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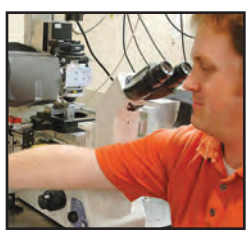
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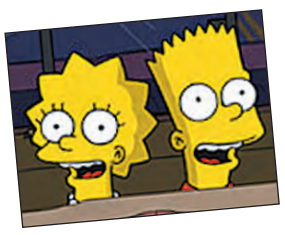
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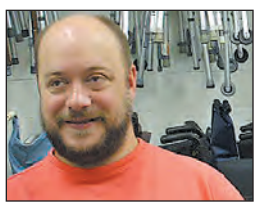
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City Weighs Water Options

By Nate Dougherty

For the past 100 years, every time Ithaca residents have taken a bath or a drink from the tap, their water has come from the same place. But that could soon change. The city and Board of Public Works (BPW) are in the process of reviewing options for the water source to be used in the future.

There are currently two major options being considered: rebuilding the current operation, which draws water from Six Mile Creek, or connecting a pipeline to the Southern Cayuga Lake Intermunicipal Water Commission, also known as Bolton Point. While public meetings are being held to discuss possible environmental impacts of each option, the BPW is conducting five sessions with Common Council to discuss other issues such as economics and governance.

"We're discussing what would it cost to connect to Bolton Point or rebuild the plant and how it would affect what the consumer is paying," says Mayor Carolyn Peterson. "We're also looking into system governance, which is how decisions get made and how [that matters] to Common Council."

Other areas of discussion are reliability of the water source and how the new plan would be implemented. Peterson says the city is long past due at deciding the future of its water source. "I think, ideally, this decision should have been made a bit earlier, but for whatever reasons, historically this has been on the table since 1996," she says. "Our administration wants to get this done and the choices made."

With federal guidelines regarding water sources undergoing updates over the next five years, the decision becomes even more pressing. "Bolton Point has already met the 2012 guidelines, so that would give us another reason to have to rebuild our own plant if that option is picked, aside from the fact it's more than 100 years old," Peterson says.

Assessing Choices

Either option would come with considerable construction that would affect nearby natural areas. To rebuild the Six Mile Creek facility, the city must construct a new plant to handle seven million gallons of water per day.

To connect to Bolton Point, the city would need 17,000 linear feet of transmission pipeline. The work would impact two natural areas and cross streams in three other natural areas.

Either option would mean construction on local roads, including an upgrade to the access road from Route 79/Slaterville Road, which would need two acres of vegetation to be cleared. Another access road off Burns Road in the

Please turn to page 16



Photo by Kathy Morris

HAPPY HATCHDAY! Isabela Ruelas, 10, was part of the young sign-painting crew at the Gaia the Turtle Turns 2 Happy Hatchday Party at the Ithaca Children's Garden on Saturday July 28.. Some of the children in attendance painted signs for areas of the Garden such as the Wetlands, Veggie Garden and Apple Dome. Other activities included making turtle "maracas" from paper and beans and cloth, listening to Green Man Nature Stories and (of course) cake and ice cream.

TCE Monitoring Draws Concern

By Anthony Hall

Without belching smokestacks, roaring furnaces, or choking clouds of dust to underscore the image of industrial pollution, the electronics industry for many decades enjoyed the reputation of a quiet, safe, even neighborhood-friendly business to have in your backyard.

The skilled jobs paid well. The assembly plants were low-profile; the business was usually steady. The electronic age was an economic fix for the manufacturing sector that once balanced the sheets on the backs of a robust affection for coal and steel.

Similarly, assembly plants, where raw materials are trucked in and cut, bored, or milled before the finished products are cranked out, was a sector of manufacturing long thought to be environmentally benign. What could go wrong there?

But the truth will out and the haunting specter of groundwater contamination with a pernicious chemical has, indeed, emerged here, linking Ithaca to numerous communities around the nation that were once thought to have sidestepped the horrors of environmental malfeasance.

The chemical at large is trichloroethylne, or TCE, a de-greasing agent used in many industries. The Morse Chain assembly plant on South Hill in Ithaca, merged into a firm known as Allen-Wales in 1943, which produced adding machines. The company was purchased by National Cash Register in 1957-58, according to the Ithaca-SHIP web site (SHIP standing for South Hill Industrial Pollution).

At the plant, according to Ithaca-SHIP, 1,200 gallons of TCE were used each week during peak production years in the late 1970s. And while the plant is now gone, the groundwater, soil and the ambient air inside many homes on South Hill bear the scars. TCE in the groundwater turns to vapor, which follows the path of least resistance, seeping through cracks and holes in basement floors.

Through a process known as vapor intrusion, the fumes are "vacuumed into homes" by the lower air pressure in basements, according to environmental activist Lenny Siegel, who visited Ithaca last week to discuss the issue with homeowners and politicians.

"There has to be a crack or a hole, so a building that is perfectly sealed may not have evidence of vapor intrusion, but a potential for it," he says. Siegel, the executive director of the Center for Public Environ-mental Oversight, based in southern California, is visiting five communities in New York this week, discussing the issue of TCE contamination.

Part of the problem, he says, is the TCE contamination near many of the nation's military bases. With the Department of Defense on the defensive regarding this issue, there is pressure on the Environmental Protection Agency to define the problem with standards higher than those recommended by the National Academy of Science. Many homes, Siegel says, are not being mitigated because TCE readings are not high enough to meet the EPA's current acceptable levels.

Meanwhile, Siegal says, current testing is very uneven. In a long building, for instance, one room might register high readings while another might come up with lower levels of TCE. Monitoring sites are also placed first outside of homes, which is not an accurate predictor that tests should be conducted inside, Siegel says.

During a meeting with homeowners at the Tompkins County Social Services Building, Siegel explained that Sen. Hillary Clinton would soon introduce a bill to pressure the EPA into lowering the acceptable threshold levels for TCE contamination. Siegel says the bill will have no tangible impact by itself, but that pressure on the EPA could help move the issue forward.

Congressional aide Dan Lamb, who was at the meeting, said that Rep. Maurice Hinchey is seeking sponsors to introduce a similar bill in the House.

The EPA, Siegel says, also took the path of least resistance. When the National Academy of Science's report on the issue suggested the lower threshold levels were viable, they also recommended further study on the issue. "What scientist wouldn't recommend more studies?" he asked.

In Search of the Elusive Ladybugs

By Sue Smith-Heavenrich

The first annual "Ladybug Blitz" took place on July 27 and 28, when citizen scientists, ranging from children to grandparents, grabbed nets and joined researchers in Cornell's fields along Hanshaw Road to seek New York's state insect: the nine-spotted ladybug.

The nine-spotted ladybug, *Coccinella novemnotata*, is a native predator in both farms and forests, consuming many aphids, mealy bugs and other pests. It was so common that in 1989 the New York State Legislature adopted the insect as an official state wildlife emblem.

But trying to find this once-ubiquitous bug today is like searching for a needle at the bottom of the sea. Over the past 20 years, native ladybug species that were once common are now considered rare. During this same time, exotic species have increased their populations and extended their ranges.

The last official observation of the nine-spotted ladybug was nearly 15 years ago, and biologists were wondering whether it might have been extirpated, made locally extinct. In October 2006, two children, Jilene and Jonathan Penhale, found one in their Arlington, Va., backyard.

Now two Ithaca scientists, John Losey at Cornell and Jason Hamilton at Ithaca College, are collaborating on a project to learn more about the decline of native ladybug populations. "It may have to do with decreasing farmland," Losey explains. "Or perhaps it is something in the way they interact with the introduced species." Losey notes that the population of the European seven-spotted ladybug increased as the nine-spotted ladybug population declined.



Photo by Sue Smith-Heavenrich

Cornell entomologist John Losey photographs a chilled ladybug. After a few seconds the insect will warm up and fly off to join its comrades in the field of red clover.

"Perhaps there's a global aspect," Hamilton suggests. He's noticed that during the same decades of population decrease there was significant global climate change. He wonders whether changes in temperature, UV radiation, or carbon dioxide might have an effect on the nine-spotted ladybug.

To learn more about why some native species are becoming rare, Losey and Hamilton are enlisting the help of local citizens. Their "Lost Ladybug" project encourages folks to get outside and help hunt for ladybugs.

Those who showed up at the Hanshaw Road collection site received a quick lesson in how to use a sweep net, a ladybug identification guide and some practical hints on how to corral these feisty ladies into plastic vials so that they could be chilled and counted.

"We're finding lots of the longer, pink skinny ladybugs," says Mary Hood, "but no nine-spotted ones." A retired college professor, Hood and fellow Sierra Club member, Darleen Abbott, drove from Bath to help with the ladybug collecting.

After a bit of practice, 10-year old Massoud Violette-Sheikh wielded his sweep net like a pro, hauling in a good selection of aphids in addition to the lady beetles. The tricky part, he says, is getting the ladybugs out of the net and into the collecting bottles.

"I see you caught a taxicab," Losey says as he demonstrates one way to get the lively insects into the vial. "Taxicab" is Losey's name for the checkered-spot ladybug, a shiny yellow beetle with 14 black spots giving it the appearance of a checkerboard.

Once the insects are in the vials and the vials capped, they are placed in a cooler to chill. Then the second part of the day's work commences: photographing each insect with a digital camera. "This is the easiest way to record each data point," Losey explains. Photographs allow the researchers to keep a visual record of each individual insect without killing it. "Plus we can post the photos on the project Web site," he adds.

It seems easy: chill a ladybug, drop it onto a sheet of white paper and snap a photo. The reality is that ladybugs do not sit still for photos. Even after 25 minutes of chilling they recover quickly and are ready to fly off the page as soon as they are rolled over. And, for data collection purposes, each bug must have an identification number.

Still, it's a fairly simple bit of data collection that just about anyone can do in the backyard or neighborhood park — and that's what Losey and Hamilton are counting on. They want people of all ages and from all walks of life to help them collect images of the local ladybugs. With more eyes looking for more insects, Losey and his fellow scientists hope to learn more about the local ladybugs and why our native ladybug populations are decreasing.

To get involved, visit the "Lost Ladybug" Web site at http://instruct1.cit.cornell.edu/courses/icb344/Lost_Ladybugs.htm. There is information on when and where to collect ladybugs, and how to send digital photos to the researchers.

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Volunteers Offer the Gift of Reading

By Glynis Hart

"The last part of a prison that ever gets any money is the library," says Miles Latham, who served time for a drug conviction in Vermont. "Most prison libraries are coordinated by bibliophiles that are inmates. For people in prison, the libraries are seen as places of quiet, as places of normality within a crazy, crazy system. The problem is always getting books. There ain't no budget for it." Prison libraries, as a result, are often small, with a limited or unbalanced collection.

Latham explains the importance of books to many in prison: "I would say, from a very personal point of view, that the prison is an illusion of your own making and that books allow you to escape. That saved my sanity. Books were a major factor in my ability to deal with prison. I read an incredible amount. There were very painful times when I didn't have access to books...for instance, when you move from one prison to another they may throw you in the hole for five days while they decide what cell to put you in."

Access to prison libraries can be erratic, with 27 percent of Books Thru Bars correspondents reporting they have no library access at all and 14 percent saying they get library access less than once a week.

Ithaca's Books Through Bars, a nonprofit volunteer organization that sends books to people in prison, thanks the community for its successful July 28 garage sale. "The garage sale went very well. We raised several hundreds of dollars," says volunteer Wies Van Leuken. "Other than the small amount we pay for rent, all our donations go to postage."

Located upstairs at Autumn Leaves bookstore on the Commons, Books Thru Bars looks like a lot of books crowded into a corner space. Volunteers read letters from prisoners requesting books, and check the rules, if any are known, for the prisons. Some institutions won't accept hardcovers and many have a limit on the number of books inmates are allowed to recieve. Some prisons stipulate that only new books be sent, and only directly from the publisher. Further rules apply to mailing and packing, such as only typed labels, or only plain brown wrappers (no bubble wrap).

> ***"We don't get into the politics of prisons, although you can't help but get interested when you respond to the endless stream of letters. We just send books."***
>
> - Wies Van Leuken

"Since 2004 we've sent 6,000 books to around 3.000 prisoners," says Van Leuken. The recipients aren't asked to pay for the books, but often, says Van Leuken, "They send us stamps, or a few dollars which can be a small fortune for them. We don't get into the politics of prisons, although you can't help but get interested when you respond to the endless stream of letters. We just send books."

Books thru Bars sometimes holds meetings where lots of books get wrapped for sending by a group of volunteers. "Then the people who have to wait behind us in the line at the post office, they aren't very happy. But even though we are a handful of people, we have quite the base of support. We're very thankful that we get a lot of support from the community," Van Leuken says. "We've had wonderful fundraisers at Lost Dog Café and the Nines, and especially at Castaways. The list of people we can thank for helping us is very long."

As one prisoner puts it on the Web, "The most difficult, even painful part of the prison experience is not so much the physical violence, the...segregation, being rejected by loved ones, nor the struggle with dependency issues and personal demons. No, the real struggle is for growth. In prison you don't truly grow as a human being, you just sort of grow old. We fear what we can grow into." For people cut off from the world, books provide a link to the human family.

Van Leuken notes that instructional books for carpentry, starting a business, or wiring a home are always in high demand. Further, she says, books on computers and how to navigate the Internet are always needed. "When you're in prison for 15 years you've probably missed the computer revolution. Most likely, people who have been in a long time have missed that whole development."

The books most requested are dictionaries, especially Spanish/English versions. "Dictionaries in any shape and form. We never have enough," says Van Leuken. "Sometimes we send people Spanish language textbooks because they have small vocabulary lists at the end of the book, or each chapter. We never have even close to enough dictionaries."

Other categories in high demand are black and Latin history and fiction, law books, westerns, mysteries and fantasy and nonfiction. "We have a small but steady demand for books of nature photography," says Van Leuken. "That serves a need, to see what the natural world looks like. Some people are interested in art, too. They'd like books they can draw from."

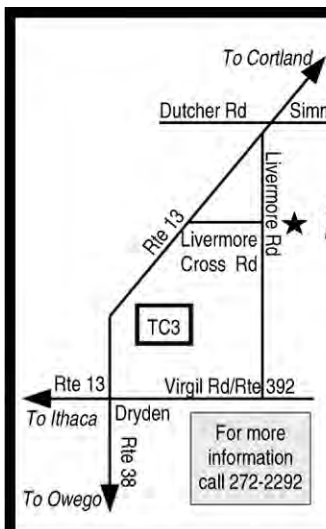
Interested book donors or volunteers may call 257-3156. "We have a system where once we've shown you how to do it, you can come in and prepare packages in an hour on your lunch break," says Van Leuken. "It's a good experience.".

