Stein Challenges Koplinka-Loehr

By Patricia Brhel

Caroline Town Board members have proposed an issue for the Nov. 3 ballot that would lengthen the terms of office for the town clerk and town highway superintendent.

At the next board meeting, on Tuesday, Aug. 4, at 7 p.m., local officials hope to receive input on the proposal.

As board member Dominic Frongillo explains, “We would like to extend the terms of office of the town clerk and the town highway superintendent to four-year terms. Currently, the Caroline Town Clerk and the Caroline Highway Superintendent each serve a two-year term after their election. Because these jobs are complicated and the learning curve is steep, a clerk or highway superintendent has the potential to losing their position, just when they become the most effective.”

For instance, Frongillo notes, the highway superintendent must learn which roads are covered by the town, their composition and their maintenance. The town clerk must learn which mandates are created within the Democratic party and the legislators.

During that incident, which Koplinka-Loehr presided over, the vote flipped between legislators Leslyn McBean-Clairborn and Martha Robertson three times before McBean-Clairborn won the position a month later. Koplinka-Loehr’s vote was the deciding factor each time.

According to a tentative power-sharing agreement established before the vote, Legislator Martha Robertson was tapped for the vice chair post. Several legislators called for Koplinka-Loehr to resign as chairman since the position was a condition of Robertson winning.

“The leader of the Legislature’s currency is trust,” Stein says. “A good leader has to be able to make compromises between the legislators. A good leader can make good compromises and bad leaders make bad compromises. The only way to have good compromises is to have people you trust. Trust is hard to get but easy to lose and (Koplinka-Loehr) lost it.”

While Koplinka-Loehr has publicly apologized for the incident and pledged to use it as a learning experience, Stein says the fact that the town’s Democratic Committee supports him shows Koplinka-Loehr has fallen out of favor.

While January’s incident was one issue residents brought up as he went door-to-door asking for petitions to get on the primary ballot, Stein says people are concerned about keeping taxes low. To do that, Stein suggests that the county scrutinize programs and services to determine what can be cut, but he admits the process is easier said than done.

Stein says the county can’t rely on reserve funds to fill budget gaps since that does not address long-term financial concerns. “There is very little fat in Tompkins County’s servic- es,” he says. “We have to decide how we are going to get through this when we can’t fund everything. We can’t cut back any more.”

If elected to the Legislature, Stein says he will continue to work as a constituent advocate by listen- ing to and addressing resi- dents’ problems. While he may not always succeed at fixing a problem, Stein says it is important to at least follow through on behalf of the voters.

“I feel proud of the fact that I have addressed every single concern I have heard from the people I repre- sent,” Stein says, speaking about his service on the town board. “From big things to small things, it’s important to always follow through, and I did that. I didn’t solve everything but I did address every concern.”

To address some of those concerns at the county level, Stein believes improving inter-municipal cooper- ation is key. Whether it’s dealing with traffic, pollu- tion or noise, every problem is interconnected within the community, he says.

Terms of Office on Caroline Ballot

By Patricia Brhel

The Caroline Town Board has proposed an issue for the Nov. 3 ballot that would lengthen the terms of office for the town clerk and the town highway superintendent to four-year terms. Currently, the Caroline Town Clerk and the Caroline Highway Superintendent each serve a two-year term after their election. Because these jobs are complicated and the learning curve is steep, a clerk or highway superintendent has the potential to losing their position, just when they become the most effective.

For instance, Frongillo notes, the highway superintendent must learn which roads are covered by the town, their composition and their maintenance. The town clerk must learn which mandates are created within the Democratic party and the legislators.

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To address some of those concerns at the county level, Stein believes improving inter-municipal cooper- ation is key. Whether it’s dealing with traffic, pollu- tion or noise, every problem is interconnected within the community, he says.
The Cayuga Inlet is the last major watershed of Cayuga Lake’s south end to get its own group of volunteers for water-monitoring. For two years Newfield volunteers have been sampling water in the Inlet’s midsection, but three new water teams jumped in and got their feet wet last Wednesday morning.

The new volunteers tested water at stream sites on Buttermilk Creek, Lick Brook, Enfield Creek, Coy Glen Brook and city sites at Cascadilla Creek, the Inlet proper and the Flood Control Channel. (Disclosure: I am a Team Buttermilk volunteer. My sister and her family round out our team.)

Bill George, a Trumansburg resident, delivered his fresh water samples to the Community Science Institute’s lab in Lansing near the airport around 11 a.m., just as a humid, sunny day was turning rainy. Wearing flip-flops, he almost could tell stream water temperature without a thermometer. Enfield Creek is very cold at the source, he related, and much warmer near the Inlet.

David Gallahan monitors the downtown sites: the Flood Control Channel at Wegman’s parking lot, both sides of Inlet Island and the Inlet’s last site near the Ithaca Farmer’s Market. To select these sites, the city resident says, “We looked at maps and considered what would be the best coverage of the watersheds.”

For the first sampling event volunteers filled two bottles, one sterile, with stream water and took the stream’s temperature. In the future they may do stream-side testing of water for PH and dissolved oxygen levels.

