the paper for parents

ITHACA CHILD

Family Services Directory 2026

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Family Services Directory
Updated for 2026-27
By Ithaca Child

We have updated our Family Services Directory for this year and want to take this moment to encourage you to check with each listing directly as circumstances may have changed between the time we worked on our list and when it went to publication, or between when we published and when you are reading this piece. We hope you find this guide a useful source of information for those of you with a family or who may be expecting to start a family in the near future.

~ Wishing you the very best, from Ithaca Child.

DAY CARE & NURSERIES

The Child Development Council team offers a variety of services to both Tompkins and Cortland Counties.

The Child Development Council has trained Referral Specialists who maintain a database of licensed and registered child care providers to assist parents in finding care. They are also available to answer questions about child care options and ways to help with child care costs, and financial assistance.

For childcare providers in both counties they offer support services, resources, and training to ensure the success and sustainability of each program as well as help people become childcare providers. Their dedicated CCR&R staff work hard to support on-going quality improvement as providers continually are encouraged to assess for their program and business.

The team of Family Support Specialists recognize the challenges (and joys!) of parenting and focuses on a family's strengths by providing free comprehensive support and non-judgmental guidance to parents and caregivers. They understand the importance of the first years of life and believe parents are their child's first teacher.

The council offers TP3, which is a confidential and comprehensive teen pregnancy and parenting support program designed to meet individual needs, regardless of income. The voluntary program serves youth up to age 24. They also have The Warm Line which is a free, confidential and anonymous telephone guidance service for parents and child care providers.

For more Information about The Child Development Council please call their office at 607-273-0259 or go to their website www.childdevelopmentcouncil.org where you can do a search and look up further details on any of these providers.

Please Note:

We encourage you to use the search function on www.childdevelopmentcouncil.org to look up details on any of the Day Care and Nursery School providors listed here.

DAY CARE CENTERS

Provide group care for children away from their own homes for all or part of a day. Most centers enroll three- to five-year-olds; some accept children from infancy through school-age. Fees vary, depending on funding; some centers have a sliding-fee scale or offer scholarships. Day care centers that enroll more than three children for more than three hours per day must be licensed and must comply with specific requirements for facility, health, safety, staffing, and educational programs.

Coddington Road Community Center 920 Coddington Rd., Ithaca, ages 8 weeks-18 years+, after-school programs available.
Cornell Childcare Center 150 Pleasant Grove Road, Ithaca.
Cortland County Child Development Day Care Program 59 Pomeroy St. Cortland
Cortland County Community Action Program 32 North Main St., Cortland, Head Start, Early Head Start; 89 Madison Street, Cortland, P.O. Box 500 Park Place, Homer.
Doodle Bears Daycare 3 Broome St. Marathon
Downtown Ithaca Children's Center 506 1st St., Ithaca, Ages 6wks-12yrs.
Here We Grow Cortland Memorial Hospital Child Care Center, 16 Miller St., Cortland.
Ithaca Community Childcare Center 579 Warren Road, Ithaca. Ages 2mo-9yrs.
Ithaca Montessori School 12 Ascot Place, Ithaca. Ages 3 months-5 years.
King Montessori Academy 320 East King Rd, Ithaca, Ages 21 months - 5 yrs https://kingmontessoriacademy.com/ 607-342-4694
Lime Hollow Nature Center 3277 Gracie Rd. Cortland.
Namaste Montessori School 1608 Trumansburg Rd., Ithaca. Ages 18mo-12yrs.
Racker Child Care Preschool Program 3266 Wilkins Rd., Ithaca. Ages 18mo-5yrs.
Racker Early Childhood Services 882 Rt. 13 Cortland.
RAFT Trilingual Montessori Education 2343 N. Triphammer Rd., Ithaca
Smart Start 1891 State Route 96 Trumansburg
Stepping Stones Montessori 208 East Buffalo St., Ithaca. Ages 3-5yrs.
The Faculty Student Association of Tompkins Cortland Community College Inc. Tompkins Cortland Community College ,170 North St., Box 139, Dryden, Ages 2-5yrs.
Tompkins Community Action is the Head Start Grantee for Tompkins County, offering a Birth to 5 Program which includes programming for Pregnant Moms and Expectant Families, Center Based programming for families with children aged 6 weeks to 5 years and a Home Based option; all throughout Tompkins County.

DROP-IN CARE

Provides supervised play on an irregular or "as-needed" basis, usually for less than three hours per day; pre-registration is often encouraged. Staff may be volunteers and/or parents. An hourly rate is usually charged for care. Programs providing care for less than 3 hours do not need to be regulated by the state.
Amaze'ing Acres Adventure Play Land We offer outdoor unstructured play as well as social play in our play house, play school and play restaurant. The farm has chickens and goats. Drop In Care for families on Fri., Sat. or Sun. by appointment only after having an initial family meet and greet. 9803 Lodi Center Rd, Hector, NY 14841 fingerlakesmaze.org
Lansing Drop-In Center, Lansing Community Center, Lansing.
YMCA On-Site Daycare Graham Rd. West, Ithaca.Mon-Fri 9-12 and 3-7pm; Sat 9-12 and 12:30 to 3:30; Sun 1-3pm.

GROUP FAMILY DAY CARE

A home licensed by the New York State Office of Children and Family Services to serve seven to fourteen children. These GFDC have chosen to list with the Child Development Council's (www.childdevelopmentcouncil.org) referral service which can cross county borders. .
Rd, Ithaca
Acorn Ithaca 35 Turkey Hill Rd. Ithaca
Alicia Aubin Caterpillar Early Care and Education 111 East York St. Ithaca
Alisha Rubin Little Feet on Mitchell Street 903 Mitchell St., Ithaca
Aspen Grove 109 East York St., Ithaca.
Butler, Kristie 2296 Hanshaw Rd. Freeville
Creative Care by Karin 1523 Trumansburg Rd. Ithaca
Corner of the Sky West Buffalo St., Ithaca.
Danby Daycare Bald Hill Rd, Spencer
Davis, Brenda O'Shea Rd, Homer
Day, Lori Brooktondale, NY
Growing Wildflowers Samantha Dickerman 276 Bald Hill Rd., Spencer

continued on page 10

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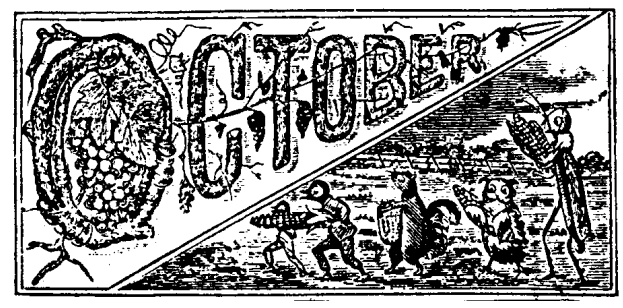





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ITHACA CHILD

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2026



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On our cover...

Autumn can be such a fun time of year. The way the light angles through the air and filters through tree branches can give a different feel and vibe to what you see as the leaves turn colors and the air feels crisp and clean. Summer is an awesome time to be outside; but Fall arrives without the high temperatures and humidity that can make summer a little too oppressive. So before winter's chill arrives and makes us want to stay inside, its time to get outside and enjoy some time for yourself and your family with the added joy of Autumn's beautiful colors.

Meanwhile, we hope you enjoy this issue and thank you for reading *Ithaca Child.* Jim Graney, Publisher

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News & Notes

Updates and briefs from around the region

By Ithaca Child

Meet a US Olympian

On October 17 at 11:00am, Friends of the Ithaca Youth Bureau will host USA 2026 Olympic Gold Medalist Rory Guilday at the Ithaca High School Wellness Center Gym. The meet-and-greet event is free and open to the public.

Minnesotan Guilday is a 2025 graduate of Cornell University who was captain of the Women's Ice Hockey team that won the ECACs and advanced to the NCAA tournament during her collegiate years. She was honored by the ECAC and USCHO for her strong performances and selected to compete for Team USA at international events during her undergraduate years.

Since graduation, she has played defense with the USA Olympic Team and with the Ottawa Charge of the Professional Women's Hockey League. This fall she will be one of the inaugural players for the expansion PWHL team in San Jose, CA.

Guilday will speak about her experiences playing at the highest level of women's ice hockey, and about her four years in Ithaca. There will be an opportunity for photographs with Guilday and her gold medal, and for autographs. Light refreshments will be served.

Learn more at friendsiyb.org.

Questions? Contact friendsiyb@gmail.com.

Call for Submissions: Cortland Community Arts Challenge

The annual Community Arts Challenge is a celebration of creative talent and spirit in Cortland County. The artistic theme for this year's event is Wonder. All local artists, choreographers, composers, digital artists, photographers, and writers are invited to participate. Submissions are due by October 15.

Learn more at www.CortlandArtsChallenge.org.

It's Time for the Autumn BioBlitz

A BioBlitz is an intense period of biological surveying—October 2-5—in an effort to record all the living species within a designated area. You can help! PRI is calling all nature observers to document the life around us using the iNaturalist app. You don't need to be an expert to participate. Simply photograph wild things, or record their sounds, and upload them to the app, which will help identify them.

Learn more at https://www.priweb.org/science-education-programs-and-resources/bioblitz.

Learn About Ithaca Forest Preschool at These October Events

• Nature in Your Neighborhood: October 3, McDaniels Park, Ithaca, 9:30am-12:30pm. $20 per family. An invitation for prospective preschool families to explore Ithaca's lesser-known natural areas with Ithaca Forest Preschool! Featuring guided nature experiences, including songs, stories, crafts and nature play.

• Forest Play Day: October 23, 4-H Acres, 9:00am-noon. Free with pre-registration. Parents and children young children are invited to join Ithaca Forest Preschool for a morning of exploring, stories, and fire! Play Days are a great way to get out into the woods with your kids and experience total nature immersion. It's also chance to discover whether a forest preschool might be right for your family.

Learn more and register for these programs at https://ithacaforestpreschool.org.

Spooky Season Events

There are loads of spooky and fall-themed events and activities for all ages in our area this October. Here are some to consider:

October 10

• Steve Gonsalves Live: A Life With Ghosts: Hangar Theatre, 6:30pm. An immersive evening of hauntings, history, and true tales from Steve's revealing archive. The evening also includes humor, audience interaction, and a live Q&A. with tickets: https://hangartheatre.org/event/a-life-with-ghosts/.

October 17

• Scarecrow Jubilee: Ithaca Children's Garden, 1:00-4::0pm. Build your own scarecrow, carve pumpkins, laugh during a puppet show, dance to live music, enjoy activities and games, and make memories that will last for harvests to come. Info: https://www.ithacachildrensgarden.org/portfolio/scarecrow-jubilee/.

• 4-H Fall Festival: 4-H Acres, 10:00am-2:00pm. Join us for a pancake breakfast plus crafts, games, live animals, guided nature walks, and plants.

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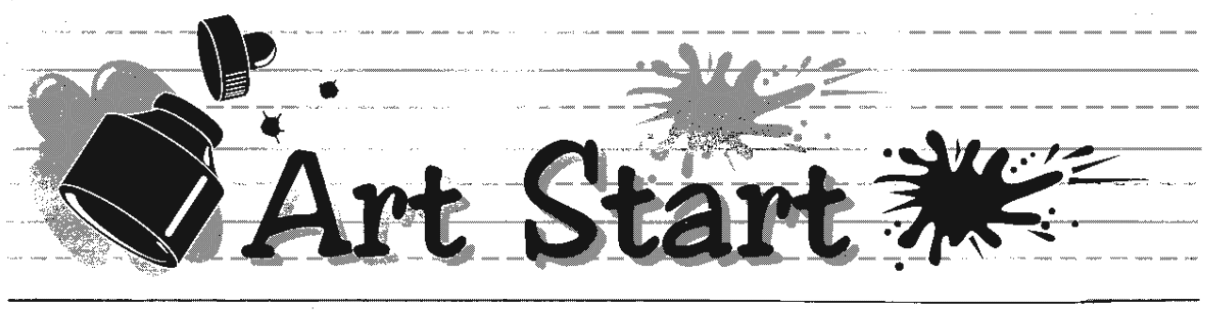
KIDDISPHERE

Ithaca Child has updated the listings for our annual Family Services Directory, covering 2026-2027. Ithaca and the surrounding area have seen many big changes in recent years and we encourage you to double check our listing information as the data will likely change in the coming days, weeks and months. In our area, it's hard to open one publication or even search effectively online for all the different places that provide services to families. Phone books are essentially a thing of the past, though several still seem to cover various parts of our area. There are many categories of services that are not even grouped in most online search engines. Check out the index of services listed on page 3 for your ease and reference.

Meanwhile, with all the many things going on throughout our area this Fall, we hope you'll find this issue's articles and numerous event listings useful, interesting and enjoyable. Thank you for reading our paper and we wish you a happy Fall Season.

Sincerely, Jim Graney, Publisher



Family-Friendly Halloween Activities

By Mary Ann Blair

Are you throwing a kid-friendly Halloween party? Or maybe just searching for different ways for your own kids to celebrate the holiday? Here are several family-friendly Halloween activities to try.

Glow-in-the-dark candy hunt

Who says those colorful plastic Easter eggs can be used only once a year? Put a mini glow stick and some candy inside each one, and hide them around your house. Then turn off the lights – the kiddos will have a blast hunting for glowing eggs!

Papier-mâché pumpkin piñata

Kids love piñatas, and making a pumpkin piñata is pretty simple to do, even for those adults who don't consider themselves to be very crafty. The needed supplies are probably things you already have around the house—a balloon, newspaper, white glue, orange and black craft paint, and string.

Directions: Combine one part glue and two parts water. With your hands or a foam paintbrush, apply a small amount of the glue mixture to a blown-up balloon. Affix a small piece of newspaper (about 1x2 inches). Coat the newspaper with a little more glue mixture. Repeat this step until the balloon is covered, slightly overlapping the newspaper as you go. Once you have the first few layers down, let the balloon dry overnight. Add a couple more layers the next day. Once the balloon is completely dry, paint it to look like a pumpkin. Then cut a small hole at the top and fill with candy. Poke or punch two holes near the top edge, and add a strong string to hang it up.

Halloween memory game

Cut up a few sheets of card stock into 3x3-inch pieces, and write or draw Halloween-themed words or images on each piece. Make duplicates so each word/image has an identical card to match. Mix up the cards and spread them out upside down on the table. Take turns trying to find matches. Whoever ends up with the most matches gets to choose a candy treat.

Trick-or-treat at home

Close all the doors to the rooms in your house, and have kids wait in one room while you hide in another room. Have the kids go around the house, searching for you as they knock on each door. When they find you, they get to trick-or-treat. If you have Halloween costumes from years past, dress in a different costume for each "trick-or-treat" encounter to make it even more fun for the kiddos.

Pin the nose on the jack-o-lantern

This a twist on the classic pin the tail on the donkey game. Use some freezer paper or tape together four pieces of construction paper to make the game board. Draw a pumpkin on the paper including eyes and a mouth. Draw an outline of the nose. Cut out triangular noses from black construction paper and attach double-sided tape to one side. Blindfold each participant, spin them around, point them towards the pumpkin, and let the laughter ensue.

Halloween movie night

End the party/evening with your favorite (age-appropriate) Halloween movie and some themed treats. Check out your local library's selection of movies, or see what is offered on your favorite streaming service. Happy Halloween!

Mary Ann Blair is a mom of two boisterous boys. Besides chronicling her adventures in motherhood at maryannblair.com, she loves the out-

Well Being: Healing Wisdom, Recipes & Remedies:

Developing Attention

By Lara Johnson

From a place of deep attention and heightened concentration, we have been gifted poetry, music, art, and much more. Great things are born when we engage our mind in concentrated awareness. Those who've experienced a great love or passion for a project or endeavor may be familiar with the buoyancy and brilliance of rapture. It is breathtaking and exquisite, but not easily reachable. In reality, entering a flow state or absorbing ourselves fully into something requires diligence, discipline, and practice.

