



Cornell Parent E-News

November 12, 2009

Cornell Activities

Harvest Festival

Saturday, November 14, 1:00-4:00 p.m.

Cornell Livestock Pavilion on Judd Falls Road off Rt. 366

Ho-Nun-De-Kah Presents the Annual Harvest Fair, an autumn festival of the honor society of Cornell's College of Agricultural and Life Sciences. A FREE fall event for the Ithaca community. Featuring: egg and spoon three legged races, pumpkin bowling, treasure hunt, hand turkey drawing, face painting, pumpkin and gourd painting and 4-H animals!

Faculty Night Out

The service fraternity, Alpha Phi Omega is sponsoring an event next Saturday, November 14th, called "Faculty Night Out". We want to provide Cornell faculty and staff as well as Ithaca residents with a babysitting service at St. Luke Lutheran Church from 5PM - 12AM so they can take the night off and relax. Many activities have been planned for the children such as origami, balloon animals, arts and crafts, movies, baking, and more.

About the Event:

Location: St. Luke Lutheran Church - 109 Oak Ave., Ithaca

Date: Saturday, November 14th, 2009

Rates:

Early Bird Discount (Registration by November 11th, 2009)

\$4 per child per hour or \$24 per child for the whole night (for any child of ages 3+)

\$5 per child per hour or \$30 per child for the whole night (for any child of age under 3)

Registration at the Door (Registration after November 11th, 2009 or at the event)

\$5 per child per hour or \$30 per child for the whole night (for any child of ages 3+)

\$6 per child per hour or \$36 per child for the whole night (for any child of age under 3)

Registration: You can register/RSVP for the event by emailing us at faculty.night.out@gmail.com

Johnson Art Museum Holiday Party

December 6, Sunday

1:00-4:00 p.m.

Celebrate the season at our annual party, with special live performances, refreshments, and a guest of honor in a red and white suit. A shuttle from Cornell's "A" lot will run from 12:30 to 4:15 p.m.

<http://www.museum.cornell.edu/HFJ/calendar/calendar.html>

Cornell Wellbeing Programs

School Closing Listserv

-To join this list, send an email to school-closing-L-request@cornell.edu with the body of the message stating "Join" (remove any signatures, styled text, or other words, as they will prevent the command from being understood).

Note: If you do not see your specific school closing/delay announced on this list, encourage your school administrators to contact WVBR when they occur (273-4000). Please note that if information about a particular school district is missing, we cannot take your word for it. The school district needs to contact WVBR directly.

Celebrate November as National Family Caregivers Month!

Seminar: Financial and Legal Concerns for Elders

Thursday, November 19

Noon-1:00 p.m.

354 Duffield Hall

Attend a lunchtime seminar presented by Joy Blumkin, a local attorney with Blumkin, Finlay & Bixler. Joy will address common legal and financial concerns of the elderly and their caregivers such as planning for incapacity (advance directives, guardianship, and trusts) and the expense of long term care.

To register please contact: Eileen McCoy Whang: emw76@cornell.edu, 5-1917.

Parents of Children with Special Needs Network - [Register Here](#)

- December 8, 12-1 p.m., B12 Day Hall

This network is geared for those that are raising children, grandchildren, or other loved ones with special needs. Participants are welcome to share their experiences, successes, and challenges, and provide input on the frequency and structure of future meetings. All types of special needs concerns are welcome (i.e. physical, behavioral, emotional, mental, etc.).

Adopting a New Pet: Strategies for Ensuring a Good Fit - [Register Here](#)

November 17, 2009, 12:00-1:00pm, Hagen Room, Shurman Hall

This workshop will discuss why you should consider adopting a shelter or rescue animal and how to make the best fit for your family.

Presenter: Kelley Bollen, MS, CABC. Kelley is the Director of Behavior Programs for Maddie's Shelter Medicine Program at Cornell University's College of Veterinary Medicine. In this role she teaches veterinary residents and veterinary students about behavior and consults with area animal shelters about the importance of behavioral health for their animals.

Prenatal Yoga

Tuesdays & Thursdays 9:00-10:00am

Helen Newman Hall Classroom

These classes are drop-in and on-going, so join us at any time!

Are you pregnant and looking for a safe, fun group exercise class to participate in? Try Prenatal Yoga! This class is appropriate for all stages of pregnancy, and all levels of yoga experience, from absolute beginners to those who already practice yoga.