Team Buttermilk sampled water on this side of the Danby divide, the imaginary line where water flows one way to Cayuga Lake and eventually the Great Lakes and the other way to the Susquehanna River and eventually Chesapeake Bay. Samples were taken at Jennings Pond, one source of Buttermilk Creek, at the creek’s mouth in the state park, and a site on Lick Brook. Other samples were taken at the Inlet at Station Road in West Danby, just upstream from the site of a major oil spill in November 1997. Fall Creek and the other major tributaries of Cayuga Lake have been monitored for years. The Cayuga Inlet’s lack of testing might surprise anyone who remembers the Conrail train accident that spilled thousands of gallons of diesel oil into the Inlet. The fish kill was enormous. Cayuga Inlet is a crucial stream for rainbow and brown trout. It lacks the waterfalls of other tributaries, allowing trout to swim upstream and spawn.

In 2008, the Community Science Institute (CSI) created a plan to monitor all the major streams in the southern Cayuga Lake region. The initiative was called “Protecting Cayuga Lake and Its Tributary Streams and Parks Through Volunteer Water Quality Monitoring Partnerships.” CSI Executive Director Steve Penningroth says, “That initiative estimates that to monitor water quality in all the streams that go into Cayuga Lake and monitor them under base flow and storm flow conditions would cost just under $200,000 a year. What we did was divide that up — distributed the cost equitably among the major stakeholders in Tompkins County which is, of course, the municipalities, the county itself, the city, Cornell University, Ithaca College, and Tompkins County businesses. We have approached some but not all of these stakeholders.”

Tompkins County provided the $34,882 that made the Cayuga Inlet water monitoring possible. The Town Of Newfield got the ball rolling as Town Board member Cindy Schulte led the effort to monitor the Inlet in Newfield. “We do have data from the Newfield section of the Inlet because the Town of Newfield has been monitoring for the past two years. They have funded monitoring of four locations in the Town of Newfield: two on the West Branch of Cayuga Inlet and two on the Inlet itself,” Penningroth says.

CSI is a non-profit organization that operates the largest independent certified water testing laboratory in Tompkins County. They collaborate with Cornell Cooperative Extension of Tompkins County and with local Soil and Water Conservation Districts.

Eight volunteer groups now partner with CSI to sample water quality on Fall-Virgil, Six Mile, Salmon, Taughannock and Trumansburg creeks, the Cayuga Inlet and southern Cayuga Lake.

Folks interested in getting involved may contact Penningroth at lab@communityscience.org. All water quality data is available at www.communityscience.org.
The New York State Department of Environmental Conservation (DEC) is conducting a public information campaign to encourage the public to stop flushing unused prescription drugs down the toilet. Instead, the DEC says, unwanted medications should be placed in a container, taking care to disguise them to avoid misuse and disposed in trash dumpsters or at authorized collection events.

So far, in Tompkins County, such changes are just beginning to take shape. “We need to keep medications out of our water supply,” says Sigrid Connors, director of patient services at the Tompkins County Health Department. “At the moment the best way to do that is to take the medications and keep them in the bottle they are in and add coffee grounds or kitty litter, or place the contents into a zip lock bag” before placing them in a trash can. Connors says. While this process does not stop the medications from leaching into the groundwater, it likely slows the process.

The DEC’s campaign is the result of a state law enacted last year. Effective this past March, the law requires pharmacies with more than 3,000 square feet of retail space are required to display a poster containing the proper disposal information. Of five pharmacies visited in Ithaca within the past week, only Tops is displaying the poster.

New York and other states are responding to U.S. Geological Survey (USGS) studies revealing low levels of drugs, such as antibiotics, steroids, antidepressants and hormones, in 80 percent of the rivers and streams tested a decade ago. The drugs are adversely impacting fish and other aquatic life.

The effects of this pollution include masculinization of female and feminization of male fish, reptiles, birds and mammals, as well as infertility and decreased hatch- ing success in fish, birds and turtles, among other effects, says Matthew Larsen, associate director for Water at the USGS in test- mony last month before the House Subcommittee on Fish, Wildlife, Oceans and Wildlife in Washington.

Close to 5,000 tons of pharma- ceuticals are disposed of annually in the U.S., according to Anthony Hay, associate professor in Cornell’s Department of Microbiology. “In my lab we study how microbes degrade some of these pollutants. We call them bugs on drugs,” Hays says, noting that bacteria convert pharmaceuticals into food, he hopes to learn how to reduce the compounds accumulating in waterways and aquatic wildlife.

It is not clear what the drugs in lakes and streams are doing to peo- ple. “These meds definitely do show up in natural waters, and are obviously of concern…they are designed to have biological effects after all,” says Robert Howarth, professor of ecological and environ- mental biology at Cornell.

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Shoppers, Grocers Step up for Food Banks

By Ed Sutherland

Donations by area grocery shoppers have increased nearly 50 percent in the past year as one local indication point to a continuing need for help putting food on area dinner tables. Despite the upsurge in need, another major retailer tells Tompkins Weekly donations of perishable food are down 10 percent.

A survey of area grocery stores shows retailers are taking a number of measures to combat a growing number of Americans experiencing food insecurity. Although there are some signs of economic recovery nationally, local indications point to a continuing need for food donations. Monetary donations have increased around 40 percent to balance a fall-off in food donations so far this year, area grocery stores tell Tompkins Weekly.

Compared to 2008, local donations to the “Check Out Hunger” program have risen 40 percent to $42,200, according to Wegmans. Last year the program, which allows shoppers to contribute $2, $3 or $5 to area hunger campaigns, raised $30,176 in Tompkins County, spokesperson Jeanne Colleluori said.

