convenient solution. I believe in the need for a village police department, but I want to make sure we are getting the maximum benefits from the 40 percent of the budget spent on it. The lack of communication from our village government has disturbed me for some time now. I have recently investigated how other nearby villages effectively communicate with their residents. If elected, I will instigate an aggressive and productive communication system. I feel it is important to have an informed and involved electorate," said Murphy.

In Groton, Republican Evener is running unopposed for mayor. Two trustee positions are up for election: Incumbent Republican Betty Conger is running for re-election. The other seat currently held by Democrat Jamie Perkins is also up for grabs; Perkins has decided not to run again. Also on the Republican ticket is Michael Holl; on the Democratic ticket are Michelle Stewart and Faith Tyler.

Conger has been on the village board since 2001. She is semi-retired and works part-time as an administrative assistant at the Institute for Community College

Development, a SUNY institute at Cornell University. She is also active in the American Legion Auxiliary on both the local and state levels.

This is Stewart's second time running for village trustee, while Tyler and Holl are running for the first time.

Danby

Continued from page 1

the water resource that we have," she says.

Miller's slides showed a fault map for central New York from 1977 that was used in the state DEC's SGEIS report on gas drilling, presumably to show the extent of geological faults in the region. The map shows fewer than 50 lines representing faults. "There have been a lot of fault studies since 1977 that were not included in the SGEIS," says Miller.

He then showed a 2002 map published by Robert Jacobi, a University of Buffalo researcher who Miller called the "fault guru" of New York State. The map looks like an abstract painting, with dense lines in every direction covering the entire central New York region.

Miller also notes: "The possibility exists that faults are avenues for frack-fluid migration." He referred to an incident that occurred during the fracking of salt beds on the western edge of Seneca Lake, where brine came to the surface 0.4 miles from a 3,180-foot vertical well, reportedly through a large shear fault.

Kelly Morris is a Danby resident who attended the meeting and is also a member of DGDTE. She's concerned about faults, saying,

"This makes me wonder. What implications do the fragility of the thrust faults in the salt beds have for storing liquid gas or frack-fluid waste products in the salt caverns around Seneca Lake? Better safe than sorry if you ask me."

Another concern is high arsenic levels in some area wells. "What we found countywide is that about eight percent of groundwater samples exceeded the EPA's maximum contamination level of eight parts per billion," says Miller. "That increases to 19 percent of sampled wells for confined aquifers. I encourage people with wells from confined aquifers to get them tested every three years or so, unless something changes radically."

Human exposure to arsenic can cause both short- and long-term health effects. Installing a home filtration system can mitigate the problem.

The results of this USGS study will be available at the Danby Town Hall and on its website at <http://town.danby.ny.us>.

Sweatshops

Continued from page 3

received from investigative reports. "We aren't saying don't buy from Gildan. We are saying ask Gildan to enforce codes of conduct. If they don't do that, then we encourage government entities to have agreements with factory workers that do follow the proper codes of conduct," Perket says. Alta Gracia Apparel, a factory in the Dominican Republic, follows the Sweatfree Code of Conduct and pays its workers three-and-a-half times the local minimum wage, she adds.

In a SweatFree Communities 2009 report titled "Subsidizing Sweatshops," the findings from hired investigators visiting factories in China, Mexico and New Bedford, Mass., depicted the following: excessive mandatory overtime, no days off during peak periods of production, mandatory pregnancy testing, unpaid mandatory overtime, a restriction on trips to the bathroom and dangerous working conditions that often result in workers losing limbs.

Because the global unemployment rate is so high, workers are afraid to leave these jobs, even if working conditions are inhumane. "It's our responsibility to make sure workers don't lose their jobs and that factories comply with pressure from the people who purchase from them," says Perket.

TC3

Continued from page 11

resources. "I believe when we look beyond the view out of the windshield and look at the radar screen of the future, TC3 will be an essential provider of state of the art educational experiences for our students, we will be effectively serving the needs of area employers and our communities, our enrollments will stabilize, perhaps grow modestly, and even if those with tendencies to want to micromanage us from afar succeed in their efforts, we'll suck it up, do what we have to do, and prevail," said Haynes.

In other business, County Administrator Joe Mareane said he will examine the county's livable wage policy, including discussions with the legislature's Government Operations and Budget, Capital and Personnel committees.



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