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Talent, Leadership on Display at 4-H Fair

By Ann Krajewski

This year's Tompkins County 4-H Youth Fair enjoyed good attendance, decent weather and plenty of enthusiasm. The annual event, held at 4-H Acres on Lower Creek Road, just off Route 13, is the setting for participating local youth to showcase their talents in a variety of categories, such as gardening and using recyclables creatively, with the livestock competition perhaps being the most well known.

The showing of cows, goats, sheep and rabbits was the big draw for many and the judging was watched closely by the competitors' owners as well as those in the viewing stands in the pole barn.

Arin Hallett and his stepsister Kelsey Harris, both 10 years old, had their hands full during the events which were held from July 26 through 28. Both children, from Newfield, were in the running for honors with their cows and rabbits, all of whom made an excellent showing as exemplified by the multiple ribbons each of their animals had won and were proudly displayed on their stalls and cages.

"Almost all of our rabbits won blue ribbons, both my brother's and mine, which automatically makes them eligible to compete at the state fair," Kelsey says as she cuddles a small brown lop-eared rabbit. "Except for this one — he's free to a good home," she adds as she watches judge Gail Kaiser examine Erik Jorgensen's Dutch breed, who stayed very still, but wiggled his nose furiously.

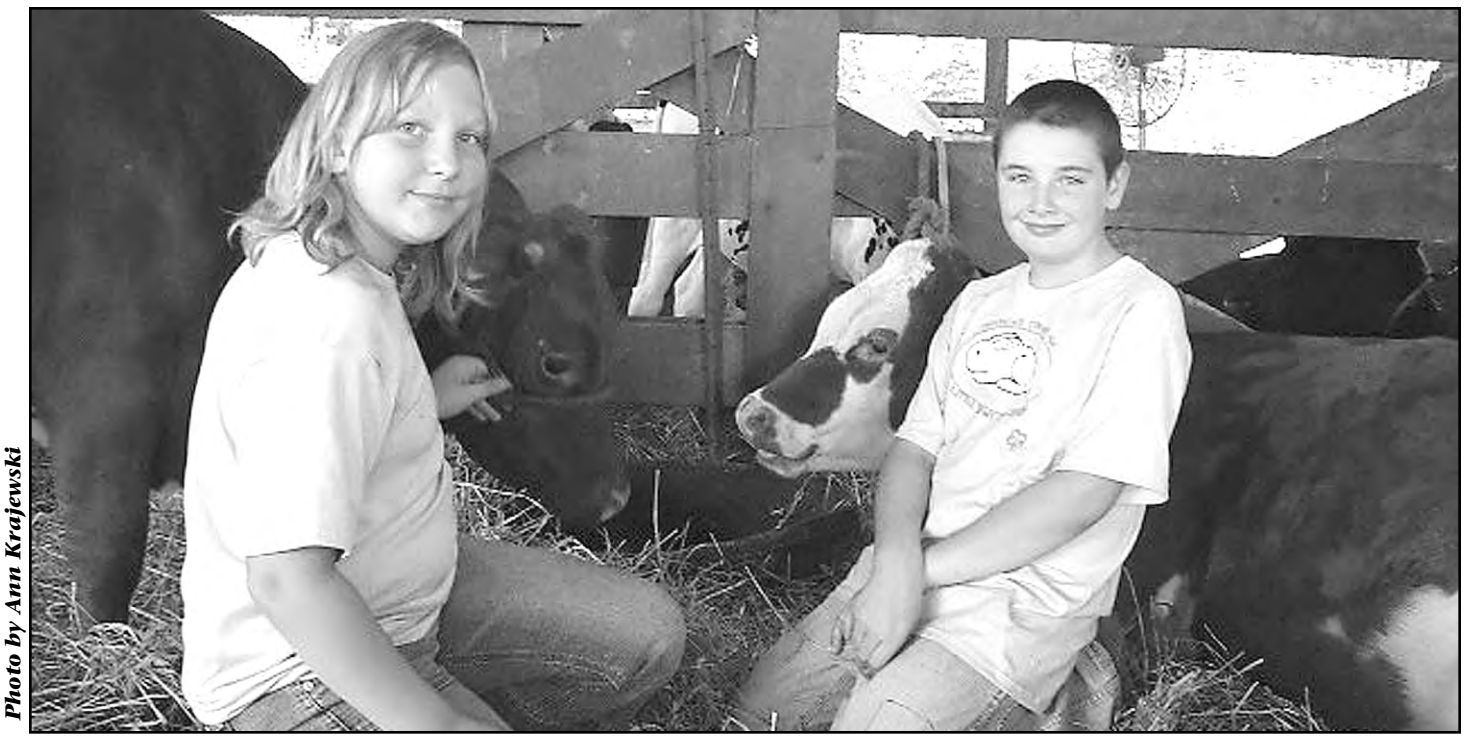


Photo by Ann Krajewski

Kelssey Harris and Arin Hallet take a break with their award-winning cows at the Tompkins County 4-H Youth Fair.

The cows that Kelsey and Arin brought for judging were comfortably resting in their stalls filled with freshly strewn hay. The names above the stall read April and Jenney. Arin had acquired Jenney after entering a contest in which he wrote an essay describing why he should win her. Arin was quick to thank his benefactor. "She was donated by Howard Jenney, so that's how she got her name," he says of winning the auburn and white bovine.

The fair also featured the creative handiwork of area 4-H members, as the Kiwanis Hall practically overflowed with original artwork, some of which looked so professionally executed one would think they were done by seasoned artists and artisans. Also impressive was the photography category, filled with images that belied the ages of those who took the pictures. There were collections of carefully organized scrapbooks and beautifully intricate needlework that also commanded attention. In addition, a silent auction was held. The items up for bid consisted of imaginative gift baskets, all of which had been donated by parents and associates of 4-H.

Spread out over the grounds of 4-H Acres were booths that advertised games of chance. "We have all kinds of ways to win prizes here," says teen superintendent Jason Ruoff, "including football, ring and beanbag tosses. You win tickets which can then be exchanged for prizes and they are donated by a lot of our parents and friends. Everybody seems to have a lot of fun."

Youth Development Team Coordinator Megan Tifft praised the program from her post at the prize pavillion. "We're associated with Cornell Cooperative Extension, and what we're most proud of here is that the 4-H program teaches our children how to care for entities beyond themselves. This is what it's all about," she says. "It sets up an example for future leadership."

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By Kathy Morris

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Bicyclists Merit Lane on East Hill

By Jennifer Dotson

This is the latest installment in our Signs of Sustainability series.

Responding to Ithaca's ranking as the area with the highest bicycle commute rate in New York state, city engineering staff are planning a painted bike lane going up East State Street and "sharrows" on Cayuga Street to remind motorists of state traffic laws.

"The most important thing is to better clarify the expectations for motorist and bicyclist behavior. The hope is to reduce conflicts," says engineering technician Kent Johnson. "The main roads that cars want to go on, bicyclists want to go those same places. These [changes] increase motorist awareness that bicyclists will be using the road. "

The improvements support connections to key destinations. State Street is part of a connection between downtown and East Hill schools, Collegetown and Cornell, while Cayuga Street is a preferred route to Ithaca High School, Boynton Middle School and Stewart and Dewitt parks.

"Streets most in need of improvement will be the ones we're looking at," Johnson says. In this case the objective is to clearly designate space for cyclists inching, and sometimes wobbling, up East Hill to avoid confusing and dangerous conflicts with cars and trucks. State law says that bicyclists and motorists must share the road, with the slower users moving right where it is safe to allow faster vehicles to pass.

"You don't want bicyclists weaving in and out of the parking lane," Johnson says. He anticipates that both the painted lane and the sharrow marking will increase the predictability of bicyclists and motorists on these routes.

The "sharrows" on Cayuga Street are bicycle symbols combined with a double chevron, placed roughly in line with a car's right tire track. "These shared lane markings were chosen because standard bike lane markings wouldn't fit on the narrow roadway," says Johnson. "The idea is that the bicyclists ride over the center of the marking." Ithaca's experience with the symbols will be shared with other communities as part of a federal study on the markings, which Johnson expects to become standard nationwide within two years.

Visions of an Eco-City

A recently-formed group is exploring the idea of Ithaca becoming an "eco-city." Rob Morache, a design consultant, says the group is in its infancy. Thus far the group has talked about "rebalancing the transportation system for things that almost everyone has — particularly feet," he says. "It's about making sure we have an environment that's socially equitable."

Concern for the safety of children and the elderly have combined with an interest in increasing the potential for economic development. "Can we make downtown a 'family friendly' zone and drop the speed limit? I want to bring in traffic for theaters; I'm talking foot traffic," says Morache, noting the value of foot traffic in business location decisions.

Johnson, of the Ithaca engineering department, says "It's notable what we have started here [with the Ithaca Commons]."

The group includes residents of downtown, EcoVillage and other areas of Tompkins County who are active in planning, transportation and land use issues. Gay Nicholson notes that work in recent decades by
progressive land use and planning groups fed into the recent planning for development in Ithaca's southwest area, and now into this group.

Joan Bokaer has developed a presentation that reflects her vision of Ithaca as an eco-city. The group is currently combining individual and existing community visions from municipal files and exploring the possibilities for eco-city visions to "get worked into the 2009 transportation plan, which is a 20-year vision," says Morache. The group plans to convene a public gathering in the fall to solicit artistic visions for Ithaca as an eco-city.

Other steps group members have taken include spearheading "urban cooperative blocks," with several neighboring households working together on vegetable gardens and sharing household tools. The eco-cities concept spans the personal to the institutional: Fernando de Aragón and I both are working to launch Ithaca Carshare to provide hourly access to cars parked downtown, in neighborhoods and on the Cornell and Ithaca College campuses.

Jennifer Dotson is executive director of Ithaca Carshare, and a member of Ithaca's Bicycle/Pedestrian Advisory Council and Board of Public Works. Her favorite part of the day is usually biking, walking, or busing around Ithaca in her daily routine.

County Discusses Real Estate Talks

In special session, the Legislature conducted a three-hour-long executive session to discuss real estate negotiations.

The closed-door meeting was the latest step in the ongoing analysis of potential alternatives for headquarters for the County's Health Department. An additional site option that is now under consideration prompted the legislative discussion.

The Health Department Building Committee has studied and evaluated site alternatives since the beginning of the year, charged with presenting options for consideration by the full Legislature. Potential alternatives initially presented to the legislature in June included building a new headquarters on land adjacent to the current Biggs B site on West Hill or leasing space at the NYSEG headquarters on Route 13 in the Town of Dryden, as well as the option of renovating the current Biggs Building, which has been home to the Health Department for 40 years.

The Legislature hopes to reach a decision on the matter this month, permitting the design phase to be completed by year's end and construction to begin in 2008.

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For Craig and Michelle Brooks, owners of Cortland's popular *CoffeeMania* drive-thru, gourmet coffee business—great service is a key ingredient in their success. So much so that they've become service "connoisseurs" elsewhere in their lives.

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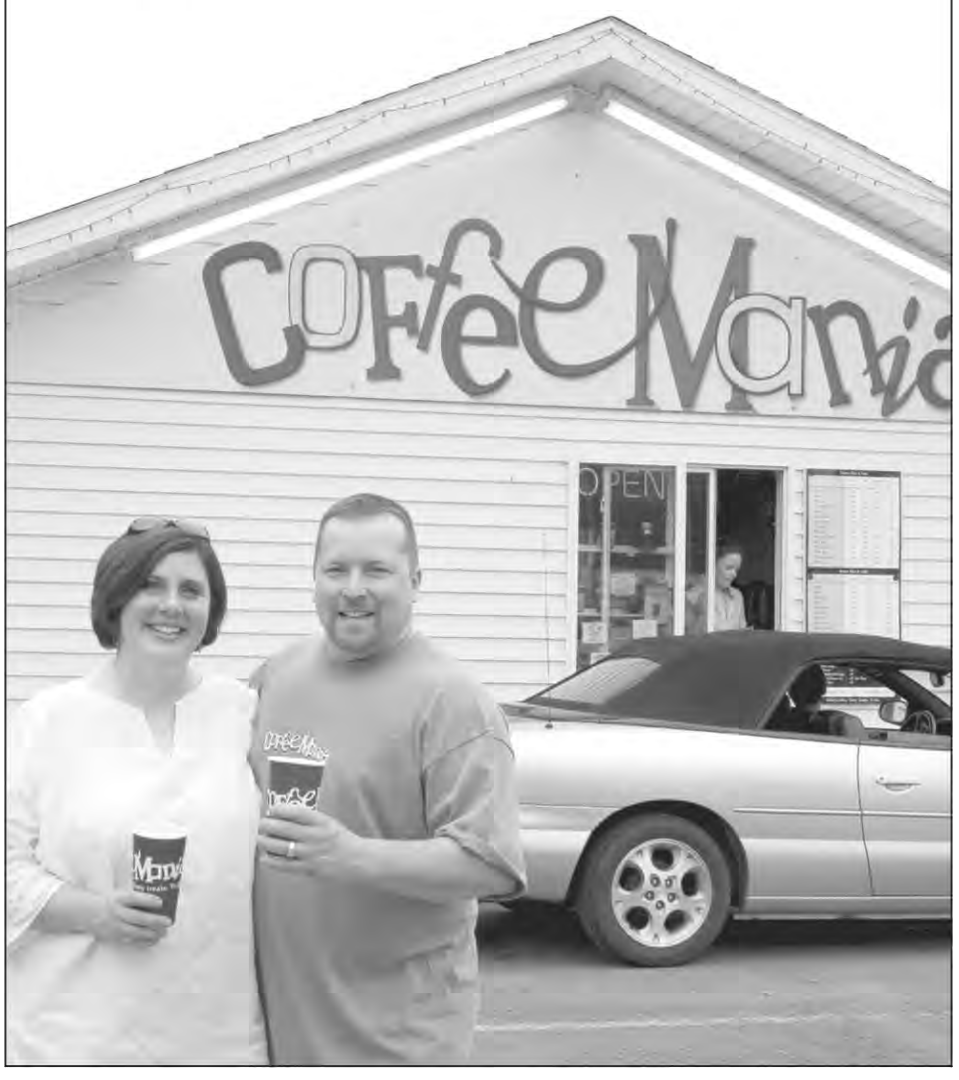
To simple things like small change for their fast-paced, cash-based operation: "It may seem small, but it's really big to me… They always have it right there. It saves me time…"

The Brooks do all their business *and* personal banking at Tompkins Trust Company.