Overall, $181,462 was raised this year for the Food Bank of the Southern Tier, covering Ithaca, Elmira, Corning, Johnson City and Hornell, the Rochester-based supermarket chain reported earlier this year.

“Our customers and employees know that tough times mean that more people turn to food banks for help feeding their families,” Linda Lovejoy, Wegmans’ community relations manager, said in a statement.

Local grocers such as Wegmans have traditionally provided area organizations with perishable items, such as produce and bakery products. In turn, those organizations use the donated food to feed their clients. However, perishable donations are down 10 percent in the first six months of 2009, Colleluori said. The spokesperson stressed the decrease may be due to lower availability of perishable foods.

Although any organization that offers feeding programs can register to receive donations, just one—the Ithaca-area Friendship Donations Network (FDN)—picks up perishable food from Ithaca Wegmans seven days a week.

Earlier this month the FDN thanked Wegmans and other area grocery stores, including Tops and P&C, for contributing 700,000 pounds of food worth between $1.5 million and $2 million.

Gina Santodonato Allen, a spokesperson for the Food Bank of the Southern Tier, says that although perishable food donations had fallen around 50 percent this year, in Tompkins County, those donations had actually risen to 560,047 pounds so far this year compared to 505,756 pounds for the same period in 2008.

The FDN estimates 27 percent of Tompkins residents experience food insecurity, which the U.S. Agriculture Department defines as a person experiencing hunger at least once a week because he or she cannot afford food. About 17 percent of U.S. children live in food-insecure homes, according to a federal report recently released.

“Need has increased,” a P&C spokesperson said. The grocery chain would not release how much it contributes to area food banks. However, P&C contributed $5,022.00, according to the Food
If you were driving north on Cobb Road a couple Thursdays ago you might have met a few more obstacles than normal. Cows weren’t blocking the road, but a herd of dairy farmers was. Nearly 20 dairymen, some from as far away as Long Island, converged on Ed and Eileen Scheffler’s farm in Groton on July 23 for an Organic Dairy Farming Field Day. The field day, sponsored by the Northeast Organic Farming Association of NY (NOFA-NY) and the NY Organic Dairy Initiative, focused on organic dairying and raw milk marketing.

The Schefflers took over the family farm in 1981, and in 2001 they began the process of transitioning to an organic dairy. It took time; three years for the land and a year to transition the herd. “But we sold our first organic milk in December of 2003,” Ed says. They are now one of the family of local farmers who provide milk for Organic Valley. Over the past quarter-century the farm has remained small, with a herd of about 45. Last fall they decided to try some direct marketing, selling eggs at the side of the road. “That worked until the snow piled up on top of the cooler,” Elaine jokes. Over the winter they transformed Ed’s heated shop into a farm stand, adding a cooler beneath the shop so they could sell eggs and organic beef. So many of their customers were asking for raw milk that Ed and Eileen looked into what it would take to get a permit, and then they began buying milk from the farm.

“Our goal is to get wholesome, healthy food to people,” Elaine says. Ed then describes how he grazes the herd, rotating them from one spot to another, each time to fresh grass. He also reflects on what he’s learned about growing organic grains for the cows. “I’m not an expert,” he says, conceding that there is still much to learn about grain storage.

Fortunately, field days bring together a mix of experienced and new farmers, providing an opportunity for sharing such knowledge. This particular event also drew Assemblywoman Barbara Lifton to the farm.

“I’m always meeting farm groups in Albany,” Lifton says. “I ask them to invite me to visit their farms, and the Schefflers did.” Though Lifton did not grow up on a farm, she lives in a rural area near Geneva. She introduced the Assembly Committee on Agriculture to the Schefflers, who live in a rural area near Geneseo and maintain a larger herd.

“I was impressed with the farm store, seeing how they market their organic milk and beef products,” Lifton says. “I also wanted to learn more about how they get their milk to market.” Lifton was impressed, noting that this group provides assistance to farmers such as the Schefflers. “It’s important for me to see how the $3 million of state funding is used to help farmers in our state,” Lifton says.

Lifton alsoEnjoyed the education she received during farm tours. “I learned a lot about rotational grazing today,” she says, adding that she appreciated the opportunity to see how calves are nurtured and raised in small groups before joining the larger herd.

“This particular event also drew Assemblywoman Barbara Lifton to the farm. She receives during farm trips. “I appreciate the opportunity to see how calves are nurtured and raised in small groups before joining the larger herd.”

Lifton also enjoys the education she receives during farm trips. “I learned a lot about rotational grazing today,” she says, adding that she appreciated the opportunity to see how calves are nurtured and raised in small groups before joining the larger herd. “I was impressed with the farm store, seeing how they market their organic milk and beef products,” Lifton says. “I also wanted to learn more about how they get their milk to market.” Lifton was impressed, too, by the cooperative nature of the field day, how farmers were so open in sharing their knowledge about forage and grain.

“Agribusiness is a $1.6 billion industry in our state, and in this area it’s our most important industry.” Lifton says. Dairy farms contribute a significant chunk of that total, nearly two thirds, and even downstate legislators realize the importance of their contribution to the state’s economy, Lifton notes.