Through deep stretching and conscious breathing, you will have the opportunity to increase strength, flexibility, focus, and the ability to consciously relax. These skills can help alleviate many of the discomforts associated with pregnancy while actively preparing you for the birthing process.

Diane Fine, the class instructor, has been a certified Yoga Teacher since 1994. She has received specific training in Prenatal Yoga and currently teaches classes in Ithaca. Diane artfully blends the breadth of her yoga knowledge with the experience of birthing two children to create an environment where women can nurture and empower themselves.

For class fees, membership information, or just general questions about the class, please contact Diane Fine at 255-0637, or df89@cornell.edu.

Emotional Wellbeing Workshops

- Defusing Conflict and Controlling Anger in the Workplace, Nov. 12, 3-3:45 p.m.; 163 Day Hall
- The Power of Words: Healthy vs. Unhealthy Self-Talk, Nov. 16, 3-3:45 p.m.; 163 Day Hall
- Depression in the Workplace, Dec. 3, 3-3:45 p.m.; 163 Day Hall

Wellness Program Offerings: <http://wellness.cornell.edu/Fall2009Offerings.htm>

Lectures, workshops, classes and support groups

The programs offered above assist with personal growth and discovery, as well as healthy minds and bodies. They were designed with Cornell faculty, staff, and retirees in mind and are facilitated by the Wellness Program, Faculty and Staff Assistance Program (formerly EAP), Work/Life and Retiree Programs. For detailed descriptions and information about registration, visit <http://www.ohr.cornell.edu/workLife/balancing/workshops.html>

Cornell Cooperative Extension

Climbing Wall Competition

Sunday, November 15, 12-6 PM

Lindseth Climbing Wall, Bartels Hall, Cornell University

The OURS & YOURS Program will hold a Climbing Wall Competition on Sunday, November 15 between 12 and 6 PM at the Lindseth Climbing Wall in Bartels Hall at Cornell to raise funds for the youth programs it provides for young people from families with limited resources who live in mobile home parks in Freeville, NY.

Participants of all climbing levels are welcome. Come climb for the first time, or enroll in the advanced competition. There will be 80 courses marked out for the event, divided between beginner, intermediate, and advanced, and there

will be special kid's challenges, too! There will be prizes awarded at all levels. Registration fee for participants is \$10/adult or \$5/youth 12 and under, however everyone is welcome to come and cheer on friends in their climb! Energy food & drinks will be available for a small fee. All proceeds benefit OURS & YOURS Programs. REGISTER NOW! E-mail your name and desired climbing level (beginning, intermediate or advanced) to Julie Newman at jad52@cornell.edu, and submit your registration fee in the form of cash or check made out to "OURS & YOURS" at the Cornell Outdoor Education office in Bartells Hall or to:

OURS & YOURS Program

Cornell Cooperative Extension
of Tompkins County
615 Willow Avenue
Ithaca, NY 14850

Bartells Hall is located between the ice hockey rink and football stadium at Cornell University. Directions can be found at:
<http://www.coe.cornell.edu/goto.jsp?page=hours.and.location>

Questions about the event? Contact Mike Zupancic at: mgz4@cornell.edu

About the OURS and YOURS Program:

The OURS (Opportunity Understanding Respect Success) & YOURS (Youth Outreach Undergraduates Reshaping Success) Program provides opportunities for youth living in mobile home parks in Freeville, NY to participate in one-on-one mentoring, experiential learning, team building, leadership development, community service, field trips, gardening, cooking, and other non-competitive activities designed to build on 4-H Life Skills and Circle of Courage youth development strengths. There are approximately 35 youth enrolled in OURS & YOURS programs.

The OURS & YOURS Program receives some funds from the Dryden Youth Commission and Tompkins County Youth Services. However, many programs it provides are funded almost exclusively through grants, donations, and fundraisers such as this. A majority of its staff are volunteers. Community involvement and support is crucial to the program's ability to continue to offer the quality of programming these youth deserve.

You can learn more about OURS & YOURS and find out how you can get involved at: <http://www.oursandyours.org/> :-)

Information on the community programs listed below has been obtained from various community based listservs, newspapers, newsletter, and by submission of the sponsoring agency. Please contact the listed agency or individual for more information on each program.