Nothing crazy about that.

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Letters

Clarifying the Role of Town Supervisor

I was disappointed by negative comments in a recent letter in Tompkins Weekly about Ithaca Town Supervisor Cathy Valentino. Are some folks upset that Cathy has forced a primary election by running against the Democratic committee's chosen candidate? A primary election is a hallmark of the democratic process, allowing voters, rather than party leadership, to select candidates for the November election.

There seems to be some confusion about the respective roles of the supervisor and town board. The supervisor has traditionally appointed town committees, with input from the board. Although New York State law does designate the town board as the administrative head of town government, it also allows delegation of this authority, either to the supervisor or to a professional administrator.

In 2001, I served on a bi-partisan town committee that made recommendations concerning the duties of the town supervisor. As a result, the town board adopted a resolution making the post of town supervisor a full-time position and apportioned the salary to separate lines in the budget: one for supervisory functions, the other for administrative functions. This arrangement provides substantial savings for taxpayers, yet still delivers efficient government. The present town board should be aware of this since it approves the budget each year.

Cathy has been working cooperatively with local leaders for more than 20 years, establishing new and innovative programs in the Ithaca community. She is a seasoned professional who puts inter-municipal cooperation and governmental efficiency ahead of partisan politics. She works effectively across all political and municipal boundaries for the good of the citizens of the Ithaca area. Many accomplishments during her tenure as town supervisor are also the result of a smooth working relationship with the dedicated and talented staff in Town Hall. All Democrats should be proud of the many achievements that have occurred during Cathy's tenure.

Cathy has repeatedly helped elect Democrats to the town board and was a close ally and confidante of former supervisor and Democratic leader Shirley Raffensperger. I think Shirley would be pleased to see her legacy continue in such capable hands.

John G. Whitcomb
Former Ithaca Town Supervisor
and Town Board Member

Library Director Explains Staff Bonuses

I am responding to the story in the July 30 issue of Tompkins Weekly regarding the library and staff being at impasse. The spokesperson for the library's UAW unit, Jon Long, asserted that the library director and assistant library director received "$20,000 bonuses the year that the library moved."

Merit bonuses at the library are highly unusual and are given only in extraordinary circumstances. Unlike unionized workers, salaried management/confidential employees are not entitled to claim compensatory time, over time, or premium pay for additional hours worked such as evenings and weekends.

To set the record straight, the library board of trustees awarded the following merit pay bonuses to the library director, in recognition of outstanding performance during the design, construction, fundraising and move of the new library:1997, $1,500; 1999, $2,500; 2000, $3,000; 2001, $7,500.

The former assistant library director received bonuses of $2,000 in 2000 and $3,800 in 2001.

Thus, it would be more accurate to state that over a period of four years (1997-2001) two individuals received merit pay which added up to $20,300.

Janet Steiner, Library Director
Tompkins County Public Library

Letters Policy

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@twcny.rr.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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Briefly...

Cliff Street in Ithaca Closed for Repairs

On Monday, August 6, the Ithaca Department of Public Works will close Cliff Street (Route 96) for about six weeks for repairs and resurfacing. This will be a full closure for all through traffic, and detour routes will be posted.

The main work zone will be from the city line, on the north end, to the INCODEMA building (formerly Kolar Machine Shop), on the south end. The section below INCODEMA will receive a pavement overlay only, as the section is scheduled for complete reconstruction next year.

The general vehicle detour will use Hector Street, Route 79 and Halseyville Road to bypass the work zone. Through truck traffic is encouraged to use Route 79 to avoid traveling the hill section of the detour route. Emergency vehicles and local traffic will be sent over Campbell Avenue from Hector Street to Route 96.

The scope of work will include repairing and adjusting storm sewer inlets and utility covers, repair of some street base failures, limited curb resetting, a sanitary sewer pipe replacement and applying a fresh hot mix asphalt surface. In addition, NYSEG will take the opportunity to replace a section of natural gas pipe.

Cliff Street residents will be allowed access to their property driveways or the neighborhood parking lots during most of the street closure period using either Vinegar Hill or Brookfield Road. There may be times when access will be limited. When access must be limited to certain sections or properties, the effected residents will be notified as soon as possible. All residents will be notified of the paving schedules as the street must be closed to all traffic during the paving process. Residents should contact the department regarding any special access requirements needed during the construction period.

Cliff Street is expected to be reopened to all traffic by the end of September. Questions related to the project can be forwarded to the Streets and Facilities Office at 272-1718.

Community Read Selection Announced

The Tompkins County Public Library, in partnership with Cornell's New Student Reading Project, has announced that Nadine Gordimer's "The Pickup" is the subject of its sixth annual Community Read.

Nominated for the Man Booker Prize for Fiction, "The Pickup" chronicles the complex relationship of a wealthy South African woman and an illegal Muslim immigrant. Themes of home and belonging, class-structure, ethnicity and morality encourage readers to question their own identities.

The Community Read began in 2002 with "Frankenstein." In subsequent years, the community was encouraged to read "Antigone," "The Trial," "Things Fall Apart" and "The Great Gatsby." The library and Cornell work cooperatively to offer an assortment of programs related to each Community Read. TCPL will announce information related to this year's events as they become available.

Through the generosity of Cornell, TCPL has 350 copies of "The Pickup" in circulation, and free copies are available for book groups by calling 272-4557, ext. 255.

Farm City Day Comes to Dryden
On Saturday, Aug. 11, the Lew-Lin Farm in Dryden will host the 10th annual Farm City Day from 11 a.m. to 4 p.m. Farm City Day is a free, family-oriented, educational event offering the public a chance to visit a working farm and learn about agriculture through nearly 50 different exhibits, hands-on activities and demonstrations

Farm City Day Comes to Dryden .

This year's hosts, Lewis and Linda Stuttle and their son and daughter-in-law Steve and Lisa, will welcome visitors to their farm at 433 Livermore Road for the day. Visitors will learn about farming practices that protect the watershed, rotational grazing, animal husbandry and cropland management. Other activities for the day will include farm tour wagon rides, how farmers grow and mix healthy food for livestock, an observation window on the milking parlor, baby calves, and a giant ice cream sundae made and served by the Tompkins County Dairy Princess and her court. There will be a food concession stand, including a chicken barbecue.

A special activity for children is the Farm Fact Find Passport to Fun. Upon arrival, children receive a colorful passport on a lanyard directing them to visit different exhibits. The passport includes specific questions to ask related to the exhibit theme. The child asks a question, receives some information about the topic that includes the answer, and then gets a sticker or stamp for their passport. As they leave the event, the child shows their passport and receives a bag of fun farm activities to take with them.

The Ag in the Classroom auction includes some 100 goods and services from many local businesses. For more information call 272-2292

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On the Web at:
www.tompkinsweekly.com

Briefly...

Enfield Hosts Community Yard Sale

This year's Enfield Community Yard Sale is on Saturday, Aug. 11, from 10 a.m. to 2 p.m. Residents may have a sale at their homes or register at the Town Hall or Valley Korner Store to get on the map. Or, they can rent a table at the community building for $15, or donate items to the Enfield Community Council's "Another Man's Treasurer" sale at the Community Building to help benefit the Enfield Youth Program.

Maps will be available after Aug. 7 at the Valley Korner Store. Coffee and donuts will be for sale on Aug. 11 at the community building at 8 a.m. A full concession stand opens at 10 a.m. Contact Ann Rider at 277-3478 or Karen Stevenson at 277-2333 for more information.

Program Focuses on Health Care Issues

A forum titled "The Fight for Free Universal Health Care — How Do We Win?" will be held Tuesday, Aug. 7, from 7 to 9 p.m. at the Women's Community Building auditorium in Ithaca.

The speakers include Terry Sharpe, president of UAW Local 2300; Rebecca Elgie of the Tompkins County Healthcare Task Force and Bekah Ward of the International Socialist Organization. This event is sponsored by the Tompkins County Healthcare Task Force and the International Socialist Organization.

For more information visit www.healthcare-now.org, e-mail rjw35@cornell.edu, or call 280-4070.

Malcolm Bilson Performs at Cornell

Malcolm Bilson, David Breitman and Andrew Willis will perform at Cornell's Indoor Concert Series, set for 7:30 p.m., Tuesday, Aug. 7, in the Schwartz Center for the Performing Arts, 430 College Ave.

Bilson, the Frederick J. Whiton Professor of Music at Cornell, and two of his former students, David Breitman, associate professor of music at Oberlin, and Andrew Willis, associate professor of music at the University of North Carolina at Greensboro. perform works of Mozart, Beethoven, Mendelssohn and others on the eighteenth-century version of the piano known as the fortepiano.

Free tickets are required and are available (four per person) starting at 6:30 p.m. on the day of the performance in the theatre lobby. For more information call 255-4987, or visit www.summer.cornell.edu/events

Children's Choir to Hold Auditions

Ithaca Children's Choir to hold auditions for young singers

The Ithaca Children's Choir (ICC), a choral program for children and young adults, will hold auditions on Thursday, Sept. 6, and Tuesday, Sept. 11, from 3:30 to 6 p.m. Auditions are open to young people between the ages of 7 and 20, and no previous singing experience is necessary. Call 272-1474 to schedule a 10-minute audition

The Ithaca Children's Choir is a nationally recognized program for children and young people, committed to excellence while emphasizing the joy of singing. There are five choruses within ICC, including a young men's chorus for boys whose voices are no longer in the treble range. The ensemble members work frequently with guest artists and composers..

A History of Summer Fun on Display

What do boat builders, train conductors, ice-cream scoopers and hotel housekeepers have in common? All of these jobs support the summer vacation industry in the Finger Lakes region, and all are explored in The History Center's current exhibit, "From Lifeguard to Wine Steward: Summer Work in the Finger Lakes."

The exhibit, which runs through Aug. 15, explores the history of the jobs attached to the region's summer vacation industry — and the people who fill them — through vintage and contemporary images and artifacts from The History Center's collection.

"Summer Work in the Finger Lakes" is one of six exhibitions at history museums around the region this summer that explore the history of vacationing, tourism and summer activities in the Finger Lakes region.

For more information visit www.TheHistoryCenter.net.

Street Beat

The word on the street from around Tompkins county.

By Kathy Morris

Question: How old do you think Ithaca is?



"The Ithaca I know and love was probably born in the Sixties."

- Terry Burns, Nashville

"Two hundred years."

- Erik Frank, Ithaca





"One hundred eighty-five years old. I have an old map of Ithaca from the early 1800s."

- Tom Rivera, Ithaca

CoraRose Machan (right), Ithaca: "One hundred seventy-five years."

Alexis Santi, Ithaca: "Two hundred twenty-seven years."



Submit your question to **Street Beat**. If we choose your question, you'll receive gift certificates to GreenStar Cooperative Market and Ithaca Flower Shop. Simply log onto www.tompkinsweekly.com and click on **Street Beat** to enter.

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Researchers Unwind Secrets of DNA

By Larry Klaes

Deoxyribonucleic acid, better known as DNA, is the key component in every cell of every living thing on Earth. DNA contains the genetic information for transmitting the particular characteristics of each species from one generation to the next.

Since the time that James Watson and Francis Crick determined the true double helix shape and biological function of DNA in 1953, many great strides have been made in understanding this very small yet complex molecule, of which a single strand can consist of 100 billion atoms.

Recently, researchers at Cornell have discovered an important factor in how DNA replicates itself —how it makes copies to carry on the hereditary characteristics of each species. Their findings are detailed in the June 29 issue of the journal Cell.

One of the researchers who made the find is Daniel S. Johnson, a graduate research assistant in the department of physics working in the laboratory of associate professor and principal investigator Michelle D. Wang. Johnson, who is also one of the authors of the Cell paper, describes how their work resolved an important question about an enzyme found with DNA called a helicase: Does this motor protein actively or passively separate the double helix strands of DNA to allow them to replicate and pass along their genetic codes?

The Cornell team used an instrument called optical tweezers, which consist of a modified microscope in which a laser beam is focused through the microscope objective. Designed and built at the Wang Laboratory, the laser allowed the team to trap plastic beads just 500 nanometers wide in the microscope sample plane (one nanometer is one billionth of one meter).

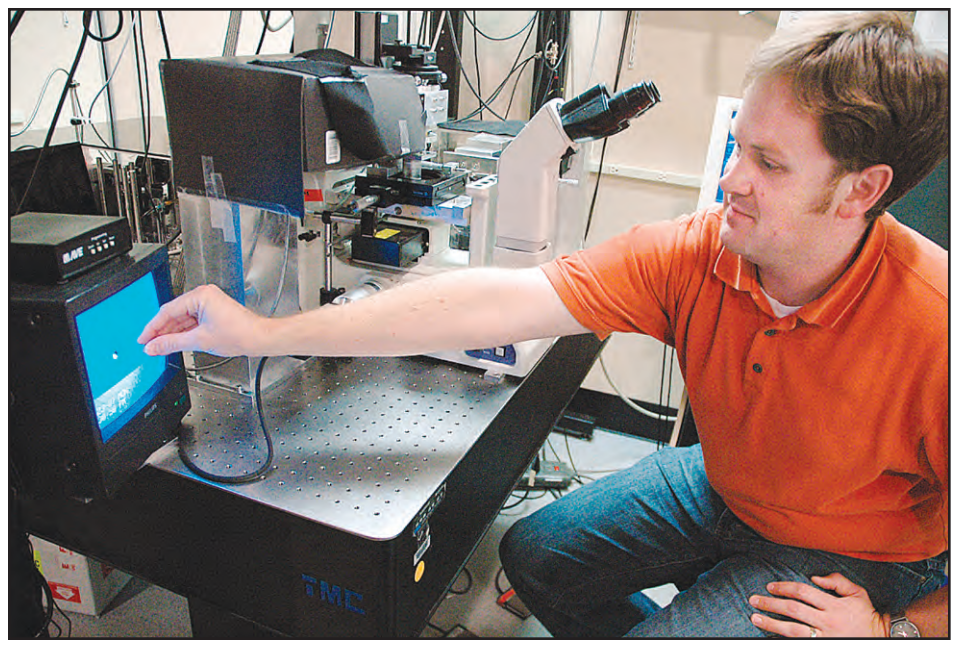


Photo by Kathy Morris

Daniel Johnson points out the small plastic bead attached to a segment of DNA.The bead is only 500 nanometers wide; the strands of DNA are too small to be seen even with the optical microscopy eqipment in the lab at Cornell's Clark Hall.