As for the field day, Lifton says her biggest impression is how happy the Schefflers are being organic dairy farmers. “It is nice to see farmers who feel good about the work they are doing, who are making a living at it, and who have successfully made the transition to organic.”
This is the latest installment in our Signs of Sustainability series, organized by Sustainable Tompkins. Visit them online at www.sustainabletompkins.org.

There is an abundance of scien-
tific, indigenous, anecdotal and sta-
tistical evidence that indicates humanity is living unsustainably. By all accounts, returning human use of natural resources back to within sustainable boundaries will require a major collective effort. Ithaca is at the forefront of this movement, but many of the sys-
tems-level advances we must make toward a more just and sustainable society must take place at a region-

If we are to truly “green” our economy and assure upstate citi-
zens food, energy security and jus-
tice, then we must act collectively and we must act regionally. It is then that we will achieve the spirit of unification that Sustainable Tompkins has worked with local organizations to form Finger Lakes Bioneers, a new coali-
tion presenting the regionally-
focused We Make Our Future (www.wemakeourfuture.org) con-
ference.

It is first New York State Beaming Bioneer Satellite Site. The central themes for the three-
day conference, set for Oct. 16-18, include green jobs, sustainable energy, clean urban food, sys-
tem, natural resources, justice, health and well-being and the arts. Through the substantive workshops, lectures and events on multiple points of interest, confer-
ence organizers hope to engage a diverse audience of researchers and those interested in conversation about co-creating our shared future.

National-known speakers will communicate via satellite with local sessions and experts on the ground, as the Beaming Bioneers Satellite Conferences focuses on a potential “global-local” approach toward solving local, regional and national problems.

Founding member Kenny Ausubel coined the term “bioneering” in 1990 to describe the then emerg-
ing culture of social and scientific innovators who were creating nature’s own operating instruc-
tions to serve human ends while simultaneously sustaining the earth.

“Taking care of nature means taking care of people — and taking care of people means taking care of nature,” he states. The subsequent annual bioneers conference that arose from these principles is held in San Rafael, Calif. (www.bioneers.org) and has provided a national venue for progressive social justice and environmental advocates for the better part of the last two decades.

This year’s 20th anniversary con-
ference features authorities such as Andrew Weil, Michael Pollan and Joanna Macy. The presenters of these and other noted leaders will be broadcast via satellite during the afternoon sessions of the confer-
ence. Morning and evening activities will feature sustainability-
ity initiatives taking place in the Finger Lakes Region.

The conference will be held on the Ithaca College campus with un-
serted events taking place in and around downtown. Anticipated you wish to attend, volunteer, or 
workshops, exhibits, tours, events and community conversations related
to your passions and programming in green the economy, social jus-
tice, responsible lifestyles, and sus-
tainable development.

Additional supplemental events to be held in concert with the Finger Lakes Bioneers conference include an international gathering for GIAC, the Multicultural Resource Center and the Ithaca Housing Authority; a denim drive spearheaded by Sew Green, a swap meet organized through Share Tompkins; and a photo exhibit of concerned citizens to be included in the 350.org international day of climate action.

With an abundance of local sup-
port and a wealth of enthusiasm, we welcome you to become involved in helping us to make the future we all wish to see. If you are involved in a sustainable business or non-
profit, we welcome you to exhibit at our Sustainability Marketplace. If you wish to attend, volunteer, or feel you could be of assistance in helping us to spread the word in your neighborhood and beyond, we welcome you to join us. All exhibi-
tion, sponsorship, and volunteer opportunities are available at www.wemakeourfuture.org.

In the ever-enduring words of Mahatma Gandhi: “It’s not too late at all. You just don’t yet know what you are capable of.” Join us for three days of inspiration and hope on Ithaca College’s campus from Oct. 16-18 as We Make Our Future.

Matt Rills is Sustainable Tompkins’ Conference Coordinator for Finger Lakes Bioneers. E-mail him at wemakeourfuture@Gmail.com.

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On the Web: www.tompkinsweekly.com
“I miss the fact that it no longer goes ‘thunk’ against my screen door and wakes me up in the morning.”
- Garry Thomas, Ithaca

“I don’t feel good about it. It’s inevitable, but you get less diversity and opinions.”
- Eric Simonson, Cortland

“Any reduction means a reduction in jobs. That’s never a good thing.”
- Gloria Simonson, Cortland

“Oy vey. Don’t get me started. It’s sad.”
- Robyn Wishna, Ithaca

Submit your question to Street Beat. If we choose your question, you’ll receive a gift certificate to GreenStar Cooperative Market. Simply log onto www.tompkinsweekly.com and click on Street Beat to enter.
A Place to Make Friends with the Animals

By Sue Henninger

This is part of a series on summer day trips that are close to Tompkins County.

The Thanksgiving motto at the Farm Sanctuary in Watkins Glen is “Greet a turkey, not eat a turkey!” This yearly celebration, scheduled for Nov. 21, allows the turkeys to be the guests of honor while humans feed them stuffed squash, pumpkin pie and cranberries.

Turkeys are among the creatures that rule the roost at the Farm Sanctuary in Watkins Glen.