Community Activities

Family Reading Partnership and our many community partners present the 12th annual Kids' Book Fest, this year with the theme of poetry- "Put a Poem in Your Pocket!"

Saturday, November 14, 2009

10:00 am – 4:00 pm

Boynton Middle School

1601 North Cayuga St, Ithaca, NY

About Kids' Book Fest and "Put a Poem in Your Pocket":

Since mid-October, children from across Tompkins County have been asking, "What poem do you have in your pocket?" as they collect poems from the more than 200 Poetry Pockets hosted by local businesses, organizations, schools and libraries across Tompkins County. "Put a Poem in Your Pocket", a joint initiative of Family Reading Partnership and Community Arts Partnership, caught on like wildfire as children read and shared poems, memorized and traded poems, and hugged and fell in love poems- everywhere!! **All of this poetry excitement culminates this weekend at Kids' Book Fest 2009, where children will be immersed in poetry and book fun, including the opportunity to create and collect many more poems throughout the Book Fest.**

Children's poems and artwork will be on display from area schools, and more than 25 local community organizations will host book or poetry activity stations. Area students and community members will be sharing rhymes from their native countries at the beautiful Fabric Globe, and children can walk through a room-sized interactive story of "My Village". With poetry writing in the Poetry Creation Room, art activities in the TCA/Head Start Art Room, stories in the Big Red Reading Tent, and local authors to visit in the Book Store, the Kids' Book Fest will be brimming with the magic and imagery of poetry and books. Please plan to join us for a full day of fun!

Families will enjoy special performances in the Boynton Auditorium:

10:05 am Opening Ceremony

11:00 am Judy Stock of "Miss Judy Presents"

12:30 pm Read- Along Songs with John Simon and Cal Walker

1:45 pm "And 2 Makes 3" storytellers

Meet local authors and illustrators in the Book Store!

11am – 12pm: Edward Ormondroyd & Anne Mazer

12pm – 1pm: Catharine O'Neill & Emily Johnson

1pm – 2pm: Suzanne Bloom & Lindsay Barrett George

2pm – 3pm: Minfong Ho, Katrina Morse & Johanna Van Der Sterre

Admission, activities and performances all free! Pasta Lunch \$3.00

With special thanks to Tompkins County Area Development for their sponsorship, in addition to free admission, all activities, crafts and performances at Kids' Book Fest continue to be free for families. Hot pasta lunch is available from 11:30 – 1:00 for \$3.00, and t-shirts, book bags and reading magnets are also for sale.

“My Village: Rhymes from Around the World” goes into the hands, homes and hearts of 4,160 of our children and families!

This year, more than 4,000 children in the TST BOCES district will receive their own copy of the featured book, “My Village: Rhymes from Around the World” collected by Danielle Wright and illustrated by Mique Moriuchi. This beautiful international poetry collection features rhymes from 22 countries in both the original language and English. These books are given as gifts from each school through the generous sponsorship of Time Warner Cable.

Please don't forget to bring gently used children's books! Bright Red Bookshelf donations will be collected at the Kids' Book Fest entrance.

For more information please call Family Reading Partnership at 277-8602.

www.familyreading.org

Music Together Free Demonstration Classes

Music Together® is a rich, varied, fun and engaging family music program for parents and children ages birth-kindergarten. Help your child grow musically! FREE demonstration classes!

Winter class series begins January 9th and runs for 10 weeks. **Pre registration required**

musictogetherofithaca.com or call 607-227-2500.

December 5, Saturday

Music Together Parent Child Class
FREE Demonstration Class, 10:00 a.m.

December 8, Tuesday

Music Together Parent Child Class
FREE Demonstration Class, 4:30 p.m.
Pre-registration required

December 12, Saturday

Music Together Parent Child Class
FREE Demonstration Class, 10:00 a.m.

January 9, Saturday

Music Together Parent Child Class
FREE Demonstration Class, 1:00 p.m.

January 12, Tuesday

Music Together Parent Child Class
FREE Demonstration Class, 4:00 p.m.

Sciencenter

www.sciencecenter.org

New! Bodies in Motion Exhibition

On display through January 3, 2010

Test the "maximum force" of your jumps, explore the physics of sports and compare your balancing ability with that of professional dancers.