"In this experiment, we attached one end of the DNA to a glass microscope slide, and the other end to the bead," Johnson explains. "By trapping the bead in the laser, we were able to displace the ends of the DNA [thus applying force] by moving the trap relative to the glass microscope slide. With the helicase on the DNA, we were able to observe DNA unwinding by measuring the movement of the bead in the laser trap."

The optical tweezers allowed the team to conduct single-molecule experiments on the helicase/DNA system. Researchers could then team to study individual helicase reactions, as opposed to an ensemble average of many reactions, which is the more common method for studying this type of system.

"From these studies we were able to observe the helicase translocation rate on single-stranded DNA," says Johnson. "We also were able to observe the helicase unwinding rate of double-stranded DNA. In these experiments, we applied an external force to the single-stranded/double-stranded DNA fork, and as a higher force was applied to the fork, the helicase unwound the DNA faster. This suggested the DNA fork acted as a barrier to forward translocation of the helicase."

In order to better understand their results, the Wang Laboratory team developed two quantitative theoretical models. The first model is based on a "passive" unwinding mechanism. In this model, the helicase translocates on single-stranded DNA. As it encounters the double-stranded DNA fork, it waits for the base pairs next to the helicase to thermally fluctuate open before stepping forward. In that situation, the helicase did not destabilize the DNA fork.

"This model did not fit our experimental results, in that our observed unwinding rates were faster than those predicted with the passive model," Johnson says. "We therefore formulated a model based on an active unwinding mechanism, which consists of an additional component in which the helicase energetically destabilizes the base pairs near the helicase." This model fit well with the research results, suggesting the helicase functions to destabilize the double-stranded DNA near the fork junction.

Johnson and the team chose a bacteriophage, or virus, named T7 to conduct their experiments, due to its relative simplicity. The helicase of the T7 virus has many similarities to helicases found in a variety of other organisms, including humans.

"Knowledge gained from studying this helicase will provide insight into helicases in more complex organisms," Johnson says. "This is just one small part of understanding the entire DNA replication system, but in order to understand very complex systems it is important to understand the individual parts. One possible application of understanding how helicases unwind DNA is that we may be able to design drugs that prevent this replication and thus reduce the production of cancerous cells."

Though his educational background is in physics, Johnson has been fascinated by the complexity of biological systems since his undergraduate days.

"I first became interested in single-molecule biophysics when I was researching graduate school programs," he says. "I felt that it was an area in which the experimental techniques found in physics could make a meaningful contribution to understanding biological systems."

Johnson intends to teach at the undergraduate level, as he enjoys working with students.

As for his current work at the Wang Laboratory, which was initially set up with the intention of studying biological systems, Johnson hopes that as a physicist he can make a contribution to biology through this Cornell

Please turn to page 16

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Witty Fun, Biting Satire from 'Simpsons'

By Marni Gauthier

★ ★ ★ 1/2 *The Simpsons Movie*, directed by David Silverman. At Regal Pyramid.

As I sat in the packed theater at the opening of *The Simpsons Movie*, Homer Simpson asked the very same question that was playing in my head; and thus implicitly answered it and provided the movie's first great laugh all at the same time: "Why would anyone pay for something you can see on TV for FREE? I think everyone in this movie theater is a big sucker [turns to face the audience directly and points like Uncle Sam], most of all YOU!"

The self-referential humor embodied in Homer's opening shtick — and densely woven throughout the film — makes us laugh at ourselves; and it reminded this viewer why *The Simpsons* is still refreshingly entertaining a decade after it provided a much-needed late-night study break in graduate school. Sure, *The Simpsons Movie* is mostly like a super-extended TV episode, complete with a commercial and television "intermission," but the extra hour and big screen allow 11 of the TV show's best writers (including original *Simpsons* creator Matt Groening and developer James L. Brooks, along with Joel Cohen, David Mirkin and many others) to develop a more substantial storyline than a single episode can. With fine subplots and numerous scenes featuring the full set of facetious stock characters from the TV show, the movie is, in this sense, classic. Its themes, however, are immediately current, making for what may be the freshest and most far-reaching satire on contemporary America today.

Satire is a literary genre that uses irony, wit and sometimes sarcasm to expose humanity's vices and foibles, giving impetus to change or reform through ridicule. Reflecting on the wide demographic of the *Simpsons*, its often-sophisticated satire along with its slapstick humor, I had to wonder, does the witty derision of *The Simpsons* inspire any social consciousness? In the line-out-the-door for the movie on a Monday evening stood fans spanning at least 50 years in age. The Simpsons appeals both to the mischievous kid in many of us and the rightly skeptical adults we have become; the hourly-wage worker and the advanced degree-holding professional.

The theme of *The Simpsons Movie* is the chic topic of the environment. For those fans who are in it for more than sheer entertainment value, the conscience-pricking question is, other than Lisa Simpson — who gives a presentation on the condition of Lake Springfield entitled "An Irritating Truth" — does anyone really care? Given that it will almost surely involve personal inconvenience, are Americans willing to budge an inch for the planet? If Homer Simpson, the exaggerated American, our modern-day Archie Bunker, is in fact quintessentially representative of our citizenry, you can guess the answer, and the punch lines of the movie therein.

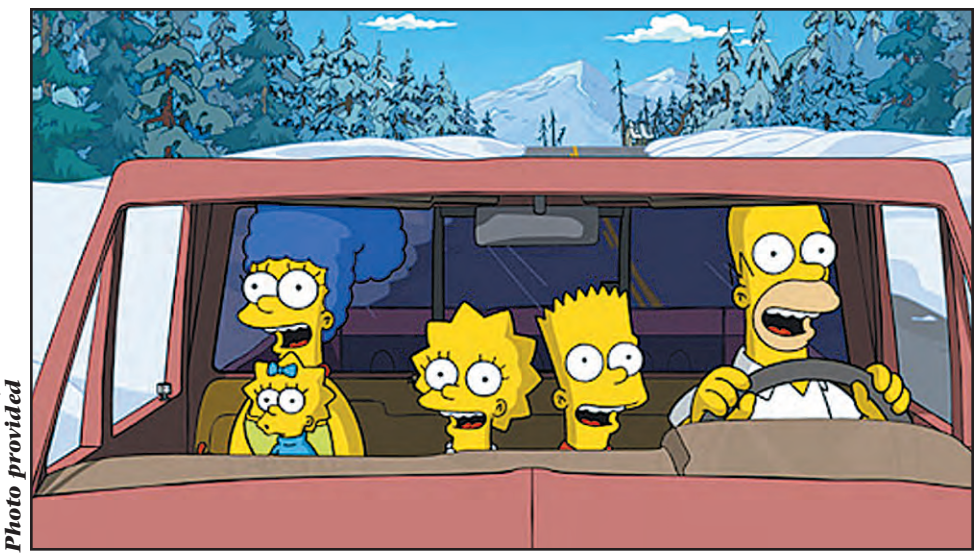


Photo provided

America's favorite dysfunctional family makes its big-screen debut in *The Simpsons Movie*.

One of the funniest, and archetypically *Simpsons* satirical, scenes occurs at a Green Day concert. "We've been playing for three and-a-half hours," says the lead rocker, "and now we'd like to take just a minute for the environment." You can imagine the politically correct reaction that would follow such an announcement at an actual Green Day concert. But what ensues from the raucous Springfield fans belies perhaps the true bent of countless would-be American environmentalists. In the mode of true satire, it is bitingly hilarious, darkly comic.

There are plenty of merry surprises in *The Simpsons Movie*. Without spoiling them, here are a mere handful of teasers: grandpa has an authentic religious experience; Springfield teeters on the edge of apocalypse and our favorite actor-cum-politician presides over the crisis; Homer faces the ultimate rejection of (a) here-unnamed family member(s), experiences an Inuit-influenced epiphany (after he learns the meaning of the word) and a definitive solo-wilderness trek; Marge takes a stand; Lisa finds a soulmate; Bart flirts with adopting a new dad; and Maggie, again, unwittingly saves the day. But don't worry, the ending of the film assures us that amidst the wild ride, all of our treasured *Simpsons* characters return to their essential familiar selves. That's the fun of the film, and the rub of satire.

Movie Ratings

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

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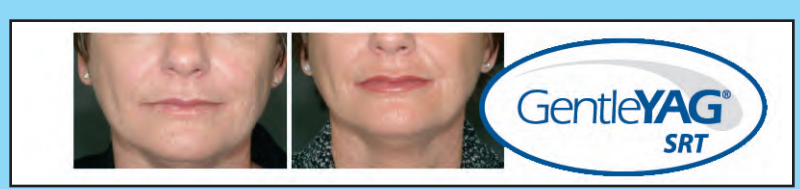
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Advocates Push for Personal Freedom

By Ann Krajewsi

The Finger Lakes region, and Tompkins County in particular, has long been an area where people living with a disability have been able to find a safe haven in terms of the many programs offered to fit their needs. The Finger Lakes Independence Center (FLIC) in downtown Ithaca has a wide range of services designed to foster independence for those affected and most of what they have to offer is open to the public and free of charge.

Headed by longtime executive director Lenore Schwager and program director Larry Roberts, FLIC maintains a staff of about 10 at its Fifth Street location. The spacious reception area and offices make it convenient for someone using a motorized wheelchair or other apparatus to get around.

"We're a civil rights organization and advocacy group," says Roberts, who has cerebral palsy. "Currently we serve about 1,600 consumers throughout the county."

Among FLIC's services and programs are information and referrals, ongoing peer counseling sessions addressing a variety of issues including depression, a library and loan closet that has an inventory of adaptive equipment such as wheelchairs, portable ramps and PocketTalkers. They also offer classes in cooking and homemaking, budgeting and self-advocacy. Roberts notes, "The majority of those who serve on our board of directors are people with disabilities."

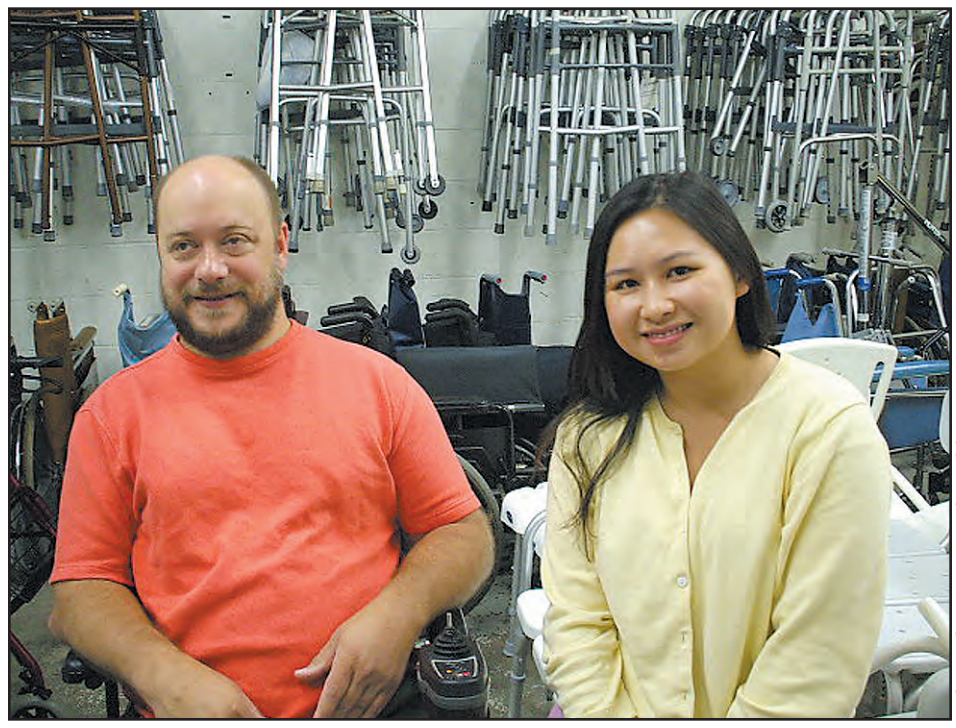


Photo by Ann Krajewski

FLIC program director Larry Roberts and outreach coordinator Tien Le wiith some of the equipment available from the organization's loan closet.

FLIC works in cooperation with other agencies including Social Services and the United Way and offers information about the eligibility requirements to receive benefits like Medicaid, Social Security and the Physically Handicapped Children's program. There are conferences showcasing the latest in assistive technology and workshops where people can learn American Sign Language. Even the services of an interpreter can be obtained through FLIC.

An aspect that the organization spends a significant amount of time and energy on is the outreach program. "All of our staff goes out to make educational presentations throughout the area," says Tien Le, FLIC's rural and minority outreach coordinator. "Last year we did 180 presentations that were attended by more than 4,000 people."

Those audiences include area schools, college groups and businesses. They are also available to speak to civic organizations. The literature and brochures they offer state that the outreach program is important because it educates people on what it's like to live with a disability, moving beyond stereotypes and learning how large and diverse the "disability community" really is.

Working with children is a key element of what FLIC does in the community. "We spend a lot of time talking to kids," Le explains. "We have free programs for them that have a flexible format that can include utilizing role-playing games, informal discussion and importantly, introducing kids to disability in a non-threatening, matter-of-fact manner. We offer a Student Services program that helps youth from ages 15 to 21 and we provide services to parents in order to better assist their disabled child."

FLIC was incorporated in 1988 and is a state-funded center. "We were incorporated two years before the Americans with Disabilities Act was signed into law," Roberts notes. "We've got a lot of activities and events coming up this fall including a visual support group and a technology fair, and I'm proud to say that we'll be celebrating our 20th anniversary next year."

He encourages advocates and those with a disability to talk with their lawmakers and to vote. "Laws and policies that are passed by Congress directly affect those with disabilities and we really are in a position to help ourselves," Roberts says.

For more information about FLIC and its programs call 272-2433 or e-mail at flic@clarityconnect.com.

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Gallery Finds Its Niche in Storefront

By Anthony Hall

When Roger and Adrienne Bea Smith opened the Main Street Gallery in Groton in 2003, there was a vivid sense that they were defining the term defying-the-odds.