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Trapped in a World of Hurt

By Nicholas Nicastro


With Kathryn Bigelow's The Hurt Locker, the young genre of Gulf War II movies has gotten its first indisputable critical success. The story of an elite Army bomb squad facing a desert full of Iraqi IEDs (improvised explosive devices) in 2004, Bigelow's movie plays like a game of Russian roulette stretched over two hours and 11 minutes — just one near-death experience after another, with nothing else in sight but dust and more suspicious packages. It's so tense, theaters should be obliged to provide decompression areas, with cots, juice and crackers for emerging survivors.

The knife blade of a script by Mark Boal (In the Valley of Elah) focuses on the relationship between Staff Sgt. William James (Jeremy Renner), a talented defuser with a broad reckless streak, and Sergeant JT Sanborn (Anthony Mackie), the unfortunate soul assigned to protect him on the battlefield. Still mourning the loss of his last "blaster" (Guy Pearce, in a brief but memorable turn), Sanborn can only look on in astonishment as James strides into the red zone, protected by nothing but a clumsy suit of armor and his own bravado. It's not that he sees himself as invulnerable. Instead, he seems to regard each bomb as an intellectual puzzle, a peek inside the minds of people he must live beside but hardly understands.

Forget about every James Bond/MacGyver time-bomb scenario you've seen before. A time-bomb, after all, has the decency to tell you when it's supposed to go off. Instead, the guys who tackled IEDs in Iraq had to do their work in the open, potentially in full view of the insurgents who made the bombs, and who might set them off at any time using their cell phones. Add occasional sniper fire, suiciders and "body bombs" (booby-trapped corpses), and you begin to sense the dimensions of this particular chamber of horrors.

Up until now Kathryn Bigelow has ranked as one of the most incomprehensibly over-hyped filmmakers in the world. I mean, Blue Steel? Point Break? Strange Days? This film, however, is like a steel bear-trap; composed, paced and performed with formidable skill. If this means she's hit the "reset" button on her career, that's good news. Just don't let her anywhere near a surfboard.

The Hurt Locker isn't a pleasant experience, but it may be an obligatory one. After all, guys like Sanborn and James risk their lives, but you — and your kids — are going to pick up the tab.


The second time in a century, the world turns against Austria's most famous man."

Aber un gut komische ist? Hier und da: der scene wann Brüno Congressman Ron Paul sexführen ist sehr funny (Bruno glaube das Kanditat Präsident ist Rupaul) Doch, Brüno ein sehr komis-chekonception für ein kino full-length sustainen. Unt ach, alles der hairy ballachen! Alles die gayjoken kommen! Nach 81 minuten, der film bekommt nicht sniggerlich, jüst geboring. Ja, Cohen is ein sehr gut satirisimus. Aber was ein drei äcte machen?

** Movie Ratings **

Classic

Excellent

Good

Fair

Poor

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- Diabetic medications and supplies**
- Much more!

* Some limits may apply to certain benefits
** Inpatient pharmacy benefits must be obtained at Medicaid pharmacies using the members Common Benefit Identification Card (CBIC)
It’s been nearly a decade since CVS Pharmacy left the Commons for the big-box corridor of Route 13, leaving many downtown residents without easy access to much-needed prescriptions, medical supplies and the professional advice that goes with all of that. Now that’s about to change.

Darren Palmer, who owns and operates pharmacies in Trumansburg and Ovid, will open Palmer’s Pharmacy between the new Urban Outfitters and the incoming Gimee! Coffee on Green Street this fall. The new store will be located on the ground floor of Cayuga Place, near the soon-to-be constructed Tompkins Consolidated Area Transit Ithaca Transit Center.

“Initially when I signed the lease for the 3,500-square-foot retail space I thought the process would be really quick and we’d open around the first of October, but after speaking with the developer I found out that the bids from contractors wouldn’t be made public for several weeks,” Palmer says. “So with the build-out work that they need to complete and all of the work I need to do, we’re looking at opening our doors at least a few weeks into October.”

Palmer plans on keeping the other two pharmacies open. “I don’t want the people of Ovid or T-burg to worry that we’re closing those stores, because that’s just not the case. Both pharmacies will absolutely stay in business where they are.”

Palmer’s Pharmacy plans to open in October on Green Street across from the Commons.

Pharmacology is apparently a family affair for Palmer. His father, uncle and aunt are all pharmacists, as is his cousin, who will be the supervising pharmacist at the downtown location.

Palmer already has a list of some items he plans to have in stock at the store. “It was recently brought to my attention that there are very few places on the Commons where one can purchase everyday items like shampoo or soap. With the new apartments and other residences being built around here, offering these health and beauty aids will be a real convenience to the occupants,” he says.

Palmer’s will carry a full line of brand name and generic prescription and over-the-counter medications, and when possible, special-order items requested by customers. In addition, the store will match the prescription drug prices of other retail outlets, the owner says.

Palmer says his pharmacy emphasizes one-on-one customer service. “It’s important to us that each customer feels like they can talk to us about their prescription and medical needs or concerns,” he says. “That’s been our focus in Trumansburg and Ovid, and will be a priority in downtown Ithaca as well.

We also know that downtown Ithaca has been without a pharmacy of its own for several years, so when the opportunity to expand into an area known for its local businesses arose, we decided to go forward with the venture,” he adds. Completing the picture is the old-style soda fountain Palmer is having installed. “Obviously my first concern is the pharmacy aspect, but I’ve always thought a soda fountain would be really cool,” he says. “Even when I was just starting out in pharmacy school I thought I’d have it some day, but it wasn’t practical at the time. The more I thought about it, the more I realized it could happen, and downtown Ithaca is exactly the sort of community that could appreciate and support it.”