Explore gravity, inertia, momentum, friction and other principles of physics as you leap and spin through 14 interactive exhibits.

Showtime! Sticky, Stretchy Putty

Saturday, November 14, 2 p.m.

The Cornell Society of Women Engineers will introduce visitors to the world of engineering, and kids will make a gooey polymer to take home.

Showtime! Leaping Lizards- and Salamanders and Snakes!

Saturday, November 21, 2 p.m.

Students from the Cornell Herpetological Society will give visitors of all ages an opportunity to get up close and personal with a variety of cool animals, including axolotls, a carpet python and crested geckos.

Tactile Time: Fingerpainting Fun

Tuesday, November 24, 10:30 a.m.

Toddlers and preschoolers are invited to explore their world through touch through fingerpainting. Smocks will be available.

Showtime! Houseplants for the Distracted Gardener

Saturday, November 28, 2 p.m.

Sciencenter educator John Alvarez will introduce visitors to the simple joys of raising succulents as houseplants. Families can take home cuttings of aloe vera to start their own indoor gardens.

Finger Lakes Railway Excursions

<http://www.fingerlakesscenicrailway.com/excursions>

Ride on the Fingerlakes Scenic Railway!

The following is a list of our public excursions for the 2009 season. We are continuing to add more events, so please check back regularly.

Please Note these items as you plan your trip.

- Excursions are listed in Date Order.
- Boarding Locations in each excursion are links to maps.
- Passenger Services operate April – December. Freight Operations run year-round.
- Each event has a unique Boarding Location and Theme. Some include multiple boarding locations.

Please RSVP for all Trips. Trip Details are subject to change.

- Canandaigua Mini-Ride to Shortsville
Saturday, November 14, 2009
Canandaigua
- Christkindl Market & Festival of Trees at Granger Homestead (Geneva to Canandaigua)
Saturday, November 14, 2009
Geneva Station
- Cayuga Harvest Train Surprise (2 TRIPS)
Saturday, November 21, 2009
Cayuga
- Shortsville Santa Express - Sponsored by the LVRRHS (5 TRIPS)
Saturday, November 28, 2009
Shortsville - LVRR
- Victor Santa Trains - Sponsored by Friends of the Railroad (3 TRIPS)
Sunday, November 29, 2009
Village of Victor
- Geneva Santa Express - sponsored by Geneva Rotary Club (5 TRIPS)
Saturday, December 5, 2009
Geneva Station
- Watkins Glen Santa Train - CANCELLED
Sunday, December 6, 2009
Watkins Glen
- Seneca Falls "It's A Wonderful Life" Holiday Train (3 TRIPS)
Saturday, December 12, 2009
Seneca Falls - Academy Square Park
Seneca Falls - Village Hall
- The Pajama Express - sponsored by CNY NRHS (2 TRIPS) -- SOLD OUT
Friday, December 18, 2009
Camillus
- Camillus Santa Express - sponsored by CNY NRHS (4 TRIPS)
Saturday, December 19, 2009
Camillus
- Auburn Santa Extravaganza - sponsored by CNY Model Railroad Club and Historical Society - (2 TRIPS)
Sunday, December 20, 2009

Ithaca Youth Bureau Tot Spot

Tot Spot at the Ithaca Youth Bureau opens Tuesday, October 27, at 9:30. It's an indoor playground for kids 5mon- 5 years. Fee \$2-\$4, but discount scholarship passes are available based on income. It's a great way for the little ones to get out energy and for at home parents and caregivers to meet and make connections. (It's not babysitting)

The bus goes there as well.

Hours are: T, Th, Sat - 9:30-11:30am

Sundays 3:30-5:30

For more information call the IYB at: [273-8364](tel:273-8364)

SewGreen

SewGreen is an inclusive community not-for-profit organization committed to the reuse of fabric, fiber, and fashion.

*** * * Classes For Kids and Families * * ***

Classes are held in the SewGreen classroom, at the Women's Community Building, 100 West Seneca Street, in downtown Ithaca. Pre-registration is required. To register, send an email to Wendy coord@sew-green.org or call 277-7611. Include your name, contact info, and what class(es) you'd like to attend. Class fees are on a sliding scale, if needed, and youth scholarships are available.