The small storefront gallery, opening with a group show in May of that year, was the brainchild of two artists who met in northern England, taught art in Arizona and then searched for a new home in a cooler climate that was closer to Roger's relatives in England. They had chanced upon an Utne Reader magazine article naming Ithaca as one of the nation's most enlightened communities and liked the educational focus of the area. So, just as they had done when moving to Arizona, they packed up their art supplies and their own artwork (she paints; he concentrates mostly on sculpted works) and landed in Tompkins County with no jobs waiting for them.

But Adrienne, one of the originators of the Lancaster Literature Festival (in Lancashire, England) had experience as an administrator. Both had considerable knowledge of modern art and both had contemporary tastes. Their vision, then, was to bring sophisticated shows to a rural community gallery following the traditions of an art space in Soho, London. They were not interested in hotel lobby art pieces or art posters. Their aim was to bring high quality, original work to the languishing factory village of Groton.

Along the way, they have mixed it up, displaying a cool approach to surviving in small town by putting on shows with a variety of themes. They have held an exhibition with a focus on motorcycles to coincide with the community's motorcycle festival. They have offered a show on food called, "Stuff Your Face" and a show on "artooning," which is a decidedly comedic mixture of stylized art and illustration, usually done with a farcical point to make.

Their late summer shows also reveal the Smiths' talents for putting together exhibitions that are both appealing and refined and for finding ways to attract artists from both near and far.

The 2007 National Small Art Quilt Work Exhibition brings the intriguing world of fiber art to the Main Street Gallery. It is the fourth year they have assembled small art quilts for a juried show. The first two years they ran it, they made it a regional exhibition. For the past two years the show has reached out to artists around the country, and this year's exhibition includes quilt artists from Wyoming, Colorado, Arizona and the northeast.

Quilt shows are, of course, a staple of the culture from Maine to Virginia and beyond. But art quilts are a modern mix of old quilting skills and urbane artwork. Do not expect to see hex signs, silhouettes of birds and exacting stitch patterns at this show.

For example, K. Velis Turan's 8-by-12-inch fiber art piece called "Sex On The Beach" is not a work normally seen in the community center or county fair quilting shows. Nor is the medium always politically provocative. Fiber artists simply use cloth as their primary material (and not necessarily their only material) to create flatter, canvas-style work or three-dimensional work called "soft sculptures."



Photo provided

"Seeking Life's Sweetness" by Linda Friedman Schmidt is on display in the Main Street Gallery's fiber art exhibition.

The small town gallery has also attracted reviewers, often from Syracuse, who recognize the depth of the Smith's vision. The Main Street Gallery is "cozy and Soho-esque," writes Molly English of the Syracuse New Times. Katherine Rushworth, art critic for the Syracuse Post Standard/Stars, has reviewed several Main Street Gallery shows and says the owners' vision is "courageous and exciting."

While their juried shows expand from regional to national in scope, the Smiths are happy with the small shop. "We wanted to keep things small, so that it's intimate and the communication is better," Roger says. On the other hand, expansion is available in the digital realm and the gallery is expanding and finding an audience on the Internet.

After a year of work, the Smiths' shop became the first gallery earlier this year to work with Artspan, a collective organization that helps individual artists create a presence on the Internet.

The new, improved Main Street Gallery at www.mainstreetgal.com/home will display both current and past shows, outline future events and promote a new program of art workshops that the couple will launch this fall.

You might even say the seeds of the shop began decades ago. When Adrienne Bea Smith was nine years old, she says, her father commissioned Frank Lloyd Wright to build their family home in the Village of Bannockburn in Illinois. Known as the Allen Friedman House, it was completed when she was 12 and the experience set her direction in life as an artist, she says.

For Roger, working with his grandfather, a painter and designer, set the tone. He recalls cleaning brushes when he was three, and he remembers becoming infatuated with colors at that age.

The Main Street Gallery is the natural extension of those early artistic impulses. "It's in our hearts," Roger says. "It's all creative in the end."

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Tompkins County Community Calendar...

August 2007

6 Monday

Coffee and Talk Book Club Lime Hollow Nature Center. 1st Mondays of the month 6:30-8pm. Info: 758-5462

Cortland County Chautauqua, Village Green, Homer. Info 749-7526 or 753-1002

Culturally Sensitive Parenting, Cornell Cooperative Extension, 6:30-8:30pm. A program for all parents/caregivers, this eight week series is based on the Effective Black Parenting curriculum. Childcare available, call ahead. Free. Info & reg 272-2292. 615 Willow Ave

Dryden Senior Citizens, the Veteran's Memorial Home, Noon-4pm. This will be a dish-to-pass summer picnic. Bring own table service, a dish-to-pass, & cards or a game to play after the meal. Iced tea, lemonade, ice water provided. Anyone who is 55 yrs or older is eligible to join Dryden Senior Citizens. If Dryden Schools are closed due to weather there will be no meeting. Info millienort@twcny.rr.com

Hatha Yoga w/Dr. Kasia, World Seishi Karate, 6-7:20pm. Info www.seishihonbu@verizon.net or 277-1047. 989 Dryden Rd. (in Varna)

Lifelong, Enhance Fitness-Lifelong 8:30-9:30am; Clay Class 10am-Noon; Enhance Fitness-Enfield Comm. Center10:15-11:15am; Open Computer Lab 10:30am-Noon; Enhance Fitness-Ellis Hollow Road Apts. 11am-Noon; Strength Training-Lifelong 12:30-1:30pm; Enhance Fitness-Juniper Manor 1-2pm; Enhance Fitness-McGraw House 2-3pm; Internatinal Folk Dancing 7-9pm. Info 273-1511. 119 W. Court St.

Open Computer Lab, Lifelong, 10:30am-Noon. Drop in for free internet access, one-on-one tutoring or computer help. Beginning and advanced learners are welcome. Info 273-1511. 119 W. Court St.

Parenting Babies and Toddlers, Cornell CooperativeExtension, 6-7:30pm. 6 week series. Discussion of topics will include: child development, bonding, safety, toilet training, positive communication, play & more. Info & reg 272-2292. 615 Willow Ave

Personal Defense, World Seishi Karate, 7:30-8:30pm. Info www.seishihonbu@verizon.net or 277-1047. 989 Dryden Rd. (in Varna)

Sciencenter Open Mondays in August, Sciencenter. Throughout August you can visit the Sciencenter and explore hands-on science seven days a week, includng Labor Day. Info www.sciencenter.org or 272-0600. 601 First St

Shakuhachi Flute w/Senpai Kim, World Seishi Karate, 6:30-7:30pm. Info www.seishihonbu@verizon.net or 277-1047. 989 Dryden Rd. (in Varna)

Ulysses Historical Society, Weekly hours Mon 9-11am; Fri 2-4pm & Sat 2-4pm.Open until Dec 1st. Info387-6666

Word I, The Women's Opportunity Center, 10am-Noon. Class runs Aug 6 thru Aug 10. With this class you will master the basics of Word Processing. No cost to qualifying participants. Child friendly room available during classes. Info & reg 272-1520 or info@womensopportunity.org

Yoga for Women in Midlife, Soma Living Arts, 7-8:30pm. Explore the possiblities for renewed strength and aliveness, calm and alert mind, with acceptance and compassionate awareness. Info 319-4138 or nishkala@twcny.rr.com 409 W. State St., ground floor (back of bldg)

7 Tuesday

3-6 Year Old Yoga, yogaAhanata, 3-3:45pm. Info 273-1673 or littlebuddhasyoga@gmail.om. 101 E. Linn St

Airplay: Juggling & Yo-Yos, Suggett Park, 10:30am. Hosted by Cortland Youth Bureau Arts in the Parks. Info www.cortland.org/youth or 753-3021. If rain, performance will be held at Cortland County Office Building Gym

Bleeding Kansas, Hangar Theatre, 7:30pm. It's 1856 where a young Boston abolitionist throws aside her needlework to cross paths with a Missouri-bred Border Ruffian, 7 neighboring farmers become divided by more than their fences, local politics end up a matter of historical importance. Info & tix 273-4497 or info@hangartheatre.org

Cortland County Chautauqua, Village Green, Homer. Info 749-7526 or 753-1002

Family Fun Nights-Tom Knight, Southworth Library, 7pm. Bring a blanket or chair and join us on the lawn. If it rains the show will be at the Dryden Fire Hall. Info www.southworthlibrary.com or 844-4782. 24 W. Main St

Forum: The Fight for Free Universal Health Care-How Do We Win?, Ithaca Women's Community Building-Auditorium, 7-9pm. Join activists and unionists in saying "Health care is a human right!" at this community forum. Info 280-4070 or rjw35@cornell.edu

From Steamboat Captain to Wine Stewart: Summer Work in the Finger Lakes, The History Center in Tompkins County, Tues, Thus & Sat 11am-5pm. Now thru Aug 15th. A look at the historic nature of vacation work-from transportation and food provision to service jobs and retail. Info www.TheHistoryCenter.net or 273-8284. 401 E. State St

Hatha Yoga w/Dr. Kasia, World Seishi Karate, 12-1:20pm. Info www.seishihonbu@verizon.net or 277-1047. 989 Dryden Rd. (in Varna)

Lifelong, Open Computer Lab 9am-Noon; Canceled-Morning Water Color Class 9am-Noon; Varna Community Seniors Group (Info & place 272-2030) Noon-2pm; Northside/Southside Gathering Noon-1:30pm; Canceled-Afternoon Watercolor Class 1-4pm; Scottish Dancers 8-10pm. Info 273-1511. 119 W. Court St.

Malcolm Bilson, David Breitman, and Andrew Willis, Kiplinger Theatre, Schwartz Center for the Performing Arts, 7:30pm. Fortepiano. Tickets are free but required. Tix available at 6:30pm in theatre lobby. Info 255-4987 or www.summer.cornell.edu/events

Master Dance Class by Banu Ogan, Community School of Music and Arts, 5:30-7pm. Banu Ogan will give a Master class in Modern Dance Technique. Free courtesy of NYS Dance Force. Info 272-1474

Parenting the Hardest Job in the World, Cornell Cooperative Extension, 6:30-8:30pm. 8 week workshop. Learn how to talk with your children using the skills: Encouragement, Can Do, Choices, Self Control and Respecting Feelings. Free classes, snack & childcare. Info & reg 272-2292. 615 Willow Ave

Seven Valley Chorus, First United Methodist Church, Cortland, 7pm. Those who love to sing are invited to visit this Chorus who meet every Tuesday. Info 844-4155 or 844-9528. 734 Rt 222, Cortland

Sexual Compulsives Anonymous, 5:30pm every Tuesday. This is an anonymous 12-Step Group of men and women whose purpose is to recover from sexual compulsion. Email scaithaca@gmail.com for meeting info. Info www.sca-recovery.org

Stories in the Park, Dewitt Park Farmer's Market, 11:30am-Noon. Join Eileen & friends for stories, songs, & other fun activities & stay for lunch and shopping at the market. All ages welcome, appropriate for toddlers & pre-schoolers. Children must be accompanied by an adult. Info 272-4557 x273 or www.tcpl.org

Story Time, The Lansing Community Library Center, 10am. Story Time will resume for children ages 2 & up. Free & open to all. Adult must accompany children. 27 Auburn Rd.

Storytime Yoga, yogAhanata, 1:30-2pm. Birth to about 4-5. Info 273-1673 or littlebuddhasyoga@gmail.om. 101 E. Linn St

StrollerFit, Stewart Park Toddler Playgroung, 9:30am, May thru July. Parents can exercise with their stroller-age children (ages 6weeks to 4yrs). First class free. Info 351-2945 or www.strollerfit.com/ithaca

Tall Tales of Taughannock Falls, Taughannock Falls State Park, 11am. Walk with a park naturalist to discover the origins and nature of one of the highest waterfalls in the Northeast. Meet at start of Gorge Trail by Rt 89. Info 387-7041 x131

The Beauty of Buttermilk Falls, Buttermilk Falls State Park, 11am. Join a park naturalist on a 3/4-mile hike through this gorge of stunning waterfalls and pools. Meet at swim area in lower park off Rt 13. Info 387-7041 x131

Toddlers Yoga, yogAhanata, 2:15-3pm. Walkers-3. Info 273-1673 or littlebuddhasyoga@gmail.om. 101 E. Linn St

Toddler Time Storytime, Groton Public Library, 10am. Enjoy stroies every Tuesday with Mrs. Radford. Info 898-5055

Town of Ithaca Planning Board Public Hearing, 215 N. Tioga St., 7pm. Info 273-1747

Turtle Time: The Art of Gaia, Ithaca Children's Garden, 6-7pm. Explore Gaia and her Wetland Garden home with hands-on activities and performances. Free and open to all ages. Rt 89, Cass Park. Info www.ccetompkins.org

Two Gorges in One, Robert H. Treman State Park, 11am. Enfield Glen has rocky and wooded sections. Explore both sections on this 1/2-mile walk to 115-foot-high Lucifer Falls. Meet at Old Mill in upper park off Rt 327. Info 387-7041 x131

8 Wednesday

Almost, Maine, Cortland Repertory Theatre, 7:30pm. On a cold February night, the Aurora Borealis flashes brightly overhead. Romance blankets the town like falling snow & unexpected magic lingers in the air like a lover's breath on a cold night. Some hearts are healed, some may be broken, but one way or the other everyone is "Almost" changed. Tix & info www.cortlandrep.org or 756-2627

Androcles and the Lion, Hangar Theatre, Kiddstuff, 10am & Noon. In this story, the lion and the mouse strike up an unexpected alliance in which the strong and the weak discover how much they need one another. Info & tix 273-4497 or info@hangartheatre.org

Beatuy of Bats, Robert H. Treman State Park, 8pm. Learn the truth about these much maligned but beneficial creatures. Meet at South Shelter. Info 387-7041 x131

Bereavement Cofffee Hour, Hospicare Center, 10-11:30am. Group focuses on the loss of a spouse or significant other, adult children are welcome to accompany. Free. Info email dgeorge@hospicare.org or 272-0212 172 E. King Rd, Ithaca

Bereavement Support Group, Hospicare Center, 5:30-7pm. This group is for those who have experienced loss within the last 13 months. Free. Info email dgeorge@hospicare.org or 272-0212 172 E. King Rd., Ithaca

Bleeding Kansas, Hangar Theatre, Pay What You Can, 7:30pm. It's 1856 where a young Boston abolitionist throws aside her needlework to cross paths with a Missouri-bred Border Ruffian, 7 neighboring farmers become divided by more than their fences, local politics end up a matter of historical importance. Info & tix 273-4497 or info@hangartheatre.org

Cayuga Trails Club Annual Picnic, Robert Treman State Park's upper pavillion, 6:15pm. Bring a beverage and dish to pass; plates & utensils provided. Info 546-7367 or www.cayugatrailsclub.org. Rt 327

Chautaugua Choir Rehearsals, United Presbyterian Church, 28 Church St., Cortland, 7:30pm. All singers welcome. Info 753-1002

Cortland County Chautauqua, Village Green, Homer. Info 749-7526 or 753-1002

Fantastic Frogs, Buttermilk Falls State Park, 8pm. Come hear the varying calls and learn what they are doing in a woodland pond habitat. Meet at Upper Park Pavilion of West King Rd. Info 387-7041 x131

Flying Insects, Robert H. Treman State Park, 2pm. Join a naturalist as we discover what makes insects such fascinating creatures and make your own "insect" kite. Meet near swim area. Info 387-7041 x131

Food Addicts in Recovery Anonymous, Cayuga Addiction Recovery Services Building. 7-8:30pm. There are no dues, fees, or weigh-ins. Info 387-8329. Crn. State & Plain Sts.