He continues, “I’m really looking forward to this and it appears a lot of other people are as well. Recently I went into city hall to get an occupancy certificate and when the people there found out what I was there for, they just kind of lit up, excitedly asking me all about the new pharmacy. It’s very gratifying.”

City of Ithaca Deputy Economic Development Director Phyllis DeSarno notes the locally-owned and operated aspect of Palmer Pharmacy, and the people who helped make the project happen.

“Bringing a pharmacy to downtown Ithaca has been a priority for me during the four years I’ve worked at city hall, and I know it’s been a priority for the Downtown Ithaca Alliance and other community leaders as well,” she says. “I’m thrilled that these collaborative efforts have brought us to this point and that, most importantly, we can directly address the needs of the community.”

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Please turn to page 16.
Filmmakers Find a Home in Ithaca

By Anne Marie Cummings

Thanks to high-speed Internet and technologies like Skype, geographical barriers are breaking down or becoming obsolete, making it feasible for independent filmmakers to begin in a remote and un-Hollywood city like Ithaca.

Jesse and Jeremy Veverka had spent about a year getting their indie documentary film, “China: The Rebirth of an Empire,” off the ground. While filming overseas for the previous two years, Jesse, a 30-year-old former investment analyst at Bear Stearns on Wall Street; and Jeremy, a 28-year-old photojournalist and music producer, have treated their roles as filmmakers as full-time jobs.

The American brothers, of Czechoslovakian descent, grew up in a remote and un-Hollywood city like Ithaca as influences, have spent a bout German filmmaker Werner Herzog and theary filmmaker Michael Moore and their roles as filmmakers as full-time jobs.

One might question the sanity of two young men who traveled with up to 100 pounds of equipment from one foreign country to another while intentionally blending in like those around them by growing beards and wearing native clothing. “We wanted to see the truth with our own eyes,” says Jeremy, who during filming primarily operated the camera while his brother handled most of the interviews. “We discovered that there’s a lot going on there that’s not covered by Americans, so it was nice for us to be there as independent journalists; we weren’t forced to be with the military and report the news from their perspective,” he said.

Even though the two were as prone as possible while staying in perilous regions, close calls were ordinary as eating a meal. Their first near-death experience was in Afghanistan. “We ended up sending a local Afghan in its military. This was extremely fatal, making it feasible for two young men who traveled with up to 100 pounds of equipment from one foreign country to another while intentionally blending in like those around them by growing beards and wearing native clothing. “We wanted to see the truth with our own eyes,” says Jeremy, who during filming primarily operated the camera while his brother handled most of the interviews. “We discovered that there’s a lot going on there that’s not covered by Americans, so it was nice for us to be there as independent journalists; we weren’t forced to be with the military and report the news from their perspective,” he said.

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3 Monday

Advanced Cancer Group, 12:30-1:30pm, Cancer Resource & Referral Center, 100 Fall St., Ithaca. For people who have been diagnosed with cancer. To share experiences, support and information about community resources. Free. Registration preferred. Call HR 397-2770 to register. Registration is non-transferable. 727-5086.

Finger Lakes Farming Society, 10am, Seeley Park South, 100 Fall St., Ithaca. A group for people interested in farming, homesteading, urban gardening, and permaculture. Free. For more info call 397-3565 or see www.fingerlakesfarmingsociety.org.

Cortland Youth Center, Open from 10-12pm. www.cortlandyouthcenter.org

Dance with a Parkinson's Disease Support Group, 12-2pm, Kate's Place, 2070 East Shore Dr., Lansing. For anyone affected by a Parkinson's derivative disease. Call 272-6969 ext. 275 for info.

Cortland Youth Center, Open from 10:00am. www.cortlandyouthcenter.org

6 Tuesday

AL-ANON Hope for Today,用餐前的治疗或恢复会议，只做匿名，没有会费，没有体重检查。会议在星期一晚上和星期二上午举行。更多信息，请联系: info@al-anon.net, 887-0880.


Fall is here, comes the best time for the public to come to the Catskill Mountain Park and enjoy the beauty of the Catskill Forest. Free.


Cortland Youth Center, Open from 10-12pm. www.cortlandyouthcenter.org

10 Wednesday

Support Group, 11am, 191 W Court St., Cortland. Enhance Fitness, 12pm, 191 W Court St., Cortland. 1:00pm, 191 W Court St., Cortland. For everyone who wants to meet others affected by arthritis. Free. Register by Thursday before meeting.

Author Joyce Carol Oates to Speak at Cornell, 7:30pm, Risely Hall Practice Room, Cornell University. "The Writer’s (Secret) Life: A Talk with Joyce Carol Oates," will reveal Oates’ personal interactions with various writers, while providing insights into her work, life, and writing. Free and open to the public.

Wildlife Educators Coalition is a newly established non-profit group whose mission is to inspire and educate people about the wildlife of the Finger Lakes region. Free.

Overeaters Anonymous, 5:30pm-7pm, Trumansburg Farmers Market, 100 Fair St., Trumansburg. Overeaters Anonymous is an anonymous group for anyone affected by overeating. Free. For more info, call 387-5701.

W. State St., Groundfloor (back of bldg).

New York State Wildlife Federation, 6:30pm, 510 Court St., Ithaca. Join us around the campfire for storytelling. Free.