Friday, Nov 27, 1 to 4 pm

Holiday Gifts & Crafts: Make a winter scarf, drawstring gift bag, holiday cards and ornaments. For all ages. Children under 12 must be accompanied by a parent. FREE.

Friday, December 4, 11, 18, after school After-School Kids' Classes: Sign up your 8- to 12-year-old (boys, too!).

Beginners are taught in a small group setting, with individualized attention for more experienced students. Everything is supplied. Early Class, 2:20 to 3:50 pm, \$40. Late Class, 4 to 5:30 pm, \$40. Both the early and late class, \$75.

Saturday, Dec 19, 1 to 4 pm

Holiday Gifts & Crafts: Make a winter scarf, drawstring gift bag, holiday cards and ornaments. For all ages. Children under 12 must be accompanied by a parent. FREE.

~ ~ **Youth Apprenticeship & Jobs Program** ~ ~ High-school and middle-school youth, 13 and up, are invited to apply for free SewGreen Youth Apprenticeships. Apprentices learn or improve sewing skills and are encouraged to develop their own interests and talents in needlecraft, fashion design, or apparel construction. They also learn about being part of an inclusive organization, as well as teamwork, communication, and leadership. Apprenticeship experience can lead to after-school or summer jobs with SewGreen, and can be combined with other agencies' learning or job programs. Meeting times are Tuesday, Wednesday, and Thursday, from 4 to 5:30 pm, in the SewGreen classroom at the Women's Community Building.

Participants must be able to attend at least one session per week and can start any time. More information and application forms are available on the SewGreen website www.sew-green.org, or at the classroom.

~ ~ Volunteer Opportunities ~ ~

If you like to sew, we always need teachers and classroom assistants.

Training is provided and new ideas are welcome. Mentors for youth apprentices are also needed, as well as volunteers to help prepare sewing machines and fabric for resale. We need sewing enthusiasts to help us make items such as gift bags, tote bags, and aprons for charity or sale. In a few weeks, we will also be looking for volunteers with retail experience or who would like to learn. SewGreen's programs benefit all ages, often at no charge. Your gift of time and talent will help us continue to offer our gifts to the whole community. Contact Wendy, coord@sew-green.org, 607-277-7611 to talk about how you can get involved. Thanks!

2009 Downtown Ithaca Holiday Festival

November 17th - December 25th, 2009

www.downtownithaca.com

We are excited to welcome the Holiday Season to Downtown Ithaca. We have a number of special events planned throughout the holidays. These include the annual Holiday Parade of Ice, Santa's arrival, a Gingerbread competition (get decorating and submit your entry by December 2), a can drive and a buy local campaign. For this we are also partnering with Local First Ithaca for the Local Lovers Challenge. A schedule of events is included below.

Schedule of Events

November 17

Buy Local Campaign Launch and Film Showing

November 27

Local Lovers Challenge Starts (through December 25)

Season of Giving Can Drive Begins (through December 17) - Bring your non-perishable food items to drop off locations (TBA) in Downtown Ithaca. Let's make this a great holiday season for everyone in our community.

"I Buy Local" Button and Bookmark Campaign (while supplies last)

Holiday Lighting of the Commons and surrounding Streets

December 4

Holiday First Friday Gallery Night with Carolers & Roaming Musicians

December 5

Gingerbread House Trail Opens (through December 25)

December 6

Temple Beth El's Chanukah Festival 9am - 3pm

December 10

Large Ice Sculpture Installation

December 11

Parade of Ice Illumination Night - The unveiling of ice sculptures

Hanukkah begins at sundown

Performance, Carolers & Roaming Musicians

Ithaca Ballet's The Nutcracker 7:30pm with the Finger Lakes Symphony Orchestra

December 12

Ice Sculpture Carving Competition - Watch as competitors create sculptures before your very eyes. Vote for your favorite.

12noon - 4pm Santa's Arrival, Kids Activities, Performance & Photos with Santa in Center Ithaca

3pm Ithaca Ballet's The Nutcracker

December 13 3pm

Ithaca Ballet's The Nutcracker

Lights on the Lake

<http://www.lightsonthelake.com>

November 25-January 10

5:00-10:00 every night, including holidays

Onondaga Lake Park, Liverpool

Lights on the Lake is a two mile drive-thru show featuring holiday displays, fairytale magic, Victorian village and more!