Fun Tree I.D!, Taughannock Falls State Park, 2pm. Take a stroll with a park naturalist and learn some fun ways to identify trees in the Gorge. Meeet at start of gorge trail by Rt 89. Info 387-7041 x131

Girls School Gothic, Hangar Theatre, Wedge Performance, 10:30pm. When Ash Whitaker hides in the bathroom of her all-girls' school, little does she know what she'll find lurking in the stalls. High school turns terrifying in Lucy Boyle's tale of teenage angst as a strange friendship develops between a popular girls & a 19th century mental patient who never died. Info & tix 273-4497 or info@hangartheatre.org

Jazz Dance Classes with Nancy Gasper, Finger Lakes Fitness Center, 5:45pm. Nonmembers & drop-ins welcome. Info 256-3532. 171 E. State St., Center Ithaca, lower level.

Kitchen Garden Tour, downtown Ithaca, 6pm. See how three experienced vegetable gardeners deal with gardening challenges of upstate New York. Pre-reg required. Fee. Reg & Info 272-2292

Lifelong, Enhance Fitness-Lifelong 8:30-9:30am; Health Insurance Counseling (appt call 273-1511) 9am-Noon; Summer Caribbean Party Noon-1pm; Enhance Fitness-Enfield Community Center 10:15-11:15am; Enhance Fitness-Ellis Hollow Road Apts 11am-Noon; Lansing Community Seniors Group (place & time call 533-4920) Noon-2pm; Enhance Fitness-Juniper Manor 1-2pm; Crafting Circle 1-3:30pm; Enhance Fitness-McGraw House 2-3pm; Arthitis Peer Support Group 2-4pm; Long Term Care Planning Insurance Counseling (Appt. 273-1511) 3-6pm; Wednesday Night Book Club 7-9pm. Info 273-1511. 119 W. Court St.

Little Explorers Storytime 11am. Borders Books in Pyramid Mall, 257-0444

Local Foods Culinary Passport Begins, Restaurant's, Cafe's, Deli's in Ithaca, Trumansburg & Lansing. Aug 1-31. Cornell Cooperative Extension Tompkins County and Ithaca/Tompkins Co. Convention & Visitors Bureua will launch this celebration. Have your passport stamped 5 times and enter to win prizes. Info 72-2292 or ccetompkins.org/local-food/events.html

Lynn Wiles , Watercress Bistro, Noon-2pm. Performing solo guitar every Wed. Info www.watercressithaca.com or 257-0823. 2 Hickory Hollow Lane, Ithaca

Panigma Steel Drum Band Concert, Lifelong, Noon-1pm. Enjoy Caribbean music with high energy performances featuring traditional & popular songs. Free Info 273-1511 or www.tclifelong.org. 119 W. Court St

Racing Thunder, Glen Festival, Watkins Glen. Warm up for NASCAR . Info 535-4300 or chamber@schuylerny.com

Seidaiko "Taiko" Japanese Drum Classes, World Seishi Karate, 7-8:30pm. For beginning students.Info www.seishihonbu@verizon.net or 277-1047. 989 Dryden Rd. (in Varna)

Summer Sprouts: Jabuti the Tortoise by Gerald McDermott, Ithaca Children's Garden, 10-11am. Stories and hands-on gardening for children 2-5 years old and their caregivers. Free. Info 272-2292 or www.ccetompkins.org. Cornell Cooperative Extension.

The Argument, Hangar Theatre, Wedge Performance, 5:30pm. Mia and Ana are twins. When Ana dies in a catastrophic flood, Mia decides to give her the life she will never have. Comic in its darkness, this finds pathos & humor in unexpected places. Info & tix 273-4497 or info@hangartheatre.org

Trumansburg Farmers Market, Crn of Rt 227 and 96 at Trumansburg Village Park, 4-7pm. Local produce, meats, cheese, eggs, baked goods and Crafts.

Wednesday Afternoon Crafts, Southworth Library, 3pm. Info 844-4782 or www.southworthlibrary.org. 24 W. Main St

Wednesday Night Drumming and Dancing, Moonlight Dancer Studio, 7-9pm. Exploring rythms and expressive dance, come with your drums and desire to move, bring your friends and families. Info email jml11us@juno.com. 407 Taughannock Blvd

9 Thursday

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

Almost, Maine, Cortland Repertory Theatre, 7:30pm. On a cold February night, the Aurora Borealis flashes brightly overhead. Romance blankets the town like falling snow & unexpected magic lingers in the air like a lover's breath on a cold night. Some hearts are healed, some may be broken, but one way or the other everyone is "Almost" changed. Tix & info www.cortlandrep.org or 756-2627

Androcles and the Lion, Hangar Theatre, Kiddstuff, 10am & Noon. In this story, the lion and the mouse strike up an unexpected alliance in which the strong and the weak discover how much they need one another. Info & tix 273-4497 or info@hangartheatre.org

Bleeding Kansas, Hangar Theatre, 7:30pm. It's 1856 where a young Boston abolitionist throws aside her needlework to cross paths with a Missouri-bred Border Ruffian, 7 neighboring farmers become divided by more than their fences, local politics end up a matter of historical importance. Info & tix 273-4497 or info@hangartheatre.org

Cover Letter Magic, Tompkins Workforce-NY Career Center, 1-2pm. Topics to be covered Traditional and emailed cover letters and contents of effective cover letter. Info 272-7570 x118. Center Ithaca Bldg., 171 E. State St

Cultural Garden Adventures: Old World/New World Pizza Garden, Ithaca Children's Garden, 4:30-6pm. Culture, horticulture, and science combine in this hands-on gardening program for youth ages 6-12 and their families. Every other Thursday. Reg req. Fee. Info & reg 272-2292 x186 or www.ccetompkins.org

Finger Lakes Culinary Bounty Harvest Dinner, 6:30pm. A five course meal featuring local artisan foods and wines is served to benefit the Finger Lakes Culinary Bounty. NYS Commissioner of Agriculture Patrick Hooker will be the keynote speaker. Info & res 315-789-7190

Foster Care/Adoption Informational Meeting, Human Services Building, Room 142, Noon-1pm. For anyone who may be considering becoming a foster parent and/or adoptive parent and wants more info. Tomkins County has a special need for foster families in the Ithaca City School District and for families who will foster teenagers. Info 274-5266. 320 W. State St

From Steamboat Captain to Wine Stewart: Summer Work in the Finger Lakes, The History Center in Tompkins County, Tues, Thus & Sat 11am-5pm. Now thru Aug 15th. A look at the historic nature of vacation work-from transportation and food provision to service jobs and retail. Info www.TheHistoryCenter.net or 273-8284. 401 E. State St

Girls School Gothic, Hangar Theatre, Wedge Performance, 5:30pm. When Ash Whitaker hides in the bathroom of her all-girls' school, little does she know what she'll find lurking in the stalls. High school turns terrifying in Lucy Boyle's tale of teenage angst as a strange friendship develops between a popular girl & a 19th century mental patient who never died. Info & tix 273-4497 or info@hangartheatre.org

Hatha Yoga w/Dr. Kasia, World Seishi Karate, 12-1:20pm. Info www.seishihonbu@verizon.net or 277-1047. 989 Dryden Rd. (in Varna)

Jonah Bokaer's "Invention of Minus One", Henry St. Johns Building, 8pm. This is an informal showing of this work. There will be a lively Q&A session after. Free & open to all. Info 273-2556 or jst16@cornell.edu

Jubilee Swing, Carriage House Cafe, 305 Stewart Ave., 9-11pm. Bring a friend and dance to great music from the 1920's-1950's. Fee. Info info@jubileeswing.com or 280-9944

Kripalu DansKinetics, Tiamat Studio 139, The Commons, 7:25-8:30pm. Every Thursday. Info Sigrid Kulkowitz 272-0407 or www.flyingleaps.com

Kundalini Yoga Class, YogAnahata, 10:30am. Every Thursday. Info satnam12@hotmail.com. 101 Linn St

Lifelong, Poetry Writing Class 10-11:30am; Strength Training-Lifelong 11:30am-12:30pm; Nothside Southside Book Club Noon-1:30pm; Canceled-Open Computer Lab 1-3pm; Couples Country and Line Dancing 6-9pm. Info 273-1511. 119 W. Court St.

Music in the Park-"Backtalk", Myers Point, Lansing Town Park. Bring your dinner, coolers and lawn chairs and enjoy an evening of great music. Info 533-7388 or www.Lansingtown.com/parks

Out of Bounds, WEOS-FM 88.1, 7pm. This weekly interview program will feature host Tish Pearlman in conversation with Cornell Law Professor Trevor Morrison. Morrison and Pearlman will be discussing the Supreme Court, Habeas Court, and other issues. Info www.outofboundsradioshow.com or 277-4128

Owl Prowl, Taughannock Falls State Park, 8pm. Look, listen and learn about the special adaptations of these creatures of the night. Meet at campground recreation building across from site #19. Info 387-7041 x131

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

P.O.D. (Professional Opportunity Developers), Tompkins Workforce NY-Career Center, 10-11am. Network with people who previously held executive or high-level technical positions. Info 272-7570 x118. Center Ithaca Bldg, room 225, 171 E. State St

"Quilling: A Brief History and How To" by Caroline Spellman, Handwork, 7pm. Creating beautiful pictures with strips of colored paper. Info www.handwork.coop or 273-9400. 102 W. State St.

Senior Theatre Troupe, Lifelong, 1-2pm. Meets every Thursday. Accepting new memebers, all levels of experience welcome, Instructor Sue Perlgut. Info 273-1511 or www.tclifelong.org. 119 W. Court St

StrollerFit, Stewart Park Toddler Playgroung, 9:30am, May thru July. Parents can exercise with their stroller-age children (ages 6weeks to 4yrs). First class free. Info 351-2945 or www.strollerfit.com/ithaca

Summer Concert Series, the Commons, 7-9pm. Free live music every thursday night. Info www.downtownithaca.com

Tall Tales of Taughannock Falls, Taughannock Falls State Park, 11am. Walk with a park naturalist to discover the origins and nature of one of the highest waterfalls in the Northeast. Meet at start of Gorge Trail by Rt 89. Info 387-7041 x131

The Argument, Hangar Theatre, Wedge Performance, 10:30pm. Mia and Ana are twins. When Ana dies in a catastrophic flood, Mia decides to give her the life she will never have. Comic in its darkness, this finds pathos & humor in unexpected places. Info & tix 273-4497 or info@hangartheatre.org

The Beauty of Buttermilk Falls, Buttermilk Falls State Park, 11am. Join a park naturalist on a 3/4-mile hike through this gorge of stunning waterfalls and pools. Meet at swim area in lower park off Rt 13. Info 387-7041 x131

The Cortland Old Timers Band, Court House Park, Cortland, 7pm. Court House Park Music Series. Info 753-1741 or 753-3921 or www.cortland.org

Two Gorges in One, Robert H. Treman State Park, 11am. Enfield Glen has rocky and wooded sections. Explore both sections on this 1/2-mile walk to 115-foot-high Lucifer Falls. Meet at Old Mill in upper park off Rt 327. Info 387-7041 x131

10 Friday

Almost, Maine, Cortland Repertory Theatre, 2 & 7:30pm. On a cold February night, the Aurora Borealis flashes brightly overhead. Romance blankets the town like falling snow & unexpected magic lingers in the air like a lover's breath on a cold night. Some hearts are healed, some may be broken, but one way or the other everyone is "Almost" changed. Tix & info www.cortlandrep.org or 756-2627

Amy Dickinson, Dryden Village Hall, 7:30pm. Amy Dickinson will present "Always a Bridesmaid, Never a Dairy Princess: Mostly True Stories of Small Town Life". Tix available at Southworth Library or at the door. 16 South St., Dryden

Androcles and the Lion, Hangar Theatre, Kiddstuff, 10am & Noon. In this story, the lion and the mouse strike up an unexpected alliance in which the strong and the weak discover how much they need one another. Info & tix 273-4497 or info@hangartheatre.org

Back to Democracy Free Movie Night, Trumansburg Fire Hall, 7pm. Trumansburg for Hacking Democracy, a documentary that asks the questin, "how does America vote?". Free & open to all. Info www.backtodemocracy.org or 387-5080. Main St./Rt 96

Beatuy of Bats, Robert H. Treman State Park, 8pm. Learn the truth about these much maligned but beneficial creatures. Meet at South Shelter. Info 387-7041 x131

Bleeding Kansas, Hangar Theatre, 8pm. It's 1856 where a young Boston abolitionist throws aside her needlework to cross paths with a Missouri-bred Border Ruffian, 7 neighboring farmers become divided by more than their fences, local politics end up a matter of historical importance. Info & tix 273-4497 or info@hangartheatre.org

Family Nights, Cass Park Rink, 7-9pm. Enjoy roller skating at Cass Park, admission is $5 per person, includes skate rental. Info www.cityofithaca.org or 273-8364

Gabe Cummins and Rick Schell and Gary Wilson ant the Blind Dates, Market Place, 64 Main St., Cortland, 6pm. Main Street Music Series. Info www.freewebs.com/mainstreetmusicseries

Girls School Gothic, Hangar Theatre, Wedge Performance, 11pm. When Ash Whitaker hides in the bathroom of her all-girls' school, little does she know what she'll find lurking in the stalls. High school turns terrifying in Lucy Boyle's tale of teenage angst as a strange friendship develops between a popular girl & a 19th century mental patient who never died. Info & tix 273-4497 or info@hangartheatre.org

Green Fest, Community School of Music and Arts, 6:30-9:30pm. Three speakers will address the power of sustainability. Fee. Info rachel@cobooks.com or 569-2114. 330 E. State St

James Potorti Finger Lakes State Parks Interpretive Walks: Watkins Glen, 1-2:30pm. PRI staff explain the geological history of the parks, including both the origin of the rocks and the spectacular land forms. Fee for entry to park. Meet at end of lower (main) parking lot, near beginning of trail. Info 273-6623 or www.museumoftheearth.org 1259 Trumansburg Rd, Route 96 Ithaca

Lifelong, Enhance Fitness-Lifelong 8:30-9:30am; Coffee Time 9:30-11:30am; Beginning Bridge 10am-Noon; Enhance Fitness-Enfield Community Center 10:15-11:15am; Enhance Fitness-Ellis Hollow Road Apts 11am-Noon; Canceled-Tai Chi Class 11:30am-12:30pm; Enhance Fitness-Juniper Manor 1-2pm; Line Dancing 12:45-1:50pm; Mahjong Group 1-3pm; Enhance Fitness-McGraw House 2-3pm; Square, Line, & Polka Dancing 2-4pm; Scrabble & Board Games 3-4:30pm. Info 273-1511. 119 W. Court St.