Cortland Youth Center, Open from 10-12pm. www.cortlandyouthcenter.org

Tomkins County Community Calendar...
6:30–8:30PM, Cards Galore, Pre-registration required.
3–4:30PM, Intergenerational Game Time All are Welcome; Mecklenburg Fire Hall, McIntire Road; 11:30–12:30PM, Fitness, Ellis Hollow Road Apartments, Tenants only; 9am-4pm. Meet the 1st Saturday of the month. The Beauty of Buttermilk Falls, Nature Walk: Explore the ecology and wonders of the freshwater falls in the Northeast. Meet at the start of the Gorge Trail by Route 89.
5:00–6:00PM, Trumansburg Pourhouse, 19 W. Main, pourhouse, Trumansburg. Is that a cricket? No, it’s the melodious chorus through this gorge of stunning waterfalls and pools. Meet at the end of the park trail across from campsite #19. State Park, Trumansburg. Join Museum of the Earth’s geological, biological, and paleontological legacy in the ‘Oil Lands Region’.
6:00–7:00PM, Trumansburg Pourhouse, 19 W. Main, pourhouse, Trumansburg. Meet Museum of the Earth’s geological, biological, and paleontological legacy in the ‘Oil Lands Region’. "Reconstructing an end-Devonian event chronology in the Appalachian Basin" by Fredonia): "Reconstructing an end-Devonian event chronology in the Appalachian Basin" by Fredonia: "Reconstructing an end-Devonian event chronology in the Appalachian Basin" by Fredonia: "Reconstructing an end-Devonian event chronology in the Appalachian Basin" by Fredonia: "Reconstructing an end-Devonian event chronology in the Appalachian Basin" by Fredonia.
7:00–8:00PM, Cortland Youth Center, 1604152 Rt. 38, Newark Valley, The Landscape of Stories, Tales of the dragon, the fairy, the ghost, the dwarf, the goblin and the giant – tales for all ages. Free. Info 533-3553.
8:00–9:00PM, ICAS, 2010A Rt. 38, Newark Valley, The Gallery of Illustrations, www.BARN.com.
9:00–10:00PM, Cortland Youth Center, 1604152 Rt. 38, Newark Valley, The Walk Behind the Waterfalls, Join a park naturalist on a guided nature walk one mile up the Gorge Trail to explore the origins and history of the gorge. Meet at the end of the park trail across from campsite #19.
10:00–11:00PM, Cortland Youth Center, 1604152 Rt. 38, Newark Valley, The Turkey Dinner, Cellar Door Café, 4040 W. 14th, passes may be purchased at the park entrance or by calling 533-3553. Stewartrtown Rd. (in Varna).
11:00–12:00AM, Cortland Youth Center, 1604152 Rt. 38, Newark Valley, The Dancing on the Commons, 607-227-2179. W. State St., This group will engage in activities and forms. Very open to other free form circus arts in the same tradition. Fridays 10:30am-Noon. Information visit www.cortlandrep.org
12:00AM–1:00AM, Cortland Youth Center, 1604152 Rt. 38, Newark Valley, The Post Traumatic Stress Disorder Meeting, 514 N. Aurora, Cortland. For information call 272-4557 ext. 275.
1:00AM–2:00AM, Cortland Youth Center, 1604152 Rt. 38, Newark Valley, The World Seishi Karate, 7:30-8:30pm. Info 607-962-0084.
2:00AM–3:00AM, Cortland Youth Center, 1604152 Rt. 38, Newark Valley, The StewArttrt Camp, 348 S. Main St., Dryden Rd. (in Varna).
3:00AM–4:00AM, Cortland Youth Center, 1604152 Rt. 38, Newark Valley, The Cortland Youth Center Open 12-9pm. Info: 272-4040 (upstatenyjazz@yahoo.com).
4:00AM–5:00AM, Cortland Youth Center, 1604152 Rt. 38, Newark Valley, The Repertory Theatre, Information visit www.cortlandrep.org
5:00AM–6:00AM, Cortland Youth Center, 1604152 Rt. 38, Newark Valley, The Casa Leo Jazz on Vacation, 1133 N. Aurora, Cobleigh, NY. Info: 607-735-1863.
Developing Mind and Body Awareness

By Patricia Brhel

Sarah James’ goal in life and in teaching is to make people aware of their bodies, whether they are holding a yoga pose or reacting to something that a child has done. “I teach people to pay attention to themselves. If you find yourself holding your breath, you are experiencing stress, and that is not productive. I want my students to develop that mind/body awareness that will help them relax and not over react to what is going on around them,” the Caroline resident says.

James got involved with yoga when she was 14, after someone noticed that she enjoyed sitting cross-legged on the floor. “They told me, ‘You should study yoga.’ I didn’t know exactly what that meant at the time, but I’ve been studying and teaching ever since.” She spent three years studying Sivananda yoga at an ashram in the Catskills and is a Phoenix Rising Yoga Therapist. She has been teaching for more than 20 years, using aspects of Iyengar, Anusara, Astanga and Vinyasa to help students develop a style that meets their needs.

James travels throughout the New York and Pennsylvania region and has taught teachers and their students in Outward Bound, the Eckard Family Youth Alternatives, Cornell Outdoor Education and Project Adventure and in various schools and institutions.