Given the sensory overload that comes with modern-day life, it is more difficult than ever to cultivate focused attention. For example, a variety of music may follow us through the course of the day, providing a soundtrack as we shop for food, go to the bathroom, wait in line at the store, and move from here to there in our cars—pulling our attention away from noticing physical sensations and other things going on in our environment. How many of us can remember how our feet felt walking through the grocery store? Can you remember how the sky looked on your way to work or school pickup?

Remaining grounded in our bodies and developing our attention requires a lot of effort these days – but embodied presence is key to helping us through the stress, anxiety, anger, and depression we experience. When we are aware of the feelings, thoughts, and energy moving through our bodies, we are connected to a living intelligence that communicates when we are hungry, stressed, heating up, or over-consuming in some way (food, noise, screens, etc). Our attention—or having a well-developed attention—grants us some sovereignty over our experience. For instance, let's say I become aware of my body experiencing anger. I do not need to let that anger rule my interactions and reactions. Rather, I can choose to express to those around me (and to myself) that I am feeling the presence of anger, and ask for help or understanding as I navigate how to tend to the anger.

By learning to concentrate our energy, we can choose how we direct and apply ourselves everyday so that we can better process our mental and emotional experiences. Below are some tools that your family can use daily to foster attention, support the nervous system, and supplement wellbeing.

Give your sense organs a rest

Excess stimulation wreaks havoc on our nervous system, creating pressure, speed, and too much information for our bodies to process. When we experience mental restlessness or hyperactivity that is difficult to stop (particularly when going to bed or during the night), it is often because we are overloaded. Even though we are overstimulated, it might be difficult for us to slow down, and we may even crave more stimulation.

In Ayurveda, one of the main causes of disease is misuse (most often overuse) of the sense organs (ears, eyes, nose, etc) – too much stimulation has a strong effect on our mental and physical health. To balance out living in an overstimulating world, I find it imperative to carve out time and space in daily life to rest my mind and senses. As a family, you might explore taking a little time each day to stretch on the floor, meditate, soak your feet, have a quiet car ride or enjoy a walk without headphones. You can also show your child how to gently cup their eyes when they feel tired, or hold (or massage) their ears when they feel overstimulated from too much sound. Caring for our sense organs is calming, grounding, and soothing for the nervous system.

Get outside

Our bodies have evolved to live with Nature's sounds, sights, and rhythms. Going for a walk in nature allows our attention to simultaneously slow down and sharpen. A walk outdoors takes the pressure off the to-dos and supports a "free and easy" mind. As you walk, your atten-

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Picture Postcards, Mysore Pak, and Other Acts of Love:
Reflections on grief, remembering, and healing

By Jayasri Srinivasan

Ten years ago, in mid-September, I visited my uncle in San Diego. His eyes twinkled with warmth as he smiled wanly at me from the hospital bed. "How was the flight? How are Ram and the boys? You want a snack?"

My mother chimed in, "Don't worry, I'll serve dinner when we get home. Don't strain your voice!"

She and my other uncle from India were by his bedside. This would have been such a perfect moment—three of my favorite people in one room. Except one of them was dying. That needn't be true. Didn't I read something, somewhere, about being able to create your own reality?

We headed home, and my mother busied herself with the practicalities of dinner. I offered to help. "No thank you," she replied. "I need to do something or I'll go mad!"

The next two days were a blur. The nurses and doctors came in to do their usual checks. My uncle signed the DNR paperwork while my aunt stood by, stricken. They were packing up to go home. Ever the jokester, my uncle deadpanned to the nurse, "So we can't take the TV?"

Arrangements had been made to set up home hospice care. I remember the van pulling up, the special bed, IV and morphine drips being set up. They brought him into the downstairs bedroom and settled him onto the adjustable bed.

My head was hurting—desperate, disconnected thoughts hurtling around in my brain. How had he shrunk like this? He's only 59, why does he look like he's 80? How can this happen on such an impossibly beautiful day? I need some tea. What will we do after he's gone? How will I comfort my mother? I'm hungry. That feeding tube looks painful. He can't even drink a sip of water. This is so cruel. He'll never see his daughters grow up. How will my aunt bear this? He's done so much good, donated his time and money for others. And yet, he's suffering so much! How is this fair? When will the grief therapy pony be here? And how exactly will that comfort my cousins? Should I take them out for ice cream instead?

Surely my uncle was more than this ravaged, shrunken body riddled with cancer. He'd had a full life before this. He was a dedicated scientist, having gotten his Ph.D. at a premier research institute in Bangalore, India. He would leave home early every day before I woke up and come home late at night. I was living with my grandparents and him at the time. On Sundays, he would take me out for fun motorbike rides and buy me yummy treats. He would run errands for my grandparents, help my grandmother in the kitchen.

I remember the day his best friend died in a motorcycle accident. My uncle returned from the cremation bereft and dry-eyed. He stayed in bed for two days.

He bought us generous gifts long before he had a real job. Once he moved to the US, he wrote us lively letters and sent us beautiful postcards. I've saved every single one. My sister, cousins, and I eagerly awaited his trips to India. He took us out to fancy places and kept us in splits with his droll, entertaining remarks.

He and my aunt built a busy and happy life in San Diego, raising their two sweet daughters in a beautiful house, with a lush, thriving garden. My uncle was an excellent gardener with the greenest of thumbs. He planted fruit trees, flowers, and herbs. Even today, my aunt sends my sister and me regular batches of curry leaves, fragrant guavas, and giant lemons. When life gave my uncle lemons, he made lemon pickle—a tangy, spicy, tasty addition to any Indian meal.

He was a superb cook, whipping up the tastiest of dishes in a jiffy. Every day, he took a break from work, picked up his girls from school, made them a yummy, nutritious snack, and went back to work. How he managed to do so without getting a spot of turmeric or chili powder on his crisp white shirt is beyond me.

He was a connoisseur of Carnatic music. He had an amazing music collection and was quite knowledgeable himself. He hosted musicians from India in his home every year when they came to perform at an Indian music festival in San Diego. He gifted me wonderful CD sets.

He also made the best *Mysore Pak*—a delectable Indian sweet made with chickpea flour and oodles of Ghee. It melted in your mouth and was so scrumptious. It's also the only Indian sweet my fussy boys like.

He would call me every day to check in. And every once in a while, he would play a prank: The phone would ring and I would pick up. "Hello, who's calling please?" a voice with a strange accent would say before I could speak.

"Who's this?!" I would answer. "You called me!"

I would be so confused and finally he would burst out laughing. This never got old and he always got me. There were variations – "Hello, this is Pizza Hut" or "Excuse me, what do you want, please?"

When he was first diagnosed with pancreatic cancer, the family was in denial. I remember telling my mother harshly to "get a grip, you have to accept it!" My sister was getting married in two months and she was distraught. "I'm not getting married now when you're so sick," she told my uncle tearfully.

"No, you have to. Prabhu is a good man and you'll be happy together!"

He had travelled to the east coast to meet her fiancé and had given his blessing. He was too sick to travel to India for the wedding but my sister went to San Diego after the wedding and spent a month taking care of him and supporting my aunt and cousins.

I was with him for only five days during his illness. We all gathered around him every free minute. Even when he was really ill he liked having company. We listened to music, chatted. My little cousin sang to her father.

At one point, I told my uncle, "Don't worry. Chinni will get into Cornell and we'll take care of her."

"I know you will," he replied.

A year later, my cousin did come to Cornell as an undergrad. She added so much joy to our lives and my boys simply adored her. My uncle would have been so happy.

The evening I was to leave, he asked for the phone and ordered Indian food for me. He was weak, his voice barely above a whisper. I don't remember what I ate. I only remember I could barely swallow. When it was time for me to go, I couldn't trust myself to speak. I hugged him gingerly and said, "See you soon." That was the last time I saw him alive.

I came back to Ithaca. A week later, my husband Ram traveled to be with my uncle and family during his last days. My uncle had lost consciousness by then. I received the dreaded message from Ram two weeks later. "He's gone." After the cremation and last rites, his ashes were scattered in the Pacific Ocean, by the seashore he loved so much.

This October 12 marks ten years since his death. On that day, I will attempt to make *Mysore Pak*, play the CD with my favorite song in *Raga Sarasangi*, and read through a special box of postcards from San Diego.

Jayasri Srinivasan is a regular Ithaca Child contributor.







News Clips

By Allison Childs Wells

Cats and kids

A recent study tracked nearly 1,900 families and found that children aged 4 or 5 who had a cat at home had an increased likelihood of showing signs of anxiety, withdrawal, or emotional struggles by age 7 or 8, and had a higher tendency to misbehave, break rules, or express other behavioral issues. Families with dogs, birds, rodents, fish, or reptiles did not show this same pattern.

The research found that kids who had a cat were about 37 percent more likely to show "internalizing" problems—like worry, sadness, and emotional distancing—and about 27 percent more likely to show "externalizing" problems—like acting out or having difficulty with impulse control.

Why cats? Researchers offer a few possible explanations. Our feline friends tend to be lower-maintenance and less interactive than dogs. As a result, children may get less outdoor playtime and social engagement time. Another theory is that families who already have a child dealing with stress or behavioral challenges might specifically choose to own a cat because it's easier to manage – meaning cats may not be the reason for the behavior at all, but simply along for the ride.

A third theory: Some cats can carry a parasite called toxoplasmosis, which has been linked to psychiatric disorders, including bipolar disorder and schizophrenia. The parasite is usually picked up from raw meat or outdoor hunting, then shed in litter box waste. The 2025 study was observational only and did not test any children or cats for the parasite.

Researchers emphasize that the study indicates correlation only – it does not determine that cats cause anxiety. There are plenty of other influences that can cause a child to worry or meltdown.

Source: https://thehill.com/policy/healthcare/6090074-cats-behavioral-issues-young-kids-study/

SNAP! There go the benefits

A new analysis has found that more than 1.2 million children lost access to Supplemental Nutrition Assistance Program food aid between July 2025 and July 2026. The exact cause is yet to be determined, but experts say there's reason to worry – it's unlikely that the need for food assistance has dropped.

"For kids to lose that benefit is really devastating," said Priya Fielding-Singh, director of policy and programs at George Washington University's Global Food Institute, adding, "SNAP is not, despite the name, supplemental. SNAP is essential."

The Center on Budget and Policy Priorities, a nonpartisan research group that tracks enrollment rates, considers its estimate to be an undercount. The number actually could be more than 1.5 million children who have lost food aid, CBPP believes.

Experts attribute the drop in participation to cuts made by President Donald Trump's big tax and spending bill, which became law more than a year ago and slashed at least $1 trillion in federal spending from the nation's social safety net. Among the changes, the law imposed stricter work requirements for adults on SNAP and shifted more of the program's costs to states. Nationwide, some 5 million people overall have lost SNAP access.

Source: https://www.pbs.org/newshour/nation/more-than-1-2-million-children-have-lost-snap-benefits-since-last-july-experts-explain-why

New York City bans AI in schools

Artificial intelligence may appear to everywhere, but it won't be found in New York City elementary and middle school classrooms this year. The city's Education Department has banned the technology there, and has also said that no individual screens will be allowed until third grade. And teachers will not be able to ask A.I. to grade assignment.

These rules on technology use are part of a sweeping new policy that places strict limits on digital devices and A.I. tools in the school system. Under the rules, about 600,000 students will not be permitted to use A.I. until they enter high school, where just five tools that include A.I. will be allowed.

Source: https://www.nytimes.com/2026/09/01/nyregion/ai-ban-schools-nyc.html?unlocked_article_code=1.CFE.A_i3.HK6RehvifbKC&smid=nytcore-ios-share

Spotify un-wraps the kids

Spotify recently announced it is responding to parent requests to keep their kids' music out of their own lists. No longer will your end-of-year Wrapped be ruined by your children's listening habits! A new toggle feature will allow adult users of both Free and Premium subscriptions to exclude the likes of Kidz Bop and Disney tunes from their taste profile and personal playlists.

The world may have more pressing problems, but this is something Spotify users *en masse* have complained about yearly since Wrapped debuted.

The problem stems from the fact that parents' accounts are often used for their kids' listening, even if the family has separate accounts for the children on a Spotify Family plan.

That's because home devices, like TVs and smart speakers, tend to be linked to a parent's account so the family can stream music without restrictions. These devices are often found in common areas of the home, where kids have access. Plus, many kids have a speaker in their bedroom to stream bedtime songs and lullabies. And as any parent can attest, children also tend to demand control of the music while in the car.

The toggle feature defaults to including kids' music, but once you switch it off, music designed for children will no longer influence your taste recommendations or your Wrapped results.

Source: https://techcrunch.com/2026/09/15/spotify-finally-lets-parents-exclude-kids-music-from-wrapped-and-recommendations/

Allison Childs Wells is a regular Ithaca Child contributor.





Local Announcements, Events & Programs

By Laura Rosenfeld

What's Happening?

Event Listings
October

1 Thursday

Story + Craft
Tompkins County Public Library, 4:00pm. A weekly reading and creating event for children! Join us for a read-aloud, followed by art-making or a guided craft. Best for children 5 and up, but younger are welcome with an adult to assist. Info: https://www.tcpl.org/event/story-craft-63283.

NARCAN Training
Tompkins County Public Library, 4:00pm. Join the REACH Project to learn how to recognize an overdose, respond to an overdose emergency, and administer NARCAN. This skill could help you save a life. Info: https://www.tcpl.org/event/copy-narcan-training-reach-64804.

AI: Fact vs Fiction
Southworth Library, 6:30pm. Join Peter John Loewen, Dean of the College of Arts & Sciences and Professor of Government at Cornell, for a conversation. Info: www.southworthlibrary.org.

2 Friday

Autumn BioBlitz
October 2-5. Virtual, on your own time – join us from wherever you are in the Cayuga Lake basin! We are calling all nature observers to document the life around us using the iNaturalist app. This event is part of our series of seasonal bioblitzes, to help document the diversity of life in our region over time as the climate and other factors change. You don't need to be an expert to participate! Questions? Contact Ingrid Zabel at zabel@priweb.org.

Preschool Storytime
Southworth Library, Fridays at 10:00am. Join Ms. Laura and friends for crafts, snacks, songs, great stories, and a giveaway book! Info: www.southworthlibrary.org.

Early Fall Baby & Toddler Storytime
Children and their caregivers are invited to join Cassie at 10:30am at the park next to the Henry St. John Building on Geneva St. for music, rhymes, movement, and books. In inclement weather, we'll meet at the Library. Info: https://www.tcpl.org/event/early-fall-baby-toddler-storytime-65893.

Chinese Bilingual Storytime
Tompkins County Public Library, 4:00pm. Enjoy stories, songs, and rhymes in both Mandarin and English. Children of all ages and their caregivers are welcome. Afterward, stay and play! The Library will provide crafts, toys, free play time, and time to chat. Info: https://www.tcpl.org/event/chinese-bilingual-storytimezhongyingshuangyugushihui-59819.

Family Movie Night
Groton Public Library, Fridays at 5:30pm. Free popcorn! Info: www.grotonpubliclibrary.org.

3 Saturday

Youth Naturalist Series
Lime Hollow Nature Center, 9:00am-3:00pm. Monthly outdoor adventures for ages 6-12. Our experienced instructors will take kids off the beaten path to explore hidden trails, discover the wonders of the wild, and master real outdoor skills in a safe, supportive environment. This year's focus: carving! Info/schedule: https://www.limehollow.org/youth-naturalist-series.

Nature in Your Neighborhood
McDaniels Park, Ithaca, 9:30am-12:30pm. An invitation for prospective preschool families to explore Ithaca's lesser-known natural areas with Ithaca Forest Preschool! Featuring guided nature experiences, including songs, stories, crafts and nature play. Info/registration: https://ithacaforestpreschool.org.