LIGHTS ON THE RIVER FESTIVAL



It's a holiday celebration! **Downtown Owego will come alive on Friday evening, December 4, 2009** beginning at 5:30 p.m. Owego will sparkle with holiday lighting and great festivities.

Christmas lights reflecting on the river, historic buildings lit with candles, Children's choirs, dancers, carolers, strolling musicians, juggler, a visit with Santa, food, Christmas specials and all the sights and sounds of Christmas.

The festivities begin at 5:30 pm in downtown Owego with the lighting of the Village at 6 pm capped off by an **exciting riverside fireworks show** at 8 pm! The shops will be filled to the brim with gift merchandise – Come down for dinner with the family, enjoy shopping, plenty of warm free refreshments, cookies, prizes and goodies to get in the mood for the holidays.

The Tioga County Historical Museum's O'Tannenbaum will be open for all to see over 100 decorated Christmas trees and wreaths.

14th Annual Tru-Ulysses Winter Festival

Start your December the old-fashioned way by experiencing all that Trumansburg and Ulysses

have to offer!

The 14th Annual Winter Festival begins on **Friday, December 4th at 5:00 p.m.** when Trumansburg's Main Street closes down so festival-goers can enjoy family fun like Hilby the German Juggle Boy, roving street performers, and Santa's "traditional Trumansburg" arrival. Main Street merchants and restaurants will welcome guests and there will be a community-run food courts, artists, and craft vendors throughout the Village.

The Festival concludes on Saturday at the Trumansburg Fair Grounds from 5:00-8:00 p.m. Enjoy free hot dogs, entertainment, spectacular fireworks, a chowder cook-off that will benefit the Food Pantry, and a 50/50 raffle to help the Ulysses Christmas Bureau assist local families this season.

For updated information contact Tammy Morse at 387-6501 This free family event is made possible by the Tompkins County Tourism Program.

Granger Homestead Winter Activities

<http://www.grangerhomestead.org>

Festival of Trees, Chriskindl Market, Carriage Rides and more!

It's a Wonderful Life in Seneca Falls

<http://www.therealbedfordfalls.com>

December 11-13

Community Workshops

Cayuga Medical Maternal-Child Health Division

2009 Schedule June through December

For information contact: Elizabeth Heath, Public Relations Specialist, Cayuga Medical Center, 607-274-4498, ext. 4104

Expectant Parent Workshops, from 9am to 4pm. \$75 per family

December 5

"Siblings are Special", this class is for children ages 3 – 8 years who are about to become big brothers and sisters. Fee is \$15 per family.

November 21

December 19

"Breastfeeding: Plan for Success", for new and experienced moms and their partners. Fee is \$15 per family.

November 16

December 21

"Infant Care and Safety Class", the basics on the care, safety and feeding of your little one in the first few weeks. Fee is \$25 per family.

December 7

Foster/Adoptive Parents

To anyone interested in becoming a foster or adoptive parent or who would like more information, Tompkins County Department of Social Services will hold an informational meeting at the Human Services Building, Room 142, 320 W. State St., Ithaca, NY on Thursday, November 12, 2009 from noon to 1pm. Tompkins County has a special need for foster families in the Ithaca City School District and for families who will foster teenagers. Please call 274-5266 for more information.

Community Resources

Child Development Council

Parents - We want to know your thoughts about child care.

Our on-line survey of your needs and preferences will take about 10 minutes. Your responses to questions about how you found and pay for child care will help us plan to better meet the needs of you and your children. Please use the link below to access the survey, or visit our website at www.ChildDevelopmentCouncil.org. You may also request a paper copy by calling 273-0259 or visiting us at 609 West Clinton Street.

http://www.surveymonkey.com/s.aspx?sm=ovGwik_2blUwg_2bPFluYV8u4g_3d_3d

SewGreen to Open Reuse Store in DeWitt Mall

SewGreen is opening a sewing reuse store in the DeWitt Mall, 215 North Cayuga Street, in downtown Ithaca. The store will carry fabric, sewing materials, yarn, and classic sewing machines. All of the materials have been donated by community members, and the store will be staffed by volunteers and youth apprentices. Proceeds from store will support SewGreen's after-school apprenticeship and job skills training for youth, and other inclusive community programs. SewGreen is a not-for-profit organization that diverts usable materials from the landfill and provides education for all ages in sewing, refashioning, and reuse.