“When I go into an institution I first teach the adults calming and centering techniques for themselves,” she explains. “This helps them retain control of their bodies and emotions in difficult situations and helps them relate better to the students. The students become aware of what their bodies are doing as they react to the adults and to their surroundings. After several sessions the adults learn that they can give some of their control to the students and the students learn to better manage their own behavior, says James. In some residential facilities where she has taught, the number of incidents that require physical restraint have diminished markedly, she says.

In addition to her counseling work, every Tuesday at 5:30 p.m. and Saturday morning at 8:30 a.m., James teaches yoga in the South Room at the Brooktondale Community Center’s Old Fire Hall. While drop-ins are welcome, she has developed a regular following by helping students get in touch with their bodies through yoga. “Awareness,” James says, “is the key to enjoying the experience, improving your body-mind connections and progressing in your goals both in yoga and in the rest of your life. It really doesn’t matter how physically fit you are. Even people in wheelchairs, who can barely move at all, can do yoga. She adds, “Work on alignment, feet, shoulders, back, arms and head, so that as much as possible people are aware of how they are doing the pose, their body structure and how it feels. Not everyone can do every pose, and that’s OK, but I can modify almost any pose so that if a student wants to give it a try, they can. What I hope for my students is that they become more in tune with their bodies and develop that core strength that leads to deeper flexibility throughout their life.”

James explains that her teaching is heart-centered. “I want students to explore their perceived limitations and embrace the unfolding of their body-mind and spirit. I want them to love and respect themselves and each other with love and respect.”

Her classes are open to anyone, from first-time participants to those so experienced that the poses are second nature. For more information call 539-3202 or e-mail carolesjames1@yahoo.com

Trumpeter Performs at CSMA Concert

Renowned trumpeter Charlie Bertini will be the featured guest artist as the Ageless Jazz Band takes the stage at 8 p.m. on Saturday, Aug. 15, at the Community School of Music and Arts (CSMA) in downtown Ithaca.

Admission is $15 in advance or $17 at the door, with proceeds to benefit CSMA. Advance tickets can be purchased from the Downtown Ithaca Ticket Center in Center Ithaca on the Commons (275-4847), online at ithacaevents.com, and from CSMA at 272-1474. Founder and artistic director of upstate New York’s annual AppleJazz Fest, Bertini is in demand as a studio musician and big band trumpet player. He has worked with such noted artists as Liza Minnelli, Burt Bacharach, Mel Tormé and Ray Charles. A Cortland native, Bertini joined the band of the Clyde Beatty Circus at age 19. After many years of touring with circuses, he settled in Florida, still his home base, with annual returns to his hometown region.

“This is a great opportunity for local lovers of classic jazz,” Nick Pauldine, director of the Ageless Jazz Band, said in a statement. Now in its 20th year, this 18-piece big band is dedicated to the promotion of traditional big band swing music, including classics from the libraries of Count Basie, Duke Ellington, Benny Goodman, Les Brown, and other Swing Era greats.

Before the concert Bertini will offer a master class open to any and all musicians, regardless of age, instrument, skill level or area of study. The class begins at 4 p.m. and costs $5.

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Professor volunteer opportunities available at the Ithaca College Wellness Center. Call 607-277-8170 to learn more.


Pets: Consider Adoption or Foster Parenting a Dog. Through the Dryden Dog Control Officer’s program. Call 844-Dog1 (3641) for an appointment.

Antiques: Significant Elements Architectural Salvage Warehouse. Great resource for old house parts, such as recycled doors, lighting, hardware, tubs and lots more. 212 Center St. Ithaca. Open Tues - Sat. 607-277-8450 www.significantelements.org.

Autoworks, also providing mechanical services, is seeking compassionate volunteers to provide support for people with cancer. Sharon Kaplan sharon@crct.net Volunteers, contact Southworth Library, W. Main St., Dryden. Call 607-285-1566 or Email: rolling.tide@hotmail.com. The Cancer Resource Center seeks compassionate volunteers to provide support for people with cancer.
the State of New York for the Town Hall Annex, to be built next to the current town hall. Because it is a municipally-owned building, this permit from the state was required before construction could begin. While some have blamed the current fighting among lawmakers in Albany for the delay, some of the extra review time may have had to do with the building’s innovative design. The annex will use geothermal energy for the majority of its heating and cooling needs and solar panels for most of its electrical energy requirements. Frongillo notes that a contract has been signed with Cayuga Country Homes and the annex is scheduled to be built and delivered soon. “We hope to have a ground-breaking ceremony in the near future,” he says.

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“Promoting the healthy development of children and families at home, in child care and in the community”

Shoppers
Continued from page 4
Bank of the Southern Tier. That’s up from $2,566 in 2008. “Our stores have always been involved with local food banks and food pantries,” P&C said. Along with the “Check Out Hunger” program, Syracuse-based P&C said its Ithaca-area stores also partner with the Salvation Army each November and December. The grocery chain sells $5 bags of food which are then donated to food banks, according to Kathy Allen, P&C Director of Marketing and Consumer Affairs.

Tops contributed $15,575 in 2009 compared to $18,047 in 2008, according to the food bank. Shur-Save did not respond to requests for information on their involvement with area food banks. U.S. food banks have experienced a 30 percent increase in requests for emergency food aid compared to 2008, according to the Feeding America organization.