League of Women Voters: Secrets Revealed
Tompkins County Public Library, 11:00am-12:30pm. Ever wondered how you can make a real difference in your community? Join LWV for this information and training session. Learn about our 100-year history. Explore ways to get involved. Ask questions. Connect with like-minded individuals. Open to all! Info: https://lwvtompkins.org/events/.

Comics 'N Creatures
Southworth Library, noon. Ages 3-14. The Ithaca College Graphic Novel Group will be here! Come create comics, dragons, mini-monsters, and a phoenix. Registration and Info at www.southworthlibrary.org.

Family Workshop: Tell Me a Story
Johnson Art Museum, 1:00-3:00pm. Storyteller Tara McGowan will share traditional Japanese ghost stories, and Museum educators will connect those tales with objects throughout the collection. All ages are welcome at this free family program. Info: museum.cornell.edu.

Fossil ID Day
Did you find a rock in your backyard? Do you think it might be a fossil? Museum of the Earth is here to help! Bring your fossil into the Museum on Saturdays from 10 am – 5 pm for help identifying your fossil in our Prep Lab. Dr. Maureen Bickley will be working in the Prep Lab on Saturdays and is happy to assist you. You will not be able to leave your fossil so it should be able to be carried. If it is too large to carry, email info@priweb.org to make different arrangements. Fossil ID Day is included with Museum Admission.

Exploring Science Together
Tompkins County Public Library, 1:30pm. Children ages 5 and up and their families are invited to a free science program hosted by Science Olympiad at Cornell University. This week we'll explore what we call science—from plants to our bodies and even the earth itself! Registration: https://www.tcpl.org/event/science-club-65956.

League of Women Voters Book Club
History Center, 2:00pm. Join us to discuss the newest book by historian Walter Isaacson, *The Greatest Sentence Ever Written.* This quick read analyzes and celebrates the wording of the Declaration of Independence, focusing on the sentence, "We hold these truths to be self-evident, that all men are created equal…." Info: https://lwvtompkins.org/events/.

Pay-What-You-Wish Weekends
At the Museum of the Earth, 10:00am-5:00pm. Join Museum of the Earth for Pay-What-You-Wish weekends, sponsored by BorgWarner, on the **first weekend** of each month. When registering for a ticket, visitors will be able to choose from a donation range as their admission price. Info: www.priweb.org.

Teacher Resource Day
9-1 at the Museum of the Earth meet Museum of the Earth scientists and educators! PRI's annual Teacher Resource Day has tables full of free fossil and geological specimens and other educational materials for teachers to use in their classrooms. The event is free and exclusively for teachers. In addition to the resource giveaway, there will be tours of PRI's extensive collections, the Museum of the Earth, and our current exhibits. Register to attend in person: https://docs.google.com/forms/d/e/1FAIpQLSeYix30LxKtjdqk2nnJ-pZaN9jj7G6K_3TY7FlxCzuqb14stQ/viewform

4 Sunday

FossilMania!
Museum of the Earth, 10:00am-1:00pm. Get ready to dig deep into excitement at this fun celebration of National Fossil Day. Featuring hands-on activities, exhibits, a life-size duck-billed dinosaur sculpture, and more. There will also be large selection of shells, rocks, minerals, and fossils available to take home. All event activities are included with regular admission. Info: www.priweb.org.

Pay-What-You-Wish Weekends
At the Museum of the Earth, 10:00am-5:00pm. Join Museum of the Earth for Pay-

continued on page 13

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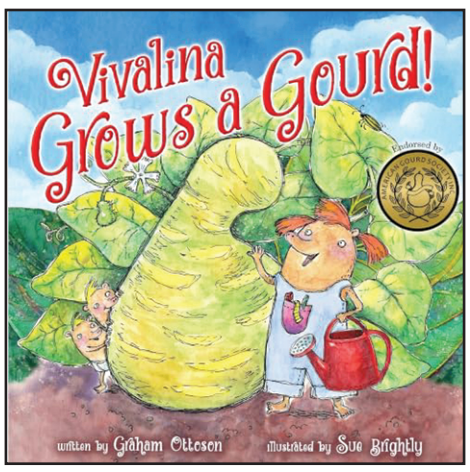
Reading List

By Esty Schachter

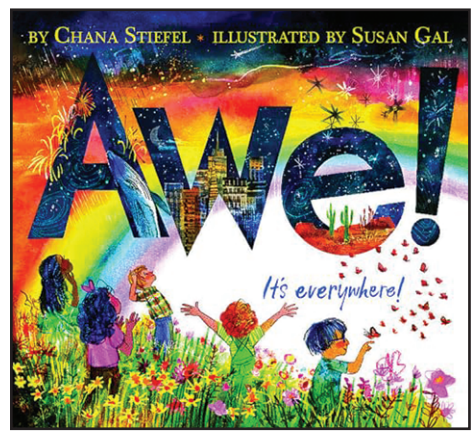
This month's reviews include a lovely new book by a local author/illustrator team featuring much information about gourds, a meaningful book about awe, another about creativity, and an early chapter book that deftly explores the experiences of a child.

Vivalina is a very creative vole, living in a large vole family. Her siblings appreciate the things she makes a little too much; they keep using her creations and breaking them! Her Aunt Vi, the great poet, inspires a solution that spirited Viv is all too eager to try. Aunt Vi lives in her very own gourd—perhaps Viv can make a creation station out of one too?



In ***Vivalina Grows a Gourd***, written by local author Graham Ottoson and vividly illustrated by local artist Sue Brightly, a great deal of information about gourds is incorporated into the story. Vivalina nurtures her planted seed with all the things a plant typically needs, plus a little extra ("She sang songs for it and played her Maraca-Laca-Jingle-Dee-Doo."). With themes of patience, persistence, and whimsy, Vivalina's gourd grows, and she learns a great deal in the process.

Brightly's delightful illustrations show all the emotions and effort involved. My favorite spreads include Viv's fears that black splotches on her gourd are rot (they're not!), and the family teamwork involved in getting the finally-dry gourd ready for Viv to use. Back matter includes a wealth of information—gourd details, what you need to grow you own, how to dry and clean it once the shell has hardened, and ideas for gourd-crafting. *Vivalina Grows a Gourd* is a lovely book, especially for readers in our region who can visit Gourdlandia in person (or virtually) for further information and inspiration. (Graham Ottoson, 2026, ages 4-8)

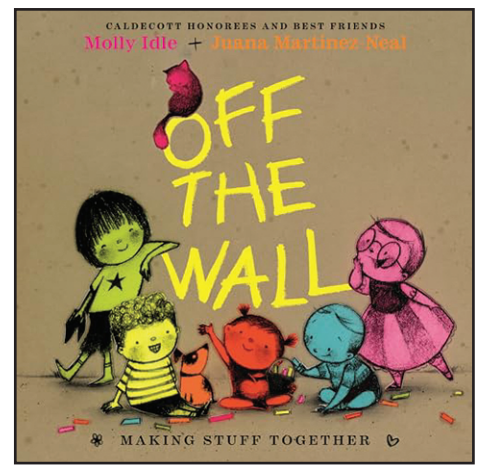


Chana Stiefel and Susan Gal have teamed up again (*The Tower of Life: How Yaffa Eliach Rebuilt Her Town*) for a striking new picture book: ***Awe! It's Everywhere***. The book captivates from the first page, where Stiefel helps readers understand just what awe actually is.

"Introducing A.W.E—an Awesome Wondrous Empowering emotion! When chills travel down your spine, and sudden tears surprise your eyes. When your heart exclaims, Ooh! Ahhh! Whoaaa! That's when you know you've found AWE." Awe can be found in small ways and large, and each page reveals the possibilities, from observing an insect to the view at the Grand Canyon. A chance rainbow offers a moment of surprise and witness.

The author and illustrator explore how awe can be silent, like an aurora, or loud, like fireworks. Gal's illustrations are breathtaking throughout, swirling with color, motion and expression, and featuring beautiful diversity. Awe is complex: "Awe can be deep and dark and frightful. Yet awe brings hope and joy… delightful." Awe is also shown appearing in acts of caring, love, and moments of connection, as well as a range of artistic experiences.

The book ends with the encouragement that we might all look for moments of awe in our day-to-day lives. Back matter features a lovely author/illustrator note as well as facts about the science of awe and its positive impact on mental health. "Awe has the power to make you change the way you think and feel. Encountering awe can make you feel less anxious, more curious about the world, and more generous and kind. It can motivate you to become more creative and push your limits. It can also make you feel calmer and more connected to other people." *Awe* is a gift of a book, sure to inspire special moments for readers. Reviewed digitally. (Scholastic, 2026, ages 4 and up)



Off The Wall, written and illustrated by "Caldecott honorees and best friends" Molly Idle and Juana Martinez-Neal, is a vibrant, neon on brown paper exploration of a group of young kids creating art together on a wall. Including all that would happen when five kids join together to collaborate on something that starts with a game of tic-tac-toe drawn in chalk and becomes much more, Idle and Martinez-Neal capture the ups and downs of the experience, and the unique qualities of each child. Working together isn't always easy, but the results are satisfying to the five artists as they make mistakes, make a mess, encourage, negotiate, admire, argue, and ultimately realize that "together, we make stuff even better!" A lovely author chat at the end adds to the warmth of the book. (Neal Porter Books, 2026, ages 4-8)

Brianna Banana New Cheese Girl is an illustrated early chapter book, part of a delightful series written by Lana Button and illustrated by Suharu Ogawa. Brianna, a 3rd grader, is a wonderful character who will be so relatable

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On the Home Front

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Finger Lakes Favorites 2025 Winner Cayuga Media Group — tailor (services)
Finger Lakes Favorites 2026 Winner Cayuga Media Group — tailor bridal/formal wear men's Clothing


Our tailor Sam Parlett with his son Brayden

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Family Services

continued from page 2

Heart and Home Day Care Somer Galucci 4 Evergreen St., Dryden
In HIS Hands Daycare, Cheryl Rose 82 Chipman Corners Rd., Groton
Jenne, Sheila South St, McGraw
Judd, Lindsey Ridgecrest Rd, Ithaca
Leyburn, Lorie, Carousel of Love 390 George Road, Freeville.
Lil' Lions Day Care Deborah Hurley-Wade 338 State Route 38 Harford
Morse, Oksana Cherry St, Homer
Moseley, Melinda 1889 West Danby Rd Newfield
O'Neil, Rita Nye Rd, Cortland
Owl Creek Nature Preschool Stone Quarry Rd, Ithaca
Podunk Family Daycare 6256 Podunk Rd., Trumansburg, Trumansburg School District.
Sprouse, Stephan Elm St, McGraw
Teachable Moments Daycare Matt & Carrie Armstrong 162 East Lansing Rd., Groton.
TenWolde, Marcia Spencer Rd, Ithaca
Trask, Andreana Decker Hill Rd, Newfield
Ward, Donna Phelps Dr, Homer
Watkins, Tina Northcliffe Rd, Cortland
West Hill Educare LLC Richard Place, Ithaca
Woodview Daycare LLC Pine Circle, Newfield

HEAD START & PRE-KINDERGARTEN

Federally funded program for three to five year olds from low-income families. Offers a comprehensive child and family development program, including health, nutrition, education, and social services. Free to those who qualify.
Cortland CAPCO Head Start 32 North Main St., Cortland.
Early Head Start Sites:
Cosimo's
Elm Tree Center
South Main
Head Start Sites:
Barry Elementary School
Cortlandville United Methodist Church
McGraw Head Start
Randall School
Smith Intermediate School Head Start
South Main
YMCA Head Start
Dryden Head Start 29 Union St., Dryden.
Ithaca City School District Pre-Kindergarten Program Belle Sherman, Beverly J. Martin, Caroline, Enfield, Fall Creek, South Hill schools.
Other Universal Pre-K sites:
Cornell Child Care Center 150 Plesant Grove Rd., Ithaca
Community Nursery School 309A Highland Rd., Ithaca.
Downtown Ithaca Children's Center 506 1st St., Ithaca. Ages 6wks-5yrs.
Ithaca Community Childcare Center 579 Warren Road, Ithaca.
University Cooperative Nursery School 59 Dart Dr., Ithaca,
Lansing Head Start 264 Ridge Rd., Lansing.
Tompkins Community Action is the Head Start Grantee for Tompkins County, offering a Birth to 5 Program which includes programming for Pregnant Moms and Expectant Families, Center Based programming for families with children aged 6 weeks to 5 years and a Home Based option; all throughout Tompkins County.
Sites:
Hancock 210 Hancock St Ithaca
Harriet Center 661 Spencer Rd Ithaca
Longview 1 Bella Vista Dr Ithaca
Groton Head Start 110 Sykes St. Groton
Trumansburg Head Start 100 Whig St., Trumansburg.
West Hill Educare Richard Place, Ithaca
Willow Glen Christian School Grades Pre-k-12th grade, 1768 Dryden Rd., Freeville, 607-347-4413, https://willowglencs. org/about/

NURSERY SCHOOLS

Provides group care for preschoolers. Some programs emphasize a particular philosophy. Nursery schools operate for less than three hours per session, two to five times per week, and often follow a school-year schedule. Fees vary, depending on schedule and funding.
Community Nursery School 309A Highland Rd., Ithaca.
Corner of the Sky West Buffalo St., Ithaca.
East Ithaca Preschool 1825 Slaterville Rd., Ithaca.
Ellis Hollow Nursery School Ellis Hollow Community Center, 111 Genung Rd., Ithaca. Ages 3-5yrs
Ithaca Forest Preschool ages 3-5, thru Cornell Cooperative Extension of Tompkins County Primitive Pursuits.
Ithaca Montessori School 12 Ascot Place, Ithaca. Ages 3 months-5 years.
Ithaca Waldorf School 20 Nelson Rd., Ithaca.
Namaste Montessori School 1608 Trumansburg Rd., Ithaca. Ages 18mo-12yrs
Newfield Pre-K Program 247 Main St., Newfield. Ages 3-4yrs.
Playful Nature Explorers Ithaca Children's Garden.
Robin's Nest Preschool 56 Burdick Hill Rd., Ithaca.
Stepping Stones Montessori 208 East Buffalo St., Ithaca. Ages 3-5yrs
Trumansburg Community Nursery School 6 Crescent Way., Trumansburg. Ages 18 months-5yrs. www.tcns.info
T-S-T Boces Early Education Program at The Career & Tech Center 555 Warren Rd., Ithaca. Ages 3-5 yrs afternoons only.
UCNS Preschool 3-5 years 30 Brickyard Rd., Lansing https://ucnspreschool.org
Under Cottonwood 554 Spencer Rd., Apt #1, Ithaca.
YWCA Drop-In Child Care Program 14 Clayton Ave., Cortland

FAMILY DAY CARE PROVIDERS

A complete listing of Family Day Care Providers is not available due to the amount of changing information associated with this category. For assistance in finding a family day care provider, please call the Child Development Council at 607-273-0259, or visit www.childdevelopmentcouncil.org.
A home licensed by the New York State Office of Children and Family Services to serve three to twelve children. These FDC homes have chosen to list with the Child Development Council's (www.childdevelopmentcouncil.org or 607-273-0259) referral service which can cross county borders.
Carroll, Daisy 1834 Mecklenburg Rd., Ithaca
Chickadee Tree Home Daycare 89 Dublin Road, Lansing
Cornwell, Cynthia 154 Cayuga St., Groton
Day, Lynn 140 Sweazey Road, Lansing
Durfee, Melinda Ithaca
Harvey, Sherry 152 Scofield Road, Freeville
Lloyd-Jones, Maria Woodview Daycare 76 Pine Circle, Newfield.
Lyon, Dawn 74 McLean Rd, McLean
Muzio, Peter Amuze U Day Care 316 Brookfield Rd., Ithaca
Nemecek, Cheryl 79 Lewis St., Dryden
Parker, Jenny 326 Stone Quarry Road, Ithaca
Rainbow's End Child Care 209 Park Place, Ithaca
Robinson, Tina 1403 Sovocool Hill Road, Groton
Switzer, Norma 703 Iradell Road, Trumansburg