"Thanks to the tremendous community response to SewGreen's reuse philosophy, we are able to offer high-quality materials to anyone who likes to sew, knit, or be creative with contemporary and vintage fabrics," said SewGreen coordinator Wendy Skinner. "It feels great to know that these materials will go to someone who will love and use them - and not to the landfill."

The SewGreen Store will open for business on November 16, with a grand opening on Saturday, November 21. Store hours will be 10 am to 4 pm, Monday through Saturday. To keep the store stocked, SewGreen is requesting donations of clean, folded fabric, sewing notions and tools, trims, yarn in skeins, and working sewing machines of any vintage. For information on how to drop off materials or volunteer to help in the store, contact coordinator Wendy Skinner, coord@sew-green.org, 607-277-7611.

New! Stepmother Support Group

Are you dating...engaged to...married to...a man with children? Join other women to share ideas, learn about resources, and encourage each other with understanding and compassion. For more information contact Jessica at tompkinscountystepmom@gmail.com

Grandparents Raising Grandchildren

Free Support Group

Meets the 4th Monday of the month

November 23

December 21

6:30- 8:30 p.m., Family & Children's Service of Ithaca, 127 West State Street

Free childcare available upon request, refreshments served

Call 273-7494 to register

Boy Scouts

It's a fact that kids who stay in scouting do better in life. That's because Scouting is more than studying cloud formations and building bird houses. It's also building character, self-confidence and self-discipline-lessons that last a lifetime.

Learn more about scouting in our area. Visit www.tompkinscortlandscouts.org or call Sean Butterworth at 607-648-7888

Girl Scouts

If you think it, you can do it!

Girl Scouts now offers more options and more reasons to join!

Camp, Events, Program Series, Troops, Travel and Much More!

Learn how you can join the Journey!

TROOPS ARE STILL BEING FORMED !

Contact: Cheryl Baker 277-7530 nights ITHACALANSINGSU@AOL.COM

Registration is \$12 per year. Financial assistance is available.

Grade Levels

Girl Scout Daisies, Grades K-1

Girl Scout Brownies, Grades 2-3

Girl Scout Juniors, Grades 4-5

Girl Scout Cadettes, Grades 6-8

Girl Scout Seniors, Grades 9-10

Girl Scout Ambassadors, Grades 11-12

Girl Scouts of NYPENN Pathways, Inc.

www.gsnypenn.org

It's Girl Scout Cookie Time!

Varieties are Thin Mints, Shortbreads, Peanut Butter Sandwich, Lemonades, Peanut Butter Patties, Caramel deLites, Thanks-A-Lot, and Daisy Go Rounds. Cookies are \$3.50 per box. All proceeds support local Girl Scout troops!

Girl Scouts in the Girl Scouts of NYPENN Pathways council will be selling cookies at various times during the 2009-10 year, via the schedule of their former council areas. In the legacy council of Girl Scouts –Seven Lakes*, look for Girl Scouts on the following dates:

Cookie Delivery and Booth Sales: November 2009

**This includes the counties of Allegany, Cayuga, Chemung, Ontario, Schuyler, Seneca, Steuben, Tompkins, Tioga, Wayne, and Yates in New York; and Bradford and Tioga in Pennsylvania.*

If a Girl Scout does not contact you, you can contact Girl Scouts in several ways: email your name, telephone number, the city you are located in, and the best time to reach you to cookies@gsnypenn.org or contact Ithaca Lansing Cookie Sales Manager Denise Righetti, gscookiemanager08@yahoo.com, 351-5251. To help you find where you can purchase cookies in at a public booth sales in your area, see the cookie booth locator that will be available at www.gsnypenn.org.

Articles



The following articles are from the Bright Horizons Family Solutions e-family news.

Are Cats and Dogs Good for Your Child's Health?

Want to stave off allergies in your kids? Get a pet! Multiple studies have found that the risk of common allergies is significantly reduced in children who grow up with dogs and cats in their home. A study funded by the National Institutes of Health followed children from birth to age 7 and found that their risk of suffering from allergies can be reduced by up to 50 percent in pet-owning households. Also, these children had overall lower antibody levels and far fewer positive skin test reactions to cat, dog, dust mite, ragweed, and grass allergens.