Love Shoe Laff Fest: On the Loose, The Ithaca Commons, 4-5pm. A moving improvisation with laffers, dancers and other performers. The event begins in front of Bool's Flower Shop, travels to Bank Alley through the Center Commons and finishes in front of the Historic Clinton House.

Movie Night, Borders Books in Pyramid Mall, 6:30-8pm. We'll show movies that appeal to kids age 5-10. 257-0444

Nature Bingo, ButtermilkFalls State Park, 2pm. Join park staff in fun and games and win prizes. Meet near swim area. Info 387-7041 x131

On the Right Track, Taughannock Falls State Park, 3pm. Participate in a hands-on activity making animal track field guides then take a short walk to learn how to recognize animal signs. Meet at start of Gorge Trail by Rt. 89. Info 387-7041 x131

Outdoor Concerts, Arts Quad, Cornell University, 7:30pm. Rising Sign (Latin). Info www.summer.cornell.edu/events

Pajamarama Storytime, Barnes & Noble, 7pm. Join us for stories for preschool & elementary age children. Juice & snacks provided, pj"s welcome. Info 273-6784 or www.BN.com

Rookie Reader Storytime, Barnes & Noble, 10:30am. Join us for stories perfect for infants & toddlers. Activities will follow. Info 273-6784 or www.BN.com

Story Hour at Lansing Community Library Old Town Hall, Lansing. 2 yr olds: 10-10:20am. 3 yr olds: 10:30-11am. All children with care provider. Info: Susan 266-0266

Stream Safari, Robert H. Treman State Park, 2pm. Life in the underwater world of Enfield Creek has many surprises. Come and find out what they are. Meet at South Shelter in lower park. Info 387-7041 x131

Summer Fun Fridays, Lielong. Fitness Class 8:30-9:30am; Coffee Time 9:30-11:30am; Bridge 10am-Noon; Tai Chi Class 11:30am-1pm; Mahjong 1-3pm; Line Dancing 1-2pm; Square, Round & Polka 2-4pm; Scrabble & Board Games 3-4:30pm. Info 273-1511. 119 W. Court St.

Summer Intensive Permaculture Design Cerification Course, Cayuga Nature Center. Aug 3-19. Hands on experiential learning, explore the principles, techniques, & challenges of permaculture through presentations, projects & games. Fee. Info & reg www.fingerlakespermaculture.org or 273-6260. 1420 Taughannock Blvd

The Argument, Hangar Theatre, Wedge Performance, 6pm. Mia and Ana are twins. When Ana dies in a catastrophic flood, Mia decides to give her the life she will never have. Comic in its darkness, this finds pathos & humor in unexpected places. Info & tix 273-4497 or info@hangartheatre.org

Workshop for Adults: Chinese Calligraphy, Johnson Museum of Art, 3-4:30pm. Fridays for 5 weeks Museum favorite Jim Hardesty teaches techniques of Chinese calligraphy. Many of the techniques taught in this class are also used in Chinese brush painting. Fee. Info & reg 255-6464 or www.museum.cornell.edu

Ulysses Historical Society, Weekly hours Mon 9-11am; Fri 2-4pm & Sat 2-4pm.Open until Dec 1st. Info387-6666

11 Saturday

8th Annual Brockway Truck Show, Downtown Cortland, 8:30am Parade. Enjoy the Truck Show, awards, chicken BBQ & auction. Info www.cortlandtourism.com or 756-6499 or www.brockwaytrucks.org or 753-8463

10th Annual Tompkins County Farm City Day, Lew-lin Farms, 433 Livermores Rd., Dryden, 11am-4pm. Enjoy wagon rides, wool spinning, honey bee observation, see farm animals, silents auction, & help make a giant ice cream sundae.Info www.cce.cornell.edu/tompkins/FarmCityDay

3-6 Year Old Yoga, Namaste Montessori School, 2-2:45pm. Info 273-1673 or littlebuddhasyoga@gmail.om. 1608 Trumansburg Rd

6-9 Year Old Yoga, Namaste Montessori School, 3-3:45pm. Info 273-1673 or littlebuddhasyoga@gmail.om. 1608 Trumansburg Rd

Almost, Maine, Cortland Repertory Theatre, 7:30pm. On a cold February night, the Aurora Borealis flashes brightly overhead. Romance blankets the town like falling snow & unexpected magic lingers in the air like a lover's breath on a cold night. Some hearts are healed, some may be broken, but one way or the other everyone is "Almost" changed. Tix & info www.cortlandrep.org or 756-2627

Androcles and the Lion, Hangar Theatre, Kiddstuff, 10am & Noon, Pay What You Can. In this story, the lion and the mouse strike up an unexpected alliance in which the strong and the weak discover how much they need one another. Info & tix 273-4497 or info@hangartheatre.org

Bike Tioga 2007. Enjoy a two-day bicycle-touring event through Tioga, Tompkins, Schuyler, Chemung & Broome Counites. Rides range from 27 miles to 102 miles. Fee. Info & reg www.biketioga.com or 687-7440

Bleeding Kansas, Hangar Theatre, 3 & 8pm. It's 1856 where a young Boston abolitionist throws aside her needlework to cross paths with a Missouri-bred Border Ruffian, 7 neighboring farmers become divided by more than their fences, local politics end up a matter of historical importance. Info & tix 273-4497 or info@hangartheatre.org

Crossing Borders, Studio Broadcast, 8pm. Songwriter special from the studio with Denice. Info 275-0021 or crossingborderslive.org

Cultural Garden Adventures: Old World/New World Pizza Garden, Ithaca Children's Garden, 4:30-6pm. Culture, horticulture, and science combine in this hands-on gardening program for youth ages 6-12 and their families. Every other Saturday. Reg req. Fee. Info & reg 272-2292 or www.ccetompkins.org

Enfield Community Yard Sale, 8am-2pm. There are three ways to participate Have a sale at your home, rent a table, or donate items to sell which benefits the Enfield Youth Program. Full cocession stand opens at 10am. Maps available at the Community Building. Info 277-3478 or 277-2333.

Explorers Storytime 11am at Borders Books in Pyramid Mall, 257-0444

Family Fun Saturdays, Ithaca Children's Garden, 10-11am. Workshops for children ages 5-12 and their grown-ups. Sample workshops: Salad Quilts, Funky Gardens, Wacky Container Gardens, Music in the Garden, & more. Fee. Info & reg 272-2292 or www.ccetompkins.org

Family Fun Workshop: Funky Garden Art, Ithaca Children's Garden, 1-2pm. Liven up your garden, yard, or porch with truly original creations. Rec 5-12 yrs Fee. Info & reg 272-2292 x186 or LAM26@cornell.edu. Cass Park, Rt 89

Films on the Facade, Johnson Museum of Art, 9pm. Enjoy free popcorn and the film Raiders of the Lost Ark. Info 255-6464 or www.museum.cornell.edu

Fossil Collecting Family-Friendly Trips, Museum of the Earth, 10am-1pm. Penn-Dixie Quarry, Hamburg, NY (3 hours west). This trip is ideal for bringing children of all ages for easy & accessible fossil collecting. Info 273-6623 or www.museumoftheearth.org 1259 Trumansburg Rd, Route 96 Ithaca

Fossil ID Day, Museum of the Earth, 10-11:30am. Info 273-6623 or www.museumoftheearth.org 1259 Trumansburg Rd, Route 96 Ithaca

From Steamboat Captain to Wine Stewart: Summer Work in the Finger Lakes, The History Center in Tompkins County, Tues, Thus & Sat 11am-5pm. Now thru Aug 15th. A look at the historic nature of vacation work-from transportation and food provision to service jobs and retail. Info www.TheHistoryCenter.net or 273-8284. 401 E. State St

Get a Clue @ Your Library Ending Celebration, Lansing Town Hall, Auburn Rd., 10am. Bubbleologist Jeff Boyer will explain the mystery of bubbles & for the grand finale he will blow a bubble around a child who is in attendance. Open to all. Info 533-4939

Green Fest, Cayuta Sun, 2962 Swamp Rd., Cayutaville, all day. The day will include demonstrations, presentations & more. Fee. Info rachel@cobooks.com or 569-2114

Impeachment Tabling, in front of the Worker's Center, 2-5pm. Info 387-5080 or burganderfarm@yahoo.com

Jazz Dance Classes with Nancy Gasper, Finger Lakes Fitness Center, 11am. Beginners. Nonmembers & drop-ins welcome. Info 256-3532. 171 E. State St., Center Ithaca, lower level

Kids Gardening Club, Ithaca Children's Garden, 10-11am. Learn to garden, share in the harvest, hunt for bugs. Come once or all 7 saturdays. All ages welcome. Free. Info 272-2292 x186 or lam26@cornell.edu

Lifelong, Men's Group 9am-Noon; Introduciton to Open Source applications 10am-Noon; Writing Group 1:30-3:30pm. Info 273-1511. 119 W. Court St.

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

One-Heart Community Drum Circle, Beech Hill Pond Community, time TBA. Potluck, open drum circle, bon fire, swimming. 280 Beech Hill Rd., W. Danby

Open Community Drum Circle, Stewart Park NW corner (warm weather permitting) or inside at the Alternative Community School, 111 Chestnut St., Ithaca, 6pm. Bring your family and friends, lots of extra drums availlable. Potluck optional. Info ecstacy2@earthlink.net

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

Public Skating, Community Recreation Center, Ithaca, 8:30-10pm. 277-7465

Renaissance Festival: Costume Weekend, Sterling, 10am-7pm. Sat & Sun July 7th-Aug 19th. Join the merriment that abounds among the wooded lanes & pageantry of 16th century "Warwickshite". Fee. Info www.sterlingfestival.com or 800-879-4446

Sciencenter Showtime "Too Small to See?", Sciencenter, 2pm. Daron Westly will describe how scientists examine and make tiny, nanoscale materials and devices. Included with admission. Info 272-0600 or www.sciencenter.org. 601 First St

Seidaiko "Taiko" Japanese Drum Classes, World Seishi Karate, 4pm. For ongoing students. Info www.seishihonbu@verizon.net or 277-1047. 989 Dryden Rd. (in Varna)

Silverback, Country Music Park, 8-12pm. www.cortlandtourism.com. 1804-24 Rt13., Truxton Rd., Cortland

Stories Among the Stars, Robert H. Treman State Park, 8pm. Come celebrate the Perseid Meteor shower on this night while learning about what you will see. Meet at South Shelter in lower park. Info 387-7041 x131

StrollerFit, Stewart Park Toddler Playgroung, 9am, May thru July. Parents can exercise with their stroller-age children (ages 6weeks to 4yrs). First class free. Info 351-2945 or www.strollerfit.com/ithaca

Summer Concert Series featuring The Ithaca Dixieland Band, Taughannock Falls State Park, 7pm. Dixieland music. Parking fee. Info 387-6739 or www.nysparks.com

Sweet Pete, Castaways, 10pm. A night of Sweet Pete's old tumes as well as Hendrix, Jeff Buckley, Marvin Gaye and more. Info www.bennettstudios.com/briandozoretz.htm

Tall Tales of Taughannock Falls, Taughannock Falls State Park, 11amtour cancelled & 2pm-offered. Walk with a park naturalist to discover the origins and nature of one of the highest waterfalls in the Northeast. Meet at start of Gorge Trail by Rt 89. Info 387-7041 x131

The Beauty of Buttermilk Falls, Buttermilk Falls State Park, 11am & 2pm. Join a park naturalist on a 3/4-mile hike through this gorge of stunning waterfalls and pools. Meet at swim area in lower park off Rt 13. Info 387-7041 x131

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

Two Gorges in One, Robert H. Treman State Park, 11am-offered & 2pm-canceled. Enfield Glen has rocky and wooded sections. Explore both sections on this 1/2-mile walk to 115-foot-high Lucifer Falls. Meet at Old Mill in upper park off Rt 327. Info 387-7041 x131

Ulysses Historical Society, Weekly hours Mon 9-11am; Fri 2-4pm & Sat 2-4pm.Open until Dec 1st. Info387-6666

12 Sunday

1st Annual Jackie Yoder Memorial Golf Tournament, Stonehedges Golf Course, 9am. 4 person Captain and crew format tournament. Includes golf cart, prizes, chicken BBQ, door prizes, & raffles. Organized by Kiwanis Club of Dryden. 1/2 of funds go to Caring Community Hospicare of Cortland in Jackie's memory. Info 708-4031 or 844-5211

19th Annual Antique Truck Historical Society Show, Cortland County Fairgrounds, 8:30am-4:30pm. Info 754-1965

13 Monday

Almost, Maine, Cortland Repertory Theatre, 2pm. On a cold February night, the Aurora Borealis flashes brightly overhead. Romance blankets the town like falling snow & unexpected magic lingers in the air like a lover's breath on a cold night. Some hearts are healed, some may be broken, but one way or the other everyone is "Almost" changed. Tix & info www.cortlandrep.org or 756-2627