SCHOOLS & EDUCATION

PRIVATE SCHOOLS

A private school student's curriculum must be determined "equivalent in instruction" by the local public school district. Private schools may be chartered by the NYS Board of Regents.
Cascadilla School, 116 Summit Ave., Ithaca, 607-272-3110, www.cascadillaschool.org.
Elizabeth Ann Clune Montessori School of Ithaca, 120 E. King Rd., Ithaca, Info., 607-277-7335, email: admin@eacmsi.org, www.eacmsi.org
Ithaca Montessori School, 12 Ascot Place, Ithaca, 607-266-0788, E-mail: info@ithacamontessori.org, www.IthacaMontessori.org
Ithaca Waldorf School, 20 Nelson Rd., Ithaca, 607-256-2020, email: office@ithacawaldorf.org, http://ithacawaldorf.org
King Montessori Academy, 320 East King Rd, Ithaca, Ages 2-12 https://kingmontessoriacademy.com/ 607-342-4694
Marathon Christian Academy, 5 East Main St., Marathon, 607-849-3824.
North Spencer Christian Academy, 721 Ithaca Rd., Spencer, 607-589-6366, http://northspencer.org.
Seven Valleys New Tech Academy 240 Port Watson St., Cortland 607-758-5130 www.ocmboces.org/sevenvalleys
St. Mary's School, 61 North Main St. Cortland, 607-756-5614, www.smscortland.org.
Temple Beth-El, Religious School, 402 N. Tioga St., Ithaca, 607-273-5775 or visit www.tbeithaca.org.
The Lantern School of Ithaca, Foundation of Light, 391 Turkey Hill Rd., Ithaca, 607-279-4144, earthartsithaca.org
Willow Glen Christian School, Grades Pre-k-12th grade, 1768 Dryden Rd., Freeville, 607-347-4413, https://willowglencs.org/about/

SCHOOL-AGE CHILD CARE

Provides supervision and planned recreational activities for school-age children in the hours before and/or after school, or at times when school is not in session. School-age child care may be offered

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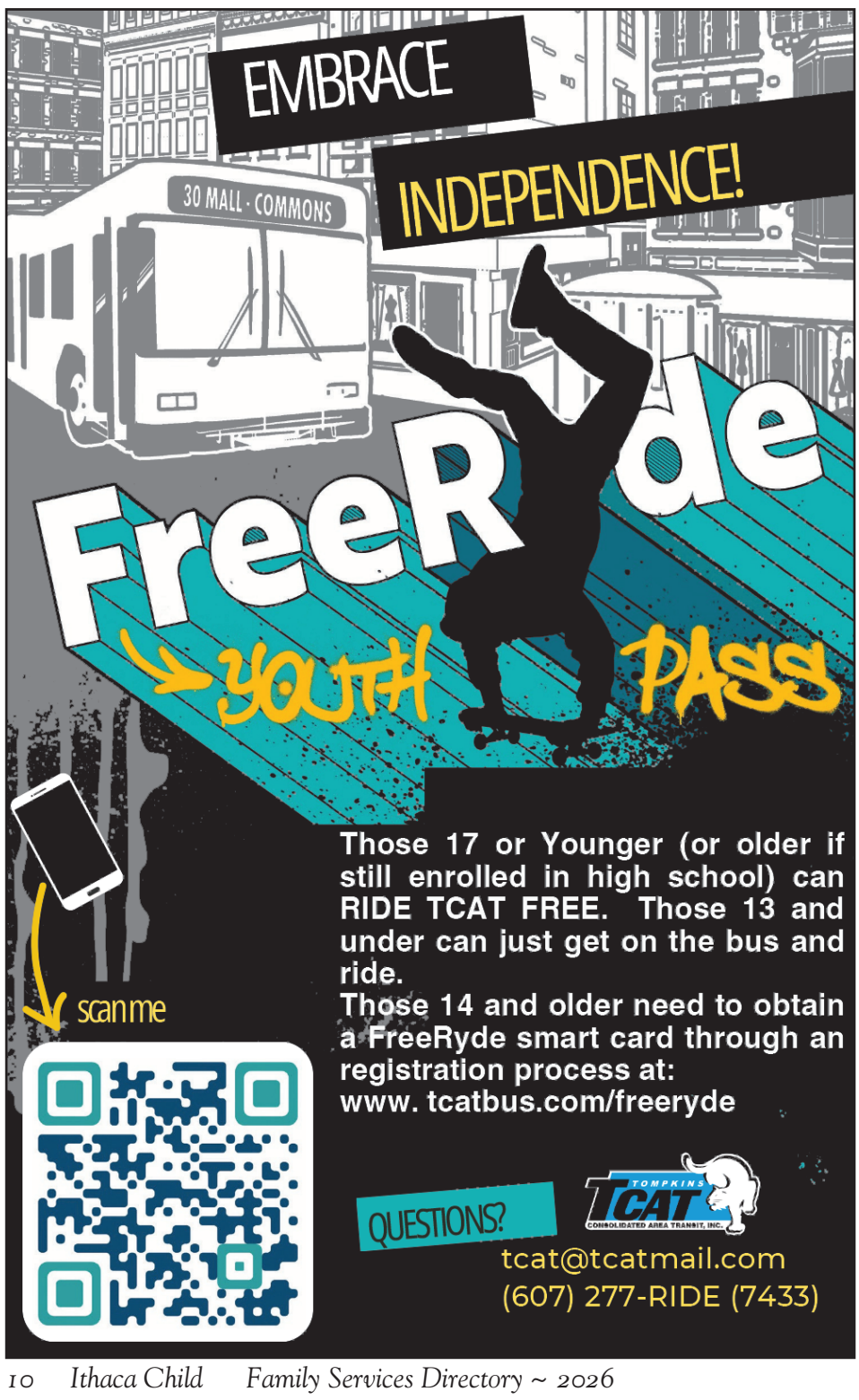





Family Services

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by day care centers, family day care homes, public schools, or other community agencies and organizations. Fees vary depending on ages of children, hours and services provided.
Advantage After School Program, Boynton Middle School 1601 N. Cayuga St., Ithaca, 607-274-2270.
Advantage After School Program, DeWitt Middle School, 560 Warren Rd. Ithaca, 607-273-8816 ext. 20.
Belle Sherman After School Program, 501 Mitchell Street, Ithaca, 607-274-2304.
Beverly J. Martin Bright Futures Program, 302 W. Buffalo St., Ithaca, 607-280-7619.
Beverly J. Martin Academic Plus, 302 W Buffalo St., Ithaca , 607-274-2304
Caroline After School Program, 2439 Slaterville Rd., Slaterville Springs, 607-539-7422.
Cayuga Heights School Age Child Care Program, 110 Upland Rd., Ithaca, 607-257-0368.
Coddington Child Care Center, 920 Coddington Rd., Ithaca, 607-277-1434, E-mail: crcc@coddingtonroad.org
Dryden Before & After School Care Program, Dryden Elementary School, Dryden, 607-844-9400.
Enfield School Age Program, Enfield School, 20 Enfield Main Rd., Ithaca, 607-274-2221 or 274-2368 E-mail: Strait13@cs.com.
Fall Creek School Age Program, 202 King St., Ithaca, 607-277-5394, E-mail: dsulliva@icsd.k12.ny.us.
Racker Center, 3226 Wilkins Road, Ithaca; 100 Whig St., Trumansburg, Jody Scriber, 607-272-5891.
Greater Ithaca Activities Center After School Program, 301 W. Court St., Ithaca, 607-272-3622.
Ithaca Community Child Care Center at Northeast Elementary, Office at 579 Warren Rd., Ithaca, Site - Northeast Elementary, 257-0200, 257-0082, E-mail: info@icthree.org.
Ithaca Community Child Care at Kendal, 2230 N. Triphammer Rd., Ithaca, 607-266-5300.
Ithaca Waldorf School, 20 Nelson Rd., Ithaca, 607-256-2020, email: office@ithacawaldorf.org, http://ithacawaldorf.org
J.M. McDonald Sports Complex Afterschool Program, 4292 Fairgrounds Rd., Cortland, 753-8100, www.jmmcomplex.com
Lansing Elementary School After School Program, 284 Ridge Rd., Lansing, 607-533-3020 ext. 1103.
Lansing Middle School After School Program, 6 Ludlowville Rd., Lansing, 607-533-3020 ext. 2163.
Lime Hollow Outdoor After-School Program 3277 Gracie Rd., Cortland. 607-662-4632K-5th grade https://www.limehollow.org/afterschool
Newfield After School Program, Newfield Central School, 247 Main St. Newfield, 607-564-9955 ext. 4103.
Northeast Kids County, Northeast Elementary School, 425 Winthrop Dr., Ithaca, Ithaca, 607-257-9400.
Northside After School Program, 625 Hancock St., Ithaca, 607-273-8629.
South Hill School Age Program, 520 Hudson St., Ithaca, 607-273-1473.
Southside After School Program, 305 S. Plain St. Ithaca, 607-273-4190
Trinity Lutheran SACC, 149 Honness Ln., Ithaca, 607-273-9017, www.trinityithaca.org.
Trumansburg After School Program, 100 Whig St., Trumansburg, 607-387-4841.
YMCA School Age Child Care for Ithaca & Lansing School Districts, 2:15-5:30 p.m. Mon-Fri. Busing from schools to the Y. Graham Rd. West, Ithaca, 607-257-0101, ithacaymca.com/sacc
YMCA "School's Out" at Groton, Groton Elementary School, 11-2:15; 11-5:30; or 2:15-5:30 p.m. Mon-Fri. 607-257-0101, ithacaymca.com/sacc.
YWCA School Age Care and Recreation, 14 Clayton Ave., Cortland, 607-753-9651.

SPECIAL NEEDS

Challenge Industries, 950 Danby Rd., Suite 179, Ithaca, 607-272-8990, http://aboutchallenge.org.
Developmental Disabilities Service Office, 1257 Trumansburg Rd., Ithaca, 607-273-0811.
Eleanor Liebson, OTR/L, Outpatient Occupational Therapist, Professional Yoga Therapist, Ergonomic Assessment Specialist, Driver Rehabilitation Specialist, Functional Capacity Evaluator. Outpatient PT/OT/ST @ Brentwood Clinic Office (607) 274-4159
Empire Interpreting Service, 24 Copeland Ave., Homer, 607-753-8338, www.empireinterpreting.com.
Guthrie Medical Supply Depot, 402 Third St., Ithaca, 607-273-4727.
Handicapped Children Association, 220 Front St, Binghamton, 607-217-0066, hcaserves.com
Lincare, 217 Commercial Ave #1-3, Ithaca, (607) 277-4027, www.lincare.com.
Mental Health Assoc. in Tompkins County, 171 East State St., Ithaca, Ithaca, 607-273-9250, http://mhaedu.org.
NYS Commission for the Blind & Visually Handicapped, 425 Pennsylvania Ave., Elmira, 607-737-1007, ocfs.ny.gov
Racker, Health clinics and therapeutic programs for people of all ages with disabilities, 3226 Wilkins Rd, Ithaca, 607-272-5891, www.rackercenters.org.
Physically Handicapped Children's Program, Tompkins County Health Dept., Ithaca, 607-274-6644, www.tompkinscountyny.gov/health/cscn.

ESPECIALLY FOR MOMS

Alphabet Soup, 171 Ithaca Commons, 607-272-6885, http://alphabetsoupithaca.com.
August Moon Spa, 1150 Danby Rd., Ithaca, 607-256-2772.
Birthright of Ithaca 223 Elmira Rd. Suite 1, Ithaca Pregnancy Support, nonjudgemental, confidential, free. 607-272-9070 https://birthright.org/ithaca
Cancer Resource Center of the Finger Lakes, 840 Hanshaw Rd., Suite 5, Ithaca, 607-277-0960, www.crcfl.net.
Cat's Pajamas, Dewitt Mall, 99 W. Seneca St., Ithaca, 607-272-5582.
Face Painting by Cami of Festive Face Painting, Festiveface.com, 607-564-3223.
Forepath, Ltd announces public Web-based screening of children up to 8 years old for development and behavior problems. PEDS (Parental Evaluation of Developmental Status) is the first screening test to meet American Academy of Pediatrics standards to be made available on the Worldwide Web for use by parents at www.forepath.org.
Ithaca Free Clinic, Affordable and Accessible Health care for families, 607-330-1253 or www.ithacahealth.org.
In the Flow Lactation an International Board Certified Lactation Consultant providing home or virtual visits (IBCLC) (607) 269-7757, https://intheflowlactation.com
Jillian's Drawers, 609 W. Clinton St., Ithaca, 1-800-516-2991, www.jilliansdrawers.com.
Le Leche League of Ithaca meetings & information on parenting and breastfeeding, www.facebook.com/LLLofIthaca 607-257-4073
Little Voices Music & Motion, www.facebook.com/LittleVoicesMusicMotion?ref=tn_tnmn. 607-227-7902
Music Together 516-445-0997 musictogetherofithaca.com
New York State Health Insurance Programs, Child Health Plus, Family Health Plus, Medicaid Info, 855-355-5777 or www.nystateofhealth.ny.gov
Petrune, 128 Ithaca Commons, vintage fashions, 607-277-1930.
Prenatal Care Program, 250 Steuben St, Montour Falls, 607-535-9276.
Prenatal Yoga Workshop for Couples with Diane Fine, 607-564-3690, www.finespirityoga.com.
Rasa Spa, 310 Taughannock Blvd. and 903 Hanshaw Rd., Ithaca, 607-273-1740, www.rasaspa.com.
Sea Change Family Chiropractic, 821 Cliff St, Ithaca, 607-256-9355, www.seachangeithaca.
com.
Spinal Wellness Center, 114 1/2 W. Buffalo St., Ithaca, 607-277-2570, www.spinalwellnessithaca.com.
The Pilates Room, 1201 N. Tioga St., Ithaca,

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Well Being

continued from page 5

tion will likely move around from one thing to another. Notice if you feel lighter as your attention breaks from its attachment to familiar thoughts and aligns with the natural world. Walking in nature is an ancient remedy for moving stagnation and lifting depression while also calming the spirit. It helps cultivate a creative and focused mind.

Learn something new

In my experience, my mind and body are most present when I am learning or investing my energy in something new. One of my yoga teachers would recommend that we always look for a "new way" into a pose, reminding me that one can find a sense of newness even in what feels routine. For me, using my hands helps me feel more present and aware. Indeed, many ancient meditation techniques involve focusing on a touch, a sound, or a mental image.

One gift we can offer our children is to support them in trying something new, whether it is learning a language, an instrument, a knitting technique, a sport, or any other activity or form of expression. When we try something new, we are asked to step outside the habits we've developed and enter into our bodies in a new way, which engages our awareness muscles (and can initiate a very powerful re-patterning process). Not only does learning call us to embodied awareness and attention, it also helps us cultivate confidence in the face of newness. Remember, we can also create newness by shifting our intention, mindset, or process in what we do routinely. Ultimately, it is all about balance: we benefit from the steadiness and consistency of our routines as well as from the focused attention of engaging in something new.

Lara Johnson, AHC, RYT, is a certified yoga teacher and Ayurvedic Health Counselor, and has spent many years working with children. She has a Masters in Wild Writing, and is currently pursuing a Doctorate in Chinese Medicine & Acupuncture.

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Announcements

continued from page 8

What-You-Wish weekends, sponsored by BorgWarner, on the **first weekend** of each month. When registering for a ticket, visitors will be able to choose from a donation range as their admission price. Info: www.priweb.org.

Workshop: Art and Writing for Kids
Johnson Art Museum 1:00-2:15pm. At this immersive art and writing adventure, students ages 8-12 will learn to observe a work of art and explore, interpret, or turn it into something new. All experience levels are welcome. Email eas8@cornell.edu to register. Info: museum.cornell.edu.