How is it possible that your hairy and sometimes stinky pet could actually be keeping your child healthy? Dr. Dennis Ownby, chief of the Medical College of Georgia Section of Allergy and Immunology, says, "What happens when kids play with cats or dogs? The animals lick them. The lick is transferring a lot of Gram-negative bacteria and that may be changing the way the child's immune system responds in a way that helps protect against allergies."

Researchers at Warwick University in Coventry, UK, found that having a cat or dog exposed children to more infections early in life. This alone may sound like a deterrent from buying your child her first pet. However, the researchers concluded

that this exposure boosted their immune systems and kept the pet-owning children healthier – which meant that those children with pets attended school more often than their peers with no pets. (And, presumably, parents missed less work staying home to care for their sick children.) Pet-owning children were found to attend an extra nine days of school over the course of the year as compared to those without pets. These results were most pronounced in children 5 to 8 years of age.

In addition to physical health benefits, pet ownership for children offers a multitude of positive cognitive and emotional experiences. Important life lessons can result from owning a pet – how much fun a playmate can be, how to share mom and dad's attention with a new sibling, and how to deal with the loss of a family member. Pet ownership can also help kids develop discipline and responsibility. Children can learn how and when to feed their pet, take their pet outside, clean their pet, or even take their pet to the vet. Children also gain a sense of independence through being a pet owner. Owning a pet, be it a dog, hamster, fish, or parrot, can help position them to become mature and responsible adults.

Pets can be first friends for young children and provide a strong level of camaraderie and mutual respect. Positive relationships with pets lead to the development of trusting and respectful relationships with other humans. The development of nonverbal communication, compassion, and empathy result from pet ownership. A child who realizes that another creature's survival depends on him builds a sense of awareness, belonging, and self-esteem.

Pets can be the catalyst for fun family-building activities, such as taking the dog for a walk or to a park, grooming the cat, going to the pet supply store together, etc. Most of all, caring for a pet teaches children to have respect for all living things, no matter the species.

*A special note for parents of children with asthma: If your child is allergic to pets or pet dander and that exposure has been identified as an existing asthma trigger, you should, of course, follow the advice of your pediatrician. Some children with asthma, however, are not allergic to animals and are able to coexist with their pets. There is no one answer about whether or not children with asthma can or should live with pets.

Pediatric allergist Lisa Kobrynski, MD, MPH, assistant professor of pediatrics at Atlanta's Emory University, says that the pet discussion is always a hard one for families of children with asthma. Kobrynski suggests that keeping pets outside might be a solution. Some families try frequent washing of pets – at least three times each week – but that wouldn't work if the pet allergen is coming from the pet's saliva. Kobrynski says, to be on the safe side, children with asthma can be given a skin or blood test to see exactly which triggers are most important to

avoid.

It is always best to research and make an informed decision when choosing to bring a pet into your family. Your local library or bookstore is filled with books about children and pets. Here are just a few:

- **Your Baby and Bowser**, by Stephen C. Rafe. A book that illustrates the importance of intentional inclusion when a new baby or pet are brought together for the first time in a family; tips for making a smooth transition and for ensuring everyone will coexist in harmony.
- **Allergic to Pets? The Breakthrough Guide to Living with the Animals You Love**, by Shirlee Kalstone. Renowned pet expert Shirlee Kalstone provides effective advice for allergy sufferers on how to cohabitate with your pet. A terrific resource for animal-loving allergy sufferers everywhere.
- **Your Child's Dog: How to Help Your Kids Care for Their Pets**, by Andrea McHugh. How to involve children in training, raising, and caring for a pet dog.
- **Are You the Pet for Me? Choosing the Right Pet for Your Family**, by Mary Jane Checchi. A great resource about the basics of what pet ownership can do for your family, including the opportunity for kids to learn responsibility and experience the rewards of animal companionship, as well as determining what is the best kind of pet for your child and your family.
- **Living with Kids and Dogs...Without Losing Your Mind**, by Colleen Pelar. Each chapter of this book is devoted to each stage of a child's life; includes parental pointers for setting their family up for success while raising kids and dogs together.
- **Totally Fun Things to Do with Your Dog**, by Maxine Rock. Ideas for family activities with your favorite four-legged friend!

About this Newsletter

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