Bike Tioga 2007. Enjoy a two-day bicycle-touring event through Tioga, Tompkins, Schuyler, Chemung & Broome Counites. Rides range from 27 miles to 102 miles. Fee. Info & reg www.biketioga.com

Food Addicts in Recovery Anonymous, Cayuga Addiction Recovery Services Building. 9am. There are no dues, fees, or weigh-ins. Everyone is welcome including those who think they may have a problem with overeating, bulimia, or anorexia, or are concerned about someone else. Info 387-8329 or www. foodaddicts.org. Crn. State & Plain Sts., Ithaca

Green Fest, Bernie Milton Pavilion, Ithaca Commons, 10am-4pm. There will be a series of speakers and musicians. Info rachel@cobooks.com or 569-2114

Impeachment Tabling, GreenStar, 2-5pm every Sunday Info 387-5080 or burganderfarm@yahoo.com

Ithaca Communinity Drummers & Dancers, Notheast Corner Stewart Park, 2pm. Come share and help create an International Rythm Experience. Open to all who want to drum and dance as one

Jazz Dance Classes with Nancy Gasper, Finger Lakes Fitness Center, 7:15pm. Nonmembers & drop-ins welcome. Info 256-3532. 171 E. State St., Center Ithaca, lower level

Renaissance Festival: Costume Weekend, Sterling, 10am-7pm. Sat & Sun July 7th-Aug 19th. Join the merriment that abounds among the wooded lanes & pageantry of 16th century "Warwickshite". Fee. Info www.sterlingfestival.com or 800-879-4446

Second Sunday Celebration Circle, Common Heart Interfaith Fellowship, 7-8:30pm. An egaging and uplifting Interfaith celebration that weaves together prayer, mediation, singing, & simple participatory ritual from many traditions. Info 227-5683. 301 S. Geneva St

Six Mile Creek Vineyard, "Healthy Hearts and Sophisticated Living", Six Mile Creek Vineyard, 2-5pm. Enjoy food sampling, massage, & live music. In the evening, join us for a four-course winemaket's meal in the winery. Info 272-WINE or www.sixmilecreek.com. 1551 Slaterville Rd. (Rt 79)

Create A Dynamic Resume, Tompkins Workforce NY Career Center, 10am-Noon. What you will need to know in order to create the resume for an effective job search. Info 272-7570 x118. Center Ithaca Bldg., 171 E. State St

Culturally Sensitive Parenting, Cornell Cooperative Extension, 6:30-8:30pm. A program for all parents/caregivers, this eight week series is based on the Effective Black Parenting curriculum. Childcare available, call ahead. Free. Info & reg 272-2292. 615 Willow Ave

Hatha Yoga w/Dr. Kasia, World Seishi Karate, 6-7:20pm. Info www.seishihonbu@verizon.net or 277-1047. 989 Dryden Rd. (in Varna)

Infant Care Class, Cayuga Medical Center. The basics on the care and feeding of your little one in the first few weeks. Fee. Info 274-4011. 101 Dates Dr.

Open Computer Lab, Lifelong, 10:30am-Noon. Drop in for free internet access, one-on-one tutoring or computer help. Beginning and advanced learners are welcome. Info 273-1511. 119 W. Court St.

Parenting Babies and Toddlers, Cornell CooperativeExtension, 6-7:30pm. 6 week series. Discussion of topics will include: child development, bonding, safety, toilet training, positive communication, play & more. Info & reg 272-2292. 615 Willow Ave

Personal Defense, World Seishi Karate, 7:30-8:30pm. Info www.seishihonbu@verizon.net or 277-1047. 989 Dryden Rd. (in Varna)

Sciencenter Open Mondays in August, Sciencenter. Throughout August you can visit the Sciencenter and explore hands-on science seven days a week, includng Labor Day. Info www.sciencenter.org or 272-0600. 601 First St

Shakuhachi Flute w/Senpai Kim, World Seishi Karate, 6:30-7:30pm. Info www.seishihonbu@verizon.net or 277-1047. 989 Dryden Rd. (in Varna)

Ulysses Historical Society, Weekly hours Mon 9-11am; Fri 2-4pm & Sat 2-4pm.Open until Dec 1st. Info387-6666

Yoga for Women in Midlife, Soma Living Arts, 7-8:30pm. Explore the possiblities for renewed strength and aliveness, calm and alert mind, with acceptance and compassionate awareness. Info 319-4138 or nishkala@twcny.rr.com 409 W. State St., ground floor (back of bldg)

Submit Your Calendar Listing:

• **visit** tompkinsweekly.com and click on submissions
• **email**: jgraney@twcny.rr.com
• **fax** 607-347-4302
• **write**: Tompkins Weekly PO Box 6404, Ithaca, NY 14851

Deadline: is each Wednesday for the following Monday's paper.

Common Medical Advice Dispelled

By Jennifer Moyer

In recent weeks new research has shown that some of the things that we thought were good for us are just not worth the time and money. Just like in the days when it was believed that babies should be encouraged to sleep on their tummies and frogs could cause warts, it seems scientists have changed their tune again.

Vitamin C, once believed to have preventive powers against the common cold, was shown to be useless. While two-time Nobel Prize-winner Linus Pauling purported that Vitamin C produces curative effects, an analysis of Vitamin C supplementation, which consists of assessing more than 11,000 patients over 60 years in 30 studies, shows otherwise. Conducted by the Australian National University in Canberra and Finland's University of Helsinki, the study produced interesting results: the subjects studied took at least two grams of the vitamin a day, which is four times the dosage typically found in supplements. Researchers also note that eating foods high in Vitamin C, like oranges, is pointless in trying to reduce cold symptoms.

It also appears we can no longer believe everything we read on the ketchup bottle. The cancer-fighting effects of lycopene, the pigment that gives tomatoes their red color, was dismissed by the Journal of the National Cancer Institute, too. An evaluation of more than 145 studies found no evidence that lycopene reduces cancer risks.

Another cancer-busting remedy took a hit. Beating breast cancer with a diet full of fruits and vegetables and low in fat was also found not to be effective. A Journal of the American Medical Association study shows that there is no additional benefit when taking more than the recommended servings of five fruits and vegetables a day. The seven-year study involved more than 3,000 women. For the 2.4 million breast cancer survivors, and the 178,000 women expected to be diagnosed with invasive breast cancer in 2007, the advice now is that there is no need to overdo it on fruits and vegetables.

Yet, scientists always leave room for modification and also point to other potential uses for Vitamin C, lycopene and diet changes. For example, some studies show that an increased intake of Vitamin C is linked to a decreased rate of mouth, throat, stomach, colon and lung cancer. Meanwhile, healthy adults don't need Vitamin C supplements, but those who are elderly, on estrogen-containing birth control pills, or taking aspirin regularly can have lower Vitamin C levels in their blood and may want to consider increasing their intake.

Moreover, those taking iron supplements for iron deficiency anemia are often advised to increase their Vitamin C intake to increase the absorption of iron. Limited evidence still exists for a possible benefit for lycopene in preventing prostate, ovarian, gastric and pancreatic cancer. And it's still true that eating plenty of fruits and veggies and sticking to a low-fat diet will help the body function better than if people were to live on chocolate candy, cake, and French fries.

The good news is that it seems the same old advice is sometimes still the best advice. A new study by Harvard University researchers shows that refraining from smoking, eating better and regular exercise not only helps people experience healthier lives, but can reap the rewards faster than expected. In a recent issue of Circulation, the study found that men who followed the five healthy habits of eating a balanced diet, exercising regularly, controlling weight, not smoking and drinking in moderation had an 87 percent lower risk of getting heart disease than men who ignore these behaviors. By eating a healthy diet, it was shown, blood pressure dropped in as early as two weeks. The study tracked 51,000 men for more than 16 years. Of course, the most important vice to quit is still smoking.

Even if it seems that Vitamin C supplements have been helping you get through those winter colds, no scientific study can take away the placebo effect.

Jennifer Moyer, BSN, RN is a frequent contributor to Tompkins Weekly. A former Ithaca resident, she now lives and practices nursing in the Boston area.

Cayuga Medical Center Birth Announcements

CASWELL – Charles E. Caswell and Sara F. Beckwith, Ithaca, a daughter, Tina Marie, on July 1.

PRENTICE – Matt Prentice and Becky Lott, Groton, a daughter, Alyssa Jean, on July 1.

ROSE – Kevin and Tonya (Rick) Rose, Freeville, a daughter, Ryan Lynne, on July 1.

PARK – Leone Shevalier, Caroline, a son, Tony Donald, on July 2.

SINN – Robert Brown and Patricia Sinn, Ithaca, a son, Cameron Robert, on July 2.

ADAMS – Daniel Adams and April Iacovelli, Danby, a son, Jacob Bennett, on July 3.

LOCKWOOD – Joe and Kristie (Post) Lockwood, Groton, a daughter, Riley Ann, on July 3.

TRAVIS – Frost and Kate Travis, Ithaca, a son, Knox, on July 3.

VAN VALEN – John and Gretchen (Schaffer) Van Valen, Trumansburg, a son, Quinn Allen, on July 3.

HUMMEL – Chris and Kellie (Eslinger) Hummel, Ithaca, a daughter, Anna Grace, on July 5.

FREE CONCERT
The Town of Dryden Recreation Department
presents the
12th Annual
INTERGENERATIONAL SUMMER
BAND & CHORUS
CONCERT
Saturday, August 11th, 7:00 PM
Groton High School auditorium &
Sunday, August 12th, 3:00 PM
Dryden High School auditorium
Enjoy "Rhapsody in Goo" ice cream from the Cornell Dairy.
Donations appreciated.
Grant support from the Community Arts Partnership.
COMMUNITY ARTS PARTNERSHIP



Pedicures, Manicures, Waxing, Highlights, everything you need for your night on the town
Crystal's Spa & Salon
crystalsspa.com
257-3334


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COLD Beverages
CHIPS of All Kinds
Fresh SALADS
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World-Class CHEESES
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Tompkins Weekly Classifieds

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Writers Wanted
interested in writing for Tompkins Weekly? We are looking to expand our group of writers. Contact Editor Jay Wrolstad at 607-539-7100 or email wrols@twcny.rr.com

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Enfield Community Yard Sale Sponsored by the Enfield Community Council. Saturday August 11, 2007. Yard Sale lists/maps available at Valley Korner Store after August 7, or join the "Another Man's Treasurer Sale" at the Enfield Community Building on Enfield Main Road from 10-2. Rent table space for $15 or donate your items to our sale. Call Ann Rider at 277-3478 or Karen Stevenson at 277-2333 for more info

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Seed Starting Supplies - Ithaca Agway Lawn & Garden Center. 213 S. Fulton St & Rt. 13. 272-1848

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SMALL TOWN STORIES: Dustin Charles, Dana Bennison, Molly Pope and Colin Wasmund star in the romantic comedy "Almost, Maine" at Cortland Repertory Theatre. The play will be presented Aug. 8 to 18 in the Edward Jones Playhouse at the Little York Pavilion. For more information visit www.cortlandrep.org.

County

Continued from page 1

Town of Ithaca would have to be built to launch a dredge into the reservoir.

Though these two are the main options, the city has also included several alternatives in the final draft-scoping document. These range from finding an alternative source of water on the city's shoreline of Cayuga Lake to alternative methods of laying the pipeline using directional drilling.

The environmental re-view process will investigate how construction of both main options would affect soil in the surrounding areas. It will look into the potential for erosion during construction and long-term occupancy of the sites.

Peterson says the city will be very careful when investigating both options to be sure no environmental aspect is overlooked. "The review could be finished this year or it could go into 2008, but we have quite a bit of time to go through it properly," she says. "That's why we're also taking the time to look into other topics beyond those factors, like the economics of it."

The final draft document is available online at www.ci.ithaca.ny.us. Click on "Announcements," then "Water Plant Meeting Schedule," then "Final Draft Scoping Document.pdf." Comments will be accepted until Aug. 8 at 4:30 p.m., and can be forwarded to JoAnn Cornish, city deputy director of planning and development. She can be reached at joannc@cityofithaca.org or by mail at 108 East Green Street, Ithaca, N.Y. 14850.

Researchers

Continued from page 8

research lab.

"We have unique experimental techniques uncommon to traditional biology labs," says Johnson. "The techniques of this lab are particularly useful for studying these motor proteins, because this instrumentation allows us to observe mechanical displacements and forces in ranges [on the order of nanometers and pico-newtons, respectively] that are relevant to molecular motor proteins."

The Wang Laboratory team is interested in many aspects of DNA replication. In the case of helicases, they are critical for many biological processes, which include DNA replication, repair and recombination.

"Without them, it would be impossible for cells to replicate themselves, as well as to repair themselves," explains Johnson.

Along with Johnson and Wang, the other team members who made this important find for biology include Smita Patel, a professor at the Robert Wood Johnson Medical School, Lucy Bai, who recently graduated with a Ph.D. in physics at Cornell and graduate student Benjamin Smith

Ten Thousand Villages Holds Rug Event

Ten Thousand Villages in Ithaca will hold its third annual Oriental Rug Event, featuring rugs from Pakistan made by fairly paid adult artisans, Aug. 24-26 at St. Catherine of Siena Catholic Church, 302 St. Catherine Circle in Ithaca.

Hours are Friday, noon to 8 p.m.; Saturday, 9 a.m. to 8 p.m.; and Sunday, 8 a.m. to 2 p.m. A free, educational presentation, "Introduction to Oriental Rugs," will be held on Aug. 24 at 6:30 p.m., also at St. Catherine's.

More rugs will be available at this year's rug event. An extra 50 rugs will be trucked from Ten Thousand Villages central location in Pennsylvania to satisfy the great response from Ithacans in past years.

The rugs, handmade in Pakistani homes by fairly paid adults, will be available for sale in a variety of sizes and colors during the event. Examples of the rugs available in Ithaca can be previewed at the Ten Thousand Villages rug website at rugs.tenthousandvillages.com.

Ithacans have been very supportive of Ten Thousand Villages' fair trade Oriental Rug Event, purchasing enough rugs in 2006 to support 40 Pakistani families. Rugs purchased at Ten Thousand Villages enrich the lives of the artisans who create them by providing income for food, health care, education and improved housing.

For more information about the Fair Trade Oriental Rug Event, please contact the store at 256-0616 or visit rugs.tenthousand villages.com.