5 Monday

Sit! Stay! Read!
Tompkins County Public Library, 3:00pm. Children are invited to practice their reading skills by sharing a story with a truly non-judgmental listener—a dog! Children who attend six sessions will earn a free book of their choice! Co-sponsored by Cornell Companions. Info: https://www.tcpl.org/event/sit-stay-read-52769.

Teen Maker Monday
Tompkins County Public Library, 4:00-6:00pm. Participants will have the opportunity to learn and use Makerspace machines. A variety of crafting supplies will be available. This program is first come-first served for machines, materials, and assistance. Info: https://www.tcpl.org/event/teen-maker-monday-54443.

Early Entrepreneurs
Tompkins County Public Library, 4:30pm. Six sessions. This interactive workshop series, for late elementary and middle school students, teaches kids how to turn ideas into real business concepts. Through hands-on activities, students will explore brainstorming, product design, branding, and pitching while building confidence and creativity. Registration: https://www.tcpl.org/event/early-entrepreneurs-66151.

Mindful By Nature: The Inner Work of Being Outdoors
Cornell Botanic Gardens, 4:30pm. Join us for an inspired offering of story, reflection, and connection as authors and environmental educators Tim Drake and Jason Hamilton share insights from their book *Mindful By Nature*, which explores the relationship between nature and mindfulness. Registration is required for this free program: https://cornellbotanicgardens.org/explore/events.

6 Tuesday

Teen & Tween Graphic Novel Book Club
Tompkins County Public Library, 4:00pm. A monthly meetup to socialize, eat snacks, and talk about graphic novels! Learn more at https://www.tcpl.org/event/teen-tween-graphic-novel-book-club-65095.

LEGO Family Build Night
Tompkins County Public Library, Tuesdays at 5:30pm. Buckets of LEGO will be provided for participants to borrow for their builds. Participants will also have the opportunity to display their creations in the Youth Services section for one week. Info: https://www.tcpl.org/event/lego-family-build-night-64444.

Tech Tuesdays
with Aidan & Ryan at Groton Public Library, 3-7pm. Open to the public - Come in to 112 East Cortland St., Groton or call 607-898-5055.

7 Wednesday

Tabletop RPG Brainstorming Group
Tompkins County Public Library, 6:00pm. Adults and teens. A gathering of the gaming community to support each other's creativity: Support all levels of experience; brainstorm ideas; design encounters & mechanics; talk out challenging game issues; share techniques, tools & triumphs. Info: https://www.tcpl.org/event/tabletop-role-playing-game-brainstorming-group-65415.

8 Thursday

Family Concert Series
Tompkins County Public Library, 4:00pm. Featuring a different children's book each time, and a variety of instruments that help bring the tale to life in a very musical way with musicians from the Cayuga Chamber Orchestra. Children will have an opportunity to try out the instruments, too. Info: https://www.tcpl.org/event/cayuga-chamber-orchestra-family-concert-series-64886.

DSP Shows Presents: Brad Williams—the Tall Tales Tour
State Theatre, 7:00pm. Williams started doing stand-up comedy as a teenager and has been touring successfully ever since, routinely selling out prestigious venues all over the country and world. His first one-hour special, *Fun Size*, was the highest rated special on Showtime. Tickets: https://stateofithaca.org.

9 Friday

Family Movie Night
Groton Public Library, Fridays at 5:30pm. Free popcorn! Info: www.grotonpubliclibrary.org.

Preschool Storytime
Southworth Library, Fridays at 10:00am. Join Ms. Laura and friends for crafts, snacks, songs, great stories, and a giveaway book! Info: www.southworthlibrary.org.

Stitch Club
Tompkins County Public Library, every other Friday at 1:00pm. Adults and teens 16+. An opportunity for knitters, crocheters, needlepointers, and other stitchers of all levels to come together and work, and share projects, skills, and advice. Info: https://www.tcpl.org/event/copy-stitch-club-62306.

Spanish Storytime
Tompkins County Public Library, 4:30pm. Fun for the whole family, this storytime is a wonderful chance to be immersed in the Spanish language and practice your language skills with others. Following the storytime, educators from the Johnson Museum will host a hands-on craft or activity that links the story to the art world. Info: https://www.tcpl.org/event/spanish-storytime-65946.

Ithaca College Theatre Presents: Anton Chekov's *Three Sisters*
Clark Theatre, October 9-13. The production finds the Prozorov family in the Soviet Union of the mid-1980s, during the uneasy early years of Glasnost and Perestroika. Schedule/tickets: https://www.ithaca.edu/academics/school-music-theatre-and-dance/center-theatre-and-dance-productions.

10 Saturday

Friends of the Library Book Sale
509 Esty Street, October 10-12. Up to 250,000 books, DVDs, CDs, comics, puzzles, games and more, including close to 35,000 items in the Children's Section! Sale continues Oct 17-19 and 24-27. Proceeds benefit the Tompkins County Public Library and the Finger Lakes Library System. Info: www.booksale.org.

Fall Fiber Arts Festival
Little York Lake Theater & Pavilion in Preble, 9:00am-5:00pm. $5.00 Admission. Kids 12 and under free. Featuring a wide variety of vendors with unique fiber products, supplies, and gifts. Food offerings include soup, chili, hot dogs, snacks, coffee, and more. Refreshment proceeds benefit the Cortland Repertory Theatre Guild. Info: https://cortlandrep.org/little-york-fall-fiber-arts-festival/.

Fossil ID Day
Did you find a rock in your backyard? Do you think it might be a fossil? Museum of the Earth is here to help! Bring your fossil into the Museum on Saturdays from 10 am – 5 pm for help identifying your fossil in our Prep Lab. Dr. Maureen Bickley will be working in the Prep Lab on Saturdays and is happy to assist you. You will not be able to leave your fossil so it should be able to be carried. If it is too large to carry, email info@priweb.org to make different arrangements. Fossil ID Day is included with Museum Admission.

Cayuga Chamber Orchestra Orchestral Series
Fantasies, 7:30pm at Ford Hall, Ithaca College. Pre-concert chat at 6:30pm Special Pay-What-You-Can performance. Tickets at the door or online at coco.ithaca.org

6th Annual Bee Fest
Ithaca College Apiary, 10:00am-2:00pm. Follow the signs from the Office of Public Safety/Mail Center. Ithaca College has its own honey bee program and an on-campus apiary. Join us for our annual open house. Activities include hive tours, crafts, learning opportunities, honey sales, and more. This event is open to the public and suitable for all ages! Info: www.southhillapiaries.com.

Girl Scouts Open House
10:30 a.m. at the Tompkins County Public Library, Borg Warner Rm., 101 E. Green St.; and in Lansing, at 2 p.m. in the Lansing Community Center, 29 Auburn Rd. Families of girls in grades K-3 are invited to this one-hour event specifically designed to give younger girls a hands-on Girl Scout experience. This autumn-themed session includes friendship-based games, creative crafts, team challenges and dynamic activities. Girls will make friendship bracelets and contribute to a "Friendship Tree" while learning how Girl Scouting fosters kindness, leadership and lifelong bonds. Designed as a welcoming environment for families and girls to ask questions, explore membership options, learn about local troops and sign up for the Girl Scout year, caregivers must attend and stay for the duration. Pre-registration for these events is encouraged at gsnypenn.org/fall.

Greek Peak Fall Fest
Greek Peak Mountain Resort, Cortland, 10:00am-5:00pm. An unforgettable day filled

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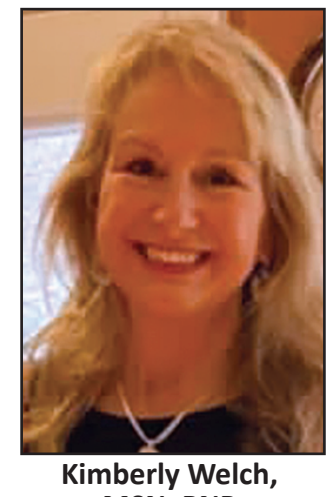

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News & Notes

continued from page 4

Learn about all 4-H youth programs and enjoy a hearty breakfast with other local families! Info: https://ccetompkins.org/events/2025/10/18/tompkins-4-h-fall-festival.

• **Dark Hearts—A Villains Cabaret:** Trumansburg Conservatory of Fine Arts, 7:00pm. Celebrating the spirit of the season, Encore Players presents another installment of *Dark Hearts*, in which famous Broadway villains take the stage to share their deepest desires, untold to us in their original story lines, and sing the songs they have always wanted to sing. Info: https://www.tburgarts.org/event-calendar.

October 18

• **Family Classics Picture Show: The Ghost & Mr. Chicken (1966):** Cinemapolis, 2:30pm. Free! Starring Don Knotts. A timid typesetter hasn't a ghost of a chance of becoming a reporter—until he decides to solve a murder mystery and ends up spending a fright-filled night in a haunted house. Info: www.cinemapolis.org.

October 24-25

• **Happy "Hollow"een Festival:** Daisy Hollow Farm, Dryden. A family-friendly farm event featuring a trick-or-treat scavenger hunt, costume contest, farm animals, pony rides, and seasonal treats. Info: https://www.daisyhollow-farm.com.

October 25

• **Spooky Science**: Sciencenter, noon-4:00pm. This free annual event invites families to explore the museum in costume and enjoy a day of eerie experiments, hands-on activities, and Halloween fun for all ages. Info: www.sciencenter.org.

October 28

• **Museum in the Dark**: Museum of the Earth, 6:00-8:00pm. With help from Cornell University's Astronomy Graduate Network, we'll look at space in a spooky way! Come dressed in costume and enjoy a variety of activity stations as you fill out your Space passport. Admission for this special event is $8 a person; members, EBT cardholders, and children are free. Info: https://www.priweb.org.

October 29

• **Lilypad Puppet Theater Presents: The Great Pumpkin Pageant:** Hangar Theatre, 6:00pm. When the Devil shows up to cut a deal, will Jack lose his soul or outsmart the Devil himself? Featuring puppets, life-sized masked characters, original songs, and a spooktacular finale! Info: https://hangartheatre.org/event/the-great-pumpkin-pageant/.

October 30

Halloween in Downtown Ithaca: Ithaca Commons and surrounding storefronts, 4:00-6:30pm. Costumes on! Candy bags ready! Halloween in Downtown is all about trick-or-treating at participating businesses. Bring the family, visit different storefronts, and look for Halloween event signs in the windows. Use the interactive Halloween map to plan your walk and find candy stops. Info: https://www.downtownithaca.com/halloween-in-downtown-ithaca/.

October 31

Ithaca City Cemetery Tour: University Ave near Linn St, 11:00am and 1:00pm. From village burying ground to Victorian landscape for the dead, we'll walk selected sections of this 16-acre municipal cemetery and green space. Tour requires uphill walking and some uneven surfaces. Info/registration: https://www.historicithaca.org/events.

Halloween Open House: Trumansburg Conservatory of Fine Arts, 5:30-8:00pm. Free and open to the public. Featuring candy, hot chocolate, coffee, and fresh apples in a family-friendly and festive atmosphere. Info: https://www.tburgarts.org/event-calendar.



Submit Your Items to News & Notes

Ithaca Child welcomes submissions for our column. You can mail them to Ithaca Child, PO Box 242, Etna, NY 13062 or Fax: 607-347-4302 or email to jgraney@twcny.rr.com

GreenStar Food Co+op

Apple Pie Oatmeal

Craving apple pie, but no time for baking? Try this quick and easy oatmeal to satisfy that craving in a hearty breakfast. The cinnamon-laced apples only take five minutes and can be sauteed in coconut oil or ghee for a buttery taste.

Recipe Information
Total Time: 15 minutes, 10 minutes active
Servings: 2



Ingredients

2 tablespoons coconut oil
2 apples, peeled and chopped (Pink Lady, Braeburn, Fuji or other sweet apple)
2 teaspoons cinnamon
2 tablespoons water
1/2 teaspoon vanilla
1 cup water
1 cup old-fashioned rolled oats
1/4 cup almond or other milk

Preparation

1. In a 2-quart pot, warm the coconut oil over medium-high heat and add the apples. Stir for a minute, then sprinkle with cinnamon, stirring to coat, then stir in water and vanilla. Reduce to medium and cook for 5 minutes, stirring occasionally. When the apples are tender, scrape into a bowl.
2. In the same pan, pour the water and stir in the oats and almond milk. Raise the heat to medium-high to bring to a boil, then reduce to simmer. Cover the pan and cook for 10 minutes, stirring occasionally.
3. Pour the oats into two bowls and top with the apples.

Serving Suggestion

Top with walnuts, maple syrup, almond butter or ygourt. Want to save time? Double the recipe and warm up a bowl each morning.

Nutritional Information

280 calories, 15 g. fat, 160 mg. cholesterol, 55 mg. sodium, 39 g. carbohydrate, 8 g. fiber, 2 g. protein

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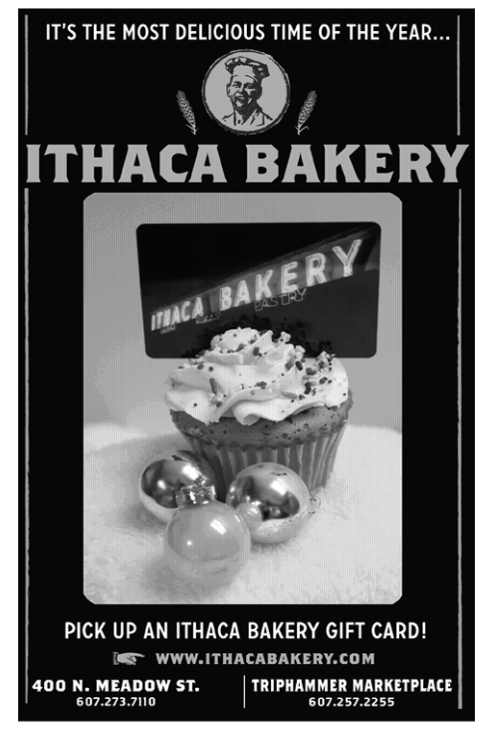

Family Services

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607-330-0957.
Terra Rosa, Birthdays, Babies, Special Occasions, event planning, stationary, custom invitations, Ithaca, 607-257-7200 or www.terra-rosa.com.
Warm Line, Free help for parents or providers who have questions about children's behavior. Child Development Council, 607-273-0259 or childdevelopmentcouncil.org.

HEALTH CARE

DOULAS

Aimee Brill, 347-423-9507.
Bethany McCarey-Hammond, Birth Doula, 607-215-1001 www.lotusbabybirthservices.webs.com.
Birthroot Doula Care, Sandra Londino, www.sandralondino.com, 607-342-1633
Darcie Black, 607-339-3233**,** www.Sacred-Seedlings. org.
Deep Roots Doula, Amanda David, CD, 607-592-0196, Email: info@deeprootsdoulacare.com.
Erin Kerr, Birth Doula, 607-592-2568, www.sacredearthdoulacare.com.
Holistic Childbirth, 304 E. Lincoln St., Ithaca, 917-613-7865, Education Classes, Workshops and Perinatal Counseling Services, www.holisticchildbirth.org
Ithaca Doula Collective, www.ithacadoulacollective.com
Lissa Farrell, Birth Doula, 607-592-5590; lissa.farrell@gmail.com.
Polly Wood, Birth & Postpartum Doula Placenta Encapsulation Specialist, Belly Casting, Ithaca, 831-535-3300, www.PlacenaBenefits.Info/Polly-Wood.
Sarah Anderson, 55 Besemer Rd. Ithaca, 262-490-9560, Certified Birth Doula. Postpartum Doula. Bilingual (Spanish), Email: ms.sarah.e.anderson@gmail.com.
Stephanie Haskins, Ithaca, email shaskins@htva.net; 607-277-7279.
TLC Doula Services, www.tlcdoulagroup.com.

FAMILY PRACTICE & MEDICINE

Buttermilk Falls Pediatrics, 22 Arrowwood Dr., Ithaca, and Cortland Health Care Center, 1259 Fisher Ave., 2nd Floor, Cortland. http://www.buttermilkfallspediatrics.com/Office/About-Us 607-272-6880
Cancer Resource Center of the Finger Lakes, 840 Hanshaw Rd., Ithaca, Suite 5. 607-277-0960, www.crcfl.net.
Candor Family Care, 54 Main St., Candor, 607-659-7272, www.uhs.net.
Cayuga Center for Healthy Living, 310 Taughannock Blvd. #5B, Ithaca, 607-252-3590, www.cayugamed.org.
Cayuga Family Medicine, 302 W. Seneca St., Ithaca, 607-697-0360, www.cayugafamilymedicine.com.
Community Health & Home Care, 138 Cecil A. Malone Dr., Ithaca, 607-273-7780.
Family Care Center, 119 Whig St, Newark Valley, 607-642-5211, www.uhs.net..
Family Practice Associates of Dryden, 83 Lewis Rd., Dryden, 607-844-8201, www.doctorniziol.com.
Garin Danner, LMHC, LPC, 319 N. Tioga St., Ithaca, 607-339-7825, www.garindanner.com.
Getzin, Andrew, MD, Suite 5a, 310 Taughannock Boulevard, Ithaca, 607-252-3580.
Groton Family Practice, 100 Sykes St., Groton, 898-5827.
Guthrie Medical Group PC, 1780 Hanshaw Rd. 607-257-5858 & 720 Willow Ave., 607-219-4600 Ithaca, www.gurthrie.org.
Halliday, Kate, 405 Taughannock Blvd., Ithaca Strengths-Based Psychotherapy, 607-279-5439, http://katehalliday.com/contact.html
Hage Orthodontics 276 Tompkins St., Cortland and 2333 N. Triphammer Rd., Ithaca 607-753-3535 hageorthodontics.com
Integrative Family Medicine, 301 W. State St., Ithaca, 607-275-9697, www.integrative-medicineithaca.com.
Ithaca Cardiology Associates, 2432 N. Triphammer Rd., Ithaca, 607-272-0460.
Ithaca Community Acupuncture, 209 Dey St., Ithaca, 607-319-5454 or www.ithacacommunityacupuncture.com.
Ithaca Free Clinic, 521 W. Seneca St., Ithaca, 607-330-1254, www.ithacahealth.org.
Ithaca Pregnancy Center, 210 W. Green St., Ithaca, 607-273-4673, www.ithacapregnancy.com.
Michael Niziol, MD, 83 Lewis Street, Dryden, 607-844-8201, www.doctorniziol.com.
Natural Health Family Chiropractic Board Certified Specialist in Maternity & Pediatrics 103 Sharlene Rd., Ithaca 607-277-1468 https://www.naturalhealthfamily.com
Northeast Pediatrics and Adolescent Medicine, 10 Graham Rd., West and 1290 Trumansburg Rd., Rt. 96 Ithaca. Pediatrics 607-257-2188 and Adolescent Medicine 607-257-5067. https://northeastpeds.com
Northern Tioga Center For Family Health, Lourdes Primary Care Network, 13293 Rt. 38, Richford, 657-8521.
Orthodontic Group Finger Lakes, 412 N. Tioga St., Ithaca, 607-272-3921, www.delightfulsmiles.com.
Ovid Primary Care Center, 2138 W. Seneca St., Ovid, 607-869-2541.
Planned Parenthood, 620 W. Seneca St., Ithaca, 607-273-1513.
Tompkins County Mental Health, 201 E. Green St., Ithaca, 607-274-6200, http://tompkinscountyny.gov/mh.
Trumansburg Family Health Center, 4435 Seneca Rd., Trumansburg, 607-387-5707, www.tburgfamilyhealth.com.
Well Being Pediatrics & Adolescent Medicine, 402 Third St., Ithaca, https://www.well-beingpeds.com
WellNow Urgent Care, 740 South Meadow St., Ithaca, 607-319-4563

OB/GYN

Badawy, Shawky, 725 Irving Ave. #600, Syracuse, 315-464-5540, Infertilty Counseling, Obstetrics & Gynecology.
Binghamton Gynecology and Fertility, 200 Plaza Drive, Vestal, 607-797-7070.
Cayuga Women's Health, 260 Tompkins St., Cortland, 607-758-9977 https://cayugahealth.org/hospital/cayuga-womens-health-cortland/
CNY Fertility Center, 195 Intrepid Ln., Syracuse, 315-469-8700, www.cnyfertility.com.
Cortland Health Center, 1259 Fisher Ave., Cortland, 607-756-4600, www.cortlandhealth-center.com.
Jacobus Center Reproductive Health, Cortland County Health Department, 60 Central Ave., Cortland, 607-753-5027.
OB-GYN Associates of Ithaca, 20 Arrowwood Dr., Ithaca, 607-266-7800, http://ithacaobgyn.com.
Regional Medical Practice Midwives, an affiliate of Guthrie Cortland Regional Medical Center cortlandregional.org, 607-753-1340
Planned Parenthood of Tompkins County, 620 W. Seneca St., Ithaca, 607-273-1513.
University Ob-Gyn Associates Perinatal Center, 90 Presidential Plz # 3118, Syracuse, (315) 464-4458, specialists in high-risk pregnancies, www.upstate.edu

BIRTH CENTERS/MIDWIVES

Cayuga Health Center, Ithaca, 607-274-4155, www.cayugahealth.org.
Cayuga Women's Health, 260 Tompkins St., Cortland, 607-758-9977 https://cayugahealth.org/hospital/cayuga-womens-health-cortland/
Family Health Network of Central New York, 4038 West Rd., Rt. 281, Cortland. #302, Cortland, 607-753-3008. Perinatal/OBGYN 607758-3400.
Finger Lake Obstetrics Gynecology, 75 Genesee St # 3, Auburn, 315-252-3500.
Gently Borne Midwifery, Monica Daniel, 253 Applegate Rd., Ithaca, 607-273-2229 gentlybornemidwifery.com.
Guthrie Midwifery Services, Owego Guthrie Medical Group, 128 N. Ave., Owego, 607-687-6101; 1 Guthrie Square Sayre Pa., 570-887-2530.
High Risk Birth Clinic, 305 Main St., Binghamton, 607-729-1295.
Ivy Obstetrics & Gynocology, 48 Colonial Dr. #A, Horseheads, 607-796-2162.
Lyons, Abbe, 329 S. Geneva St, Ithaca, 607-273-4022, midwife services.abbelyons.com
OB/GYN Midwifery Associates of Ithaca, 20 Arrowwood Dr., Ithaca, 607-266-7800, http://ithacaobgyn.com.
Planned Parenthood, 620 W. Seneca St., Ithaca, 607-273-1513.
Regional Medical Practice Midwives, an affiliate of Guthrie Cortland Regional Medical Center cortlandregional.org 607-753-1340
September Hill Midwifery 3808 Main Street, Burdett 607-546-7936 or https://www.septemberhillmidwifery.com
United Health Services Midwifery, Candor Family Care, 54 Main St., Candor, 607-659-7272.
UHS Midwives, Northern Tioga Family Care Ctr., 119 Wake St., Newark Valley, 607-642-5211.
UHS Midwives, Owego Family Care Ctr., 502 Fifth Ave., Owego, 607-687-0350.
Women's Way Health Care, Kate T. Finn, Home and Hospital

RELATED ORGANIZATIONS

SINGLE PARENTING

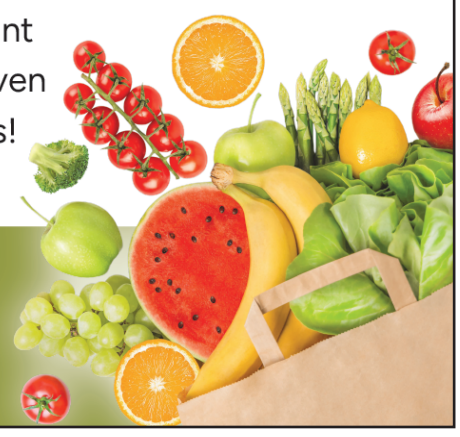
Making Lemonade, The Single Parent Network, www.makinglemonade.com, 424-250-0419.
Parent Map, Single parent resources for todays

continued on page 17

Celebrate Your Birthday With...
Ice Cream Cakes - Standard or Custom-made
Purity Gifts, 36 favorite Purity flavors, Milkshakes,
Sensational Sundaes, Gourmet Chocolate Truffles
Purity ICE CREAM
272-1545
Rt. 13
Ithaca


Your Hometown Grocery
Quality Products, Friendly Service
Everyday Low Prices
At Trumansburg Shur-Save

"At Trumansburg Shur Save you'll find all your weekly groceries, and you've simply go to try a tasty pizza or sub from our deli that's shur to satisfy! Try our in-store bakery or our grab-n-go assortment too! You'll find friendly, hometown service, a great selection and prices so low you're always 'Shur to Save'!" ~ *Alejandro Penagos*
See our flyer, discover tasty recipes and other great information *at www.tburgshursave.com*
T BURG SHUR-SAVE
Complete Line of Groceries
Party Platters • Meat & Produce
Full Service Deli • In Store Bakery
Lotto • Photo Finishing • ATM
Open 7am to 9pm Everyday
Rt. 96, just south of Trumansburg
Locally Owned and Operated
607-387-3701
SUNOCO

Could you use a
GREENSTAR FOOD CO+OP
13% DISCOUNT
on your groceries?
GreenStar offers a 13% discount to eligible shoppers and will even cover Co-op membership fees! Ask in-store how we can help.

Learn more about these programs:
greenstar.coop/FLOWER
FLOWER fresh, local, & organic within everyone's reach
Double Up Food Bucks New York Field & Fork Network

A Boost in Services for Families with Young Children

Child Development Council expands services

By Malinda Rees

Parenting is one of the most challenging (and rewarding!) jobs one will have, yet few supports exist that provide the knowledge needed to do so confidently and successfully. If you were hired for a job and expected to be an expert in the role without training, you'd probably feel frustrated and defeated, and might reconsider your career options. When you look at it this way, it doesn't make sense that parents are expected to know how to do this most important job without support. This is where the Child Development Council's new Family Resource Centers come into play!

Would it be great to have a place for your children to play while you have a chance to connect with other parents? Would you like to participate in fun, family-focused events with your children? Would you like to learn more about parenting and better understand why your children do what they do? Would you like to grow your leadership skills and help the Family Resource Center best meet the needs of our community? Would you like to work with someone who can help you plan and achieve your goals and connect you with community resources? Do you want help navigating parenthood? CDC's Family Resource Centers offer all this and more!

Membership in a Family Resource Center gives you extra perks like one-on-one support from our team of trained specialists; however, you don't need to be a member to participate in some activities. How you participate and what you participate in is up to you!

If you were in Cortland County about 15 years ago, you might remember that the community had a Family Resource Center for several years. Many families made use of this service when it was available in the community. The Child Development Council's own Amy Riotto took her children there regularly. Amy states, "I spent a lot of time with my three younger children (infant to preschool) at the Cortland Family Resource Center on Main Street, several times a week from 2009-2011. This was at the beginning of my journey at SUNY Cortland for my Bachelor of Science degree. When I was in class on campus, my mom took my kids to the Family Resource Center. We were both very impressed by the layout of the Center, and as I like to say, 'It looked like a pre-k classroom.' It was a great place to play with my children, make new friends (for the kids and me), and learn about parenting in a colorful, safe community space. And now, 15 years later, I'm the Coordinator of the new Cortland Family Resource Center—my circle is complete!"

The Child Development Council believes that parenting was never meant to be a solo or couples sport. Humans were designed to have a community supporting them as they travel through their parenting journey. These days we need to create and/or supplement that support system for ourselves. Family Resource Centers are here to facilitate that process with caring, non-judgmental staff and a variety of opportunities to participate. Join us! All you have to do is walk in the door. We are located at 609 W. Clinton St. in Ithaca and at 100 Grange Place in Cortland. To learn more, visit www.childdevelopmentcouncil.org, call 607-273-0259, or email Community Services Director Malinda Rees at malinda@childdevelopmentcouncil.org.



ALPHABET SOUP

One local toy store
two great locations!

Ithaca
171 E State St
Ithaca, NY 14850
(607)-272-6885

Corning
60 E Market St
Corning, NY 14830
(607)-937-1700

AlphabetSoupIthaca.com



Lime Hollow Nature Center
338 McLean Road | Cortland, NY 13045

There's Something For Everyone at Lime Hollow!

www.limehollow.org | 607-662-4632



Community Programs
Track Chair Reservations All Year-Round | Free
Holiday Market | Dec. 12 & 13 |10-4PM
Stewardship Trail Days | Thursdays | 9AM-Noon

Forest Babies on Mondays
Provides a facilitated, nature-immersion experiences for caregivers and their little ones, 9months- 3 years old.

Licensed Forest Preschool
We offer a unique early childhood education experience for young children to learn, grow through daily immersion in nature with caring, attentive teachers.

Small fee and registration required to attend programs.

Youth Naturalist Series |Ages 6-12
Guided by experienced instructors, kids will learn safe knife-handling techniques while working on personal carving projects they can proudly take home.

Adult Naturalist Series | Saturdays
NYS Trapping Education Course | October 10 8AM-5PM
Introduction to Fire | November 14 | 9AM-2PM
Tracking in Nature | December 5 |9AM-2PM

Teen Apprenticeship Program
Our Teen Apprenticeship is a space that allows teens to grow their leadership skills through outdoor adventures, land stewardship, and community.

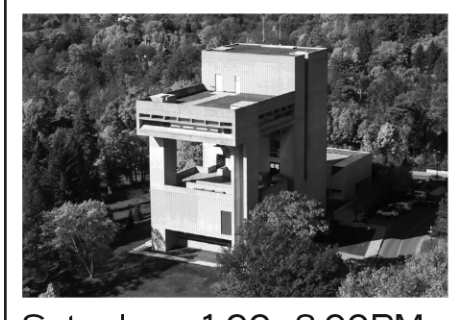
PAID MOM & BABY STUDY
MOMS OF 6-12 MONTH OLDS



BINGHAMTON UNIVERSITY
607-777-3304
mood@binghamton.edu

JOHNSON
MUSEUM OF ART

Fall Family Workshops



Saturdays, 1:00–3:00PM

October 3: "Tell Me a Story"
November 7: "Spark the Imagination"

All ages welcome at these free programs!
Visit museum.cornell.edu for more info

ADMISSION IS ALWAYS FREE

Family Services

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single parent, www.parentmap.com.
Parents Without Partners, Inc., 1650 South Dixie Highway, Suite 402, Boca Raton, FL 33432, www.parentswithout-partners.org.
Single Mothers By Choice, Support and information to single women who have chosen or who are considering single motherhood, write SMC P.O. Box 1642, Gracie Square Station, New York, NY, 10028 or call (212) 988-0993, www.singlemothersby-choice.org.
Single Parent Alliance & Resource Center, www.singleparent411.org.
Single Parent Resource Center, network of single parent self-help groups. Information and referral, seminars, consultation, resource library. Single Parent Resource Center, 228 E. 45th St/ 2nd flr. St., New York, NY, 10017, 212-951-7030 or visit www.singlepar-entusa.com.

ADOPTION

Adoption and Counseling Service, 307 South Townsend St., Syracuse, 315-559-0979.
Adoption Services, 28 Central Blvd., Camp Hill, PA, 17011, 1-888-943-1101, www.adoptionservices.org.
Adoption Star, Ithaca, 330-2158, www.adoptionstar.com.
Adoptive Families of America, Problem-solving assistance and information for adoptive families, 212-877-1839 or visit www.adoptivefamilies.com.
American Adoptions, 1-800-ADOPTION, www.americanadoptions.com.
Catholic Charities, 1654 W. Onondaga St. #2, Syracuse, 315-424-1800, www.catholiccharitiesusa.org.
Family &Children's Service of Ithaca, adoption Consultation Service, 127 W State St, Ithaca, 607-273-7494, www.fcsith.org.
Family Connections, 156 Port Watson St., Cortland, 607-756-6574, www.adoptfamilyconnections.org.
National Council for Single Adoptive Parents, Provides information to assist unmarried people to adopt children from the United States and abroad. PO Box 15084, Chevy Chase, MD, 20825, NCSAP@hotmail.com.
New Hope Family Service, 3519 James St., Syracuse, 315-437-8300 or 800-272-3171. www.newhopefamily-services.com.
North American Council on Adoptable Children, focuses on special needs adoption, 651-644-3036 e-mail info@nacac.org or visit www.nacac.org.

FOSTER PARENTING

Adoptive and Foster Family Coalition of New York, 607-272-0034, http://affcny.org.
Cortland County Foster Care Program, 60 Central Ave., Cortland, 607-756-3434, www.cortland-co.org/189/Foster-Care-Program.
New York Foundling's Foster Parent Recruitment Line, 212-633-9300, www.nyfoundling.org.
Onondaga County Foster Care, 421 Montgomery St. #8, Syracuse, 315-435-3827.
Tompkins County Department of Social Services, Foster Care Homefinding, Adoption & Post Adoption Services, 320 West State Street, Ithaca, 607-274-5266births, 132 Indian Creek Rd., Ithaca, 273-8440.

SOCIAL & FAMILY SERVICES

211 - Need help finding help or giving help? In the Finger Lakes Region, call 211.
Adoptive & Foster Family Coalition of New York, 950 Danby Rd., 607-272-0034, https://affcny.org
Art Therapy & Stress Management Children and adults. Carla Rose, MA, LCAT, ATR-BC Board-Certified Creative Arts Therapist carlaroseartther-apy.com
Art Therapy & Stress Management Children & Adolescents. Penny H. Baron, PhD, ATR-BC, LCAT. Registered and Board Certified Art Therapist. (607)844-3465. www.pennyhbaron.com
Big Brother-Big Sister, Ithaca Youth Bureau, 607-273-8364, http://www.bbbsithaca.org
Career Resources, Workforce New York, 171 E. State St., Ithaca, 607-272-7570.
Cayuga Addiction Recovery, Opioid Overdose Prevention Program, 334 W. Martin Luther King Jr. St., Ithaca https://www.carsny.org 607-391-1041
Community Dispute Resolution Center, Center Ithaca, 171 E. State St., Ithaca, 607-273-9347, www.cdrc.org.
Cooperative Extension of Cortland County, 60 Central Ave. #105, Cortland, 607-391-2660, http://cortland.cce.cornell.edu.
Cooperative Extension of Tompkins County, 615 Willow Ave., Ithaca, www.ccetompkins.org, 607-272-2292.
Cortland County Community Action Program, 32 N. Main St., Cortland, www.capco.org, 607-753-6781.
Cortland Housing Assistance Council Inc., 36 Taylor Ave., Cortland, 753-8271, www.cortlandhousing.org.
Cortland Housing Authority, 42 Church St., Cortland, 607-753-1171.
Cortland Youth Bureau & Teen Center, 35 Port Watson St., Cortland 607-753-3021 https://cortlandyb.rec-desk.com/Community/Page?pageId=4518
Developmental Disabilities Service, 1257 Trumansburg Rd., Ithaca, 607-273-0811.
Displaced Homemakers Center Committee, Women's Opportunity Center, 315 N. Tioga St., Ithaca, www.womensopportunity.org, 607-272-1520.
Dream Factory of Central New York, granting dreams for children with critical or severe chronic illness, PO Box 4431, Ithaca, www.dreamfactoryinc.com, centralnewyork@dreamfactory.com 607-272-1264.
Dryden Youth Pride, 65 E. Main St., Dryden, 607-844-3565.
Family & Children's Service of Ithaca, 127 W State St, Ithaca, 607-273-7494, www.fcsith.org.
Family Reading Partnership, The Nook New Parents Support Group Thursday mornings at 9am at the Shops at Ithaca Mall, 2 doors down from the food court. 277-8602 http://www.familyreading.org
Finger Lakes Toy Library Toys, puzzles, activity kits and games to stay and play or borrow for up to 4 weeks. Birthday parties too at the Shops at Ithaca Mall, 40 Catherwood Dr., Ithaca www.fingerlakestoylibrary.org
Greater Ithaca Activities Center (GIAC), 301 W. Court St., Ithaca, 607-272-3622, cityofithaca.org/327/Greater-Ithaca-Activities-Center
Ithaca Youth Bureau, 1 James L Gibbs Dr., Ithaca, 607-273-8364, http://ithacayouthbureaurecreation.com/
New York State Citizens Coalition for Children, 410 East Upland Rd., Ithaca, 607-272-0034, www.http://nysccc.org.
One-To-One Big Brother Big Sister, Ithaca Youth Bureau, 1 James L. Gibbs Dr., Ithaca, 607-273-8364.
Teen Pregnancy/Parenting Program, Child Development Council, 609 W. Clinton St., Ithaca, 607-273-1055, childdevelopmentcouncil.org
Tompkins Community Action, Family Resources, Early Childhood, Energy Services, Housing, 701 Spencer St., Ithaca, 607-273-8816, www.tcaction.org.
Youth Advocate Program of Tompkins County, 102 Cherry St., Ithaca, 607-277-5254, yapinc.org

PLEASE NOTE:

Every effort is made to make these listings as complete as possible. In the event of an error or omission, please contact Ithaca Child via email at jgraney@twcny.rr.com or call 607-327-1226. Thank you, Jim Graney, Publisher, Ithaca Child

Southworth Library

October 2026



Books & Brew — **Thursday, October 15th at 6:00 p.m.**
This month's theme: Something Spooky
Pick a mystery, thriller, horror or any other spooky book this month and join us at Hopshire Farms & Brewery!



Jennie's Book Club — **Tuesday, October 20th at 10:00 a.m.**
Violeta
by Isabel Allende
Join us for coffee & conversation!
Through the eyes of a woman whose unforgettable passion, determination, and sense of humor carry her through a lifetime of upheaval, Isabel Allende once more brings us an epic that is both fiercely inspiring and deeply emotional.



Silent Book Club — **Monday, October 26th at 6:30 p.m.**
Mickey 17
By: Edward Ashton
Enjoy a free copy of this book or bring your own selection and enjoy some snacks and quiet time at the library.
A 2022 science fiction novel by Edward Ashton about a disposable human clone who survives a suicidal mission and returns to base to find his replacement already printed.

Tools for creating welcoming spaces
Tuesday, October 20th 6:00 PM
Facilitated by Jamila Walida Simon, PhD and Mike Bishop, PhD
- Showing up for each other
- Taking risks to challenge oppression
- Creating a sense of belonging for all

Join the conversation on creating a welcoming atmosphere in our civic building work and overcoming challenges we face.



Fiction Addiction Challenge
Can you read 100 hours this school year?
For grades 6-12
Every 25 hours that you read, you can pick a prize! Pick up your reading challenge sheet at the Library!

LUNCHTIME LEARNING

Cancer Screening and Support
Learn about FREE cancer screening and support programs in our community.
Early detection saves lives
WEDNESDAY October 28th AT NOON
NEW YORK STATE Cancer Services Program
CANCER RESOURCE CENTER OF THE FINGER LAKES A Member of Centralus Health

VOTE — **Are you registered to Vote? Do you know where your polling place is?** Vote411.org is a great resource

SORRY, WE'RE CLOSED — The library will be closing at 4pm Monday, October 5th and 19th and all day Saturday the 17th and 31st

Preschool Storytime

Fridays at 10:00 a.m.
Join Ms. Laura and friends for crafts, snacks, songs, great stories and a giveaway book!

October 2nd - Family
I'll be There by Karl Newson



After storytime, learn about resources that the Child Development Council provides families to be healthy.

Homeschool Hangout at 11am
Come connect with homeschool families

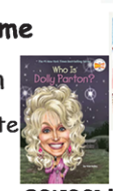
October 9th - Safety
I Can be Safe by Pat Thomas



It's fire safety week! This week we'll read stories about being safe.

October 16th - No Storytime

October 23rd - Dolly Parton





All ages are welcome to celebrate one of America's legends and literacy supporters. We'll have some games, crafts, snacks and of course free books.

SCHOOL'S OUT KIDS CLUB: DOLLY DAY!

October 30th - Halloween
I'm Not Scared, You're Scared by Seth Meyers



Children are welcome to come dressed up in costumes for this special storytime.

Each week families will receive a free book to take home, while supplies last. Thanks to the generous Rosen Library Fund Grant from the Community Foundation of Tompkins County. A special thanks to Clark's Food Mart for being our storytime snack sponsor!

Bernard Carl and Shirley Rosen Library Fund Community Foundation of Tompkins Cou

Paws to Read

Saturday, October 10th at 10:30 a.m.
Join the Cornell Canine Companions for an hour filled with furry friends, good stories, and a chance to practice your reading.



MISS ANGIE'S MUSIC

Saturday, October 24th at 10:30 a.m.
Bring the kids to get their toes tapping and their bodies moving with stories and songs!
COMMUNITY ARTS PARTNERSHIP
Made possible in full with funds from the New York State Council on the Arts, administered by the Community Arts Partnership.

Ages 3-14 COMICS 'N CREATURES
ITHACA COLLEGE
Ithaca College Graphic Novel Group
Saturday, October 3rd at noon



COME CREATE COMICS, DRAGONS, MINI-MONSTERS, AND A PHOENIX.
Register at Southworthlibrary.org

24 West Main Street Dryden, NY 13053 | Phone: (607) 844-4782 | www.southworthlibrary.org
Monday - Friday 10:00 a.m. - 6:00 p.m. | Saturdays 10:00 a.m. - 2:00 p.m.

Announcements

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with food, music, and fall fun. Featuring Dead & Friends and the Fall Creek Brass Band, plus a Family Fun Zone and much more. Info/tickets: https://www.greekpeak.net/greek-peak-fall-fest/.

Paws to Read
Southworth Library, 10:30am. Join the Cornell Canine Companions for an hour filled with furry friends, good stories, and a chance to practice your reading. Info: www.southworthlibrary.org.

Greater Ithaca Art Trail Open-Studio Weekends
October 10-11 and 17-18, 11:00am-5:00pm. This is a great time of year to travel the beautiful roads of upstate NY, with artist studios as your destination. There's no fee and no appointments—just go! Chat with the artists, see what they've been up to, learn about their process, and purchase great art. Artist list, map, and more: https://arttrail.com.

Family Storytime
Tompkins County Public Library, 11:00am. Children of all ages and their caregivers are invited to celebrate reading and build early literacy skills with stories, songs, and hands-on fun. Info: https://www.tcpl.org/event/family-storytime-63214.

Steve Gonsalves Live: A Life With Ghosts
Hangar Theatre, 6:30pm. An immersive evening of hauntings, history, and true tales from Steve's revealing archive. The evening also includes humor, audience interaction, and a live Q&A. Tickets: https://hangartheatre.org/event/a-life-with-ghosts/.

11 Sunday

Fall Fiber Arts Festival
Little York Lake Theater & Pavilion in Preble, 10:00am-3:00pm. $5.00 Admission. Kids 12 and under free. Featuring a wide variety of vendors with unique fiber products, supplies, and gifts. Food offerings include soup, chili, hot dogs, snacks, coffee, and more. Refreshment proceeds benefit the Cortland Repertory Theatre Guild. Info: https://cortlandrep.org/little-york-fall-fiber-arts-festival/.

DSP Shows Presents: Fred Armisen—Comedy for Musicians But Everyone is Welcome
State Theatre, 7:00pm. Fred Armisen is a comedian, writer, producer, and musician. He is an 11-season veteran of *Saturday Night Live*, and for 10 years was band leader of the 8G Band on *Late Night With Seth Meyers*. He was in the original cast of *All In: Comedy About Love* on Broadway. Tickets: https://stateofithaca.org.

12 Monday

Mask Mondays
10:00am-5:00pm. All visitors at the Museum of the Earth on the **second Monday** of each month will be required to wear a mask.

School Break Day with Primitive Pursuits
4-H Acres, 9:00am-3:00pm. Join us outside to enjoy the best the natural world has to offer! Spend your day playing games, telling stories, carving, building shelters, cooking on campfires, and making crafts with materials we find in the forest. An all-outdoor, all-weather program for ages 5-12. Registration: https://primitivepursuits.com/school-breaks/.

13 Tuesday

Senator Lea Webb's Community Office Hours
4-6pm at the Groton Public Library, 112 East Cortland St., Groton

Toddler & Preschool Art Studio
Tompkins County Public Library, 10:30am. An opportunity for open exploration and discovery with a variety of arts and crafts materials. This drop-in program is offered on the second Tuesday of each month. Info: https://www.tcpl.org/event/toddler-preschool-art-studio-64495.

Tech Tuesdays
with Aidan & Ryan at Groton Public Library, 3-7pm. Open to the public - Come in to 112 East Cortland St., Groton or call 607-898-5055.

14 Wednesday

TCPL Tours: Downtown Tree Walk
Tompkins County Public Library, 11:30am. Join city forester Jeanne Grace for a tree walk through downtown. Registration: https://www.tcpl.org/event/tcpl-tours-downtown-tree-walk-city-forester-jeanne-grace-65722.

Animal Sleepover Storytime
Tompkins County Public Library, 6:00pm. Join us for a pajama storytime, then send your stuffed animal on an after-hours library adventure! Children can pick up their animals and a postcard of their late-night escapades the next day. Info/registration: https://www.tcpl.org/event/animal-sleepover-storytime-65700.

Kitchen Theatre Presents: *Something About Money* by Alexander Thomas
October 14-25. A funny, surprising, and personal solo performance that will make you laugh, cry, and question your entire relationship to money. Schedule/tickets: www.kitchentheatre.org.

15 Thursday

Ages 8-108 Board Game Club
Tompkins County Public Library, 4:00pm. Are you between the ages of 8 and 108 and love playing board games? Join us! No registration necessary; just drop in and join a game and meet our staff and other board game enthusiasts. If you don't know how to play a game, don't worry—we'll teach you! Info: https://www.tcpl.org/event/ages-8-108-board-game-club-65384.

Books & Brew Book Club
Hopshire Farm & Brewery, 6:00pm. This month's theme: Something Spooky. Pick a mystery, thriller, horror, or any other spooky book and join us to share and discuss. Info: www.southworthlibrary.org.

Encore Players Present: Dark Hearts—A Villains Cabaret
Trumansburg Conservatory of Fine Arts, 7:30pm. Celebrating the spirit of the season, Encore Players presents another installment of *Dark Hearts*, in which famous Broadway villains take the stage to share their deepest desires, untold to us in their original story lines, and sing the songs they have always wanted to sing. Info: https://www.tburgarts.org/event-calendar.

Library Book Club
Groton Public Library, 7:00pm. Info: www.grotonpubliclibrary.org.

16 Friday

Encore Players Present: Dark Hearts—A Villains Cabaret
Trumansburg Conservatory of Fine Arts, 7:30pm. Celebrating the spirit of the season, Encore Players presents another installment of *Dark Hearts*, in which famous Broadway villains take the stage to share their deepest desires, untold to us in their original story lines, and sing the songs they have always wanted to sing. Info: https://www.tburgarts.org/event-calendar.

Family Movie Night
Groton Public Library, Fridays at 5:30pm. Free popcorn! Info: www.grotonpubliclibrary.org.

Preschool Storytime
Southworth Library, Fridays at 10:00am. Join Ms. Laura and friends for crafts, snacks, songs, great stories, and a giveaway book! Info: www.southworthlibrary.org.

Teen Studio
Johnson Art Museum, 4:00–6:00pm. Unleash your creativity, experiment with an array of materials, and have fun alongside your peers. Drop by the Cox Studio for artistic inspiration in a stress-free environment, with snacks provided. Open to all middle and high school students. Info: museum.cornell.edu.

Ithaca College Theatre Presents: Sender
McCarroll Theater, October 16-18. This stunningly frank, full-hearted dramedy asks us to confront the hard truths we run away from, and shines a light on what adulthood really means: moving forward. Schedule/tickets: https://www.ithaca.edu/academics/school-music-theatre-and-dance/center-theatre-and-dance-productions.

17 Saturday

Friends of the Library Book Sale
509 Esty Street, October 17-19. Over 150,000 books, DVDs, CDs, comics, puzzles, games and more, including a huge Children's Section! Sale continues Oct 24-27. Proceeds benefit the Tompkins County Public Library and the Finger Lakes Library System. Info: www.booksale.org.

4-H Fall Festival
4-H Acres, 10:00am-2:00pm. Join us for a pancake breakfast plus crafts, games, live animals, guided nature walks, and plants. 4-H offers various clubs that youth can join as well as a variety of Rural Youth Services and the Primitive Pursuits programs. Learn about all of these and enjoy a hearty breakfast with other local families! Info: https://ccetompkins.org/events/2025/10/18/tompkins-4-h-fall-festival.

continued on page 19

Finger Lakes Toy Library

A Community Resource Devoted to Play

- A 501(c)(3) nonprofit community toy lending library with toys, games and puzzles for ALL ages!
- Stay and play or browse to borrow
- Sliding scale membership donation with NO minimum - everyone can play regardless of ability to donate!
- Offering Playtimes and Events
- Visit **www.fingerlakestoylibrary.org** to learn more

The Shops at Ithaca Mall
40 Catherwood Drive
Ithaca, NY 14850



Hello friends, my name is

The SPCA of Tompkins County is the place to look!

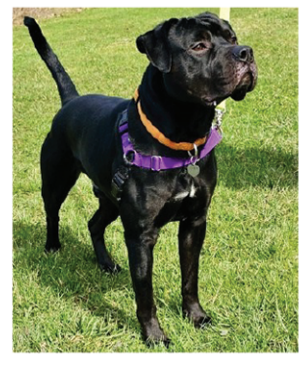
Meet our Featured Pets!



What's Tater, precious? Why, only the sweetest kitty who simply adores being in your lap or overseeing your daily activities! Known to be a very loving and friendly young man, Tater's also the kind of kitty who appreciates a gentle greeting before the cuddles commence. He's looking for a laid back place to call home, where he can leisurely amble around and give you some helpful hints on how to achieve opening that difficult pouch of kitty snacks for him, please and thank you! Come and meet him for yourself today!

Tater

Bo (63 lbs) knows how to chase a ball, just like the pros! He's got speed and agility to match that enthusiasm, but sometimes that enthusiasm can spill over onto things that he considers 'his', so he's looking for a home where his family can help him to see that his stuff is safe, we promise!
Because his previous owners recognized that they just didn't have the time that Bo deserves, he's hanging out with us while he searches for his ideal new home. Maybe with some patient, older kids who can be respectful of his boundaries, and are committed to throwing that stick or ball with him until the cows come home!
If you think that you might have the endurance to wear out Bo's love for fetch, come in today!



Bo

SPCA Tompkins County
1640 Hanshaw Rd. Ithaca, NY 14850
(607) 257-1822
www.SPCAonline.com
NYS Reg RR254

Announcements

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Ithaca Waldorf School Open House
10-11am PreK through 8th Grade. Visit 20 Nelson Rd., Ithaca, call 607-256-2020 or visit ithacawaldorf.org

Family Storytime
Tompkins County Public Library, Saturdays at 11:00am. Children of all ages and their caregivers are invited to celebrate reading and build early literacy skills with stories, songs, and hands-on fun. Info: https://www.tcpl.org/event/family-storytime-63215.

Fossil ID Day
Did you find a rock in your backyard? Do you think it might be a fossil? Museum of the Earth is here to help! Bring your fossil into the Museum on Saturdays from 10 am – 5 pm for help identifying your fossil in our Prep Lab. Dr. Maureen Bickley will be working in the Prep Lab on Saturdays and is happy to assist you. You will not be able to leave your fossil so it should be able to be carried. If it is too large to carry, email info@priweb.org to make different arrangements. Fossil ID Day is included with Museum Admission.

Greater Ithaca Art Trail Open-Studio Weekends
October 10-11 and 17-18, 11:00am-5:00pm. This is a great time of year to travel the beautiful roads of upstate NY, with artist studios as your destination. There's no fee and no appointments—just go! Chat with the artists, see what they've been up to, learn about their process, and purchase great art. Artist list, map, and more: https://arttrail.com.

Crafts with the Cornell BABY Lab
Tompkins County Public Library, 11:30am. Families are invited to get creative together with hands-on activities designed to encourage play, imagination, and connection. Stop by, make something special, and learn more about the Cornell B.A.B.Y. Lab. Also meets 11/21 and 12/12. Info: https://www.tcpl.org/event/crafts-cornell-baby-lab-66213.

Scarecrow Jubilee
Ithaca Children's Garden, 1:00-4::0pm. Build your own scarecrow, carve pumpkins, laugh during a puppet show, dance to live music, enjoy activities and games, and make memories that will last for harvests to come. If you've been looking for a free, family-friendly community event this coming fall season, make Scarecrow Jubilee your destination. Info: https://www.ithacachildrensgarden.org/portfolio/scarecrow-jubilee/.

Family Tour: Behind the Mask
Johnson Art Museum, 1:00-2:00pm. From the Japanese samurai's fierce gaze to Indig masks celebrating ancestors and community, we'll travel the world during this free drop-in tour suitable for all ages. Info: museum.cornell.edu.

Parents Night Out
Finger Lakes Gymnastics Center, 4:00-8:00pm. Ages 4+. Featuring open gym, gymnastics, highly trained coaches, ninja, pizza, and a G-rated movie. Registration: https://fingerlakesgymnasticscenter.com/pno.

Encore Players Present: Dark Hearts—A Villains Cabaret
Trumansburg Conservatory of Fine Arts, 7:30pm. Celebrating the spirit of the season, Encore Players presents another installment of *Dark Hearts*, in which famous Broadway villains take the stage to share their deepest desires, untold to us in their original story lines, and sing the songs they have always wanted to sing. Info: https://www.tburgarts.org/event-calendar.

Ithaca Ballet Presents: Fall Dance Revelry for All Ages
State Theater, 7:30pm. *Mother Goose Suite* is a ballet choreographed by Lavinia Reid in 1977 to Ravel's evocative score. This gorgeous compilation includes *Beauty and the Beast, Hop O' My Thumb, Laidonerette, Empress of the Pagodes, and the Fairy Garden.* The program also features two contemporary ballets. Tickets: https://stateofithaca.org/events/.

18 Sunday

Ithaca Ballet Presents: Fall Dance Revelry for All Ages
State Theater, 7:30pm. *Mother Goose Suite* is a ballet choreographed by Lavinia Reid in 1977 to Ravel's evocative score. This gorgeous compilation includes *Beauty and the Beast, Hop O' My Thumb, Laidonerette, Empress of the Pagodes, and the Fairy Garden.* The program also features two contemporary ballets. Tickets: https://stateofithaca.org/events/.

Family Classics Picture Show: The Ghost & Mr. Chicken (1966)
Cinemapolis, 2:30pm. Free! Starring Don Knotts. A timid typesetter hasn't a ghost of a chance of becoming a reporter—until he decides to solve a murder mystery and ends up spending a fright-filled night in a haunted house. Info: www.cinemapolis.org.

19 Monday

Teen Maker Monday
Tompkins County Public Library, 4:00-6:00pm. Participants will have the opportu-

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Cortland County
HISTORICAL SOCIETY

Sharing the stories of Cortland County for over 100 years!



Suggett House Museum
Then & Now Children's Room
Kellogg Memorial Research Center



ADMIT ONE 604760 604760

Museum admission is always free!

NARM ASSOCIATION NORTH AMERICAN RECIPROCAL MUSEUM (NARM) ASSOCIATION

Empire State Museums Reciprocal Program

Member of NARM Association and Empire State Museums Reciprocal Program

Wed-Sat 12-5pm
607-756-6071
www.cortlandhistory.org

Eastlake Recreation Center



Pickleball, Tennis, Playground, Ax Throwing, plus a Golf & Game Simulator.

Fun for Adults and Kids

- **Scheduling Birthday Parties** any age, for up to 15 kids. Call to make reservations.
- **Preschool Open Play Time will be Tues & Thurs 10-1.** $10 per child!
- **Open Play Time for all ages will be Tues & Thurs 2:30-5:30.** $10 per child!
- **Group Rentals** - available during the week. Call to make reservations.

EASTLAKE RECREATION

Check our website and online schedule for updates, especially during school holidays
www.eastlakerecreation.com
or call 277-2151, 18 Eastlake Rd., Ithaca

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All new episodes plus games and more at WSKG.org/kids

Announcements

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nity to learn and use Makerspace machines. A variety of crafting supplies will be available. This program is first come-first served for machines, materials, and assistance. Info: https://www.tcpl.org/event/teen-maker-monday-54443.

Tree "Buds" Weekly Tree Phenology Walks
3pm at Cayuga Nature Center. Be our tree "buds" and join our weekly citizen science walk to observe and collect data on seasonal changes in trees. Rain or shine, we will monitor when buds break, leaves emerge, flowers bloom, fruits ripen, and when leaves change color and fall. We send the data to the USA National Phenology Network, which makes it available to researchers who are trying to understand the mechanisms behind seasonal changes and how they are influenced by a changing climate. You'll learn how to make these types of observations, and how to do this at home or in your neighborhood. This event is free and everyone is welcome to attend. We'll meet in front of the Cayuga Nature Center lodge at the beginning of the program.

20 Tuesday

Jennie's Book Club
Southworth Library, 10:00am. This month we're reading *Violeta* by Isabel Allende. Join us for coffee and conversation! Info: www.southworthlibrary.org.

Pokémon Club
Tompkins County Public Library, 4:00pm. Kids ages 5-14 are welcome to join us to: • Learn and play the trading card game (demo decks and battle academy on hand) • do Pokémon related crafts • meet other trainers and show off your collection. Info: https://www.tcpl.org/event/pokemon-club-64422.

Anna Kelles: Groton to Albany—How Your State Government Works
Groton Public Library, 6:00pm. Info: www.grotonpubliclibrary.org.

Tech Tuesdays
with Aidan & Ryan at Groton Public Library, 3-7pm. Open to the public - Come in to 112 East Cortland St., Groton or call 607-898-5055.

21 Wednesday

Poetry Class with Poet Laureate
Groton Public Library, 6:00pm. Tompkins County poet laureate nicole v basta will be here! Info: www.grotonpubliclibrary.org.

23 Friday

School Break Day with Primitive Pursuits
4-H Acres, 9:00am-3:00pm. Join us outside to enjoy the best the natural world has to offer! Spend your day playing games, telling stories, carving, building shelters, cooking on campfires, and making crafts with materials we find in the forest. An all-outdoor, all-weather program for ages 5-12. Registration: https://primitivepursuits.com/school-breaks/.

Family Movie Night
Groton Public Library, Fridays at 5:30pm. Free popcorn! Info: www.grotonpubliclibrary.org.

Forest Play Day
4-H Acres, 9:00am-noon. This program is FREE with pre-registration. Parents and children ages 0-5 are invited to join Ithaca Forest Preschool for a morning of exploring, stories, and fire! Play Days are a great way to get out into the woods with your kids and experience total nature immersion. It's also chance to discover whether a forest preschool might be right for your family! Info/registration: https://ithacaforestpreschool.org.

October Sciencenter Playtime
Join the Finger Lakes Toy Library at the Sciencecenter on Friday 10/23 for an open playtime! There will be toys to explore and a special science activity run by the Sciencenter. Event runs 10:30-1:30.

Preschool Storytime
Southworth Library, Fridays at 10:00am. Join Ms. Laura and friends for crafts, snacks, songs, great stories, and a giveaway book! Info: www.southworthlibrary.org.

Stitch Club
Tompkins County Public Library Makerspace, 1:00pm. Adults and teens. An opportunity for knitters, crocheters, needle-pointers, and other stitchers to come together and work and share our projects, skills, and advice. Stitchers of every experience level are welcome. Info: https://www.tcpl.org/event/copy-stitch-club-62308.

Shakespeare's Twelfth Night
Kiplinger Theatre, Cornell, October 23/24 and 30/31. Adapted and directed by David Feldshuh. Set in the years between the First World War and the Great Depression of the 1930s, this adaptation features six Shakespeare songs as well as songs and music from the 1920s. Schedule/tickets: https://pma.cornell.edu/fall-2026-events.

Dallas Morse Coors Concert Series: Chucho Valdés 85th Birthday Celebration
Bailey Hall, Cornell, 7:30pm. NEA Jazz

continued on page 21



Visit "The Land of Make Believe!"

Own your own print of this classic picture by artist Jaro Hess from the book *East of the Sun, West of the Moon*

It seems that as a child, many of us spent hours looking up at the Land of Make Believe poster. It is with great pleasure that RDI brings the Lomb print back into production. "The Land of Make Believe is being offered in two reproduction styles. Both prints are sized to the originals 24.5 x 37 inches. Prints are offered as Fine Art prints and Photo Poster type prints. The fine art print is printed on a Crane Water color type paper, the photo poster paper is a luster semigloss paper manufactured by Ilford. The prints are printed on an Epson 10000CF wide format printer using archival pigmented inks with extreme longevity characteristics."

"Every child needs a little make believe."

Order yours today at www.rosen-ducatimaging.com

Made available by Rosen-Ducat Imaging, under license from Hagstron Map Co.

ENGAGE YOUR CURIOSITY





250+ HANDS-ON EXHIBITS

DAILY SCIENCE ACTIVITIES

MEET LIVE ANIMALS

Sciencenter

601 1st St, Ithaca, NY • 607-272-0600 • sciencenter.org

RUNNING to PLACES THEATRE COMPANY

Community Theatre for the Whole Community

Running to Places brings together middle and high school students to make friends and to develop critical life skills through the art of theatre. We believe so strongly that everyone should have equitable access to these life-changing opportunities, we've made participation for our students and attendance at shows 100% FREE! This is only possible with the support of our community - folks just like you.

Find out about our next show and support R2P by visiting www.runningtoplaces.org or scanning the QR code



Announcements

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Master and winner of seven Grammy and seven Latin Grammy Awards, the Cuban pianist, composer and arranger Chucho Valdés is the most influential figure in modern Afro-Cuban jazz. Tickets: https://www.cornellconcertseries.com/2627-season.

24 Saturday

Friends of the Library Book Sale
509 Esty Street, October 24-27. Thousands of books, DVDs, CDs, comics, puzzles, games and more, including close to 35,000 items in the Children's Section! Proceeds benefit the Tompkins County Public Library and the Finger Lakes Library System. Info: www.booksale.org.

Miss Angie's Music & Movement
Southworth Library, 10:30am. Bring the kids to get their toes tapping and their bodies moving with stories and songs! Info: www.southworthlibrary.org.

3rd Annual Fright Night
Groton Public Library, 6:00-9:00pm. at 112 East Cortland St., Groton. Info: www.grotonpubliclibrary.org.

AI Class with Gretchen Schoser
11am at the Groton Public Library, 112 East Cortland St., Groton

Feng E: Electric Ukulele
Trumansburg Conservatory of Fine Arts, 7:00pm. Taiwanese phenomenon Feng E first stunned the world at just ten years old when his breathtaking ukulele performance of *Classical Gas* went viral. Since then, he has transformed from a viral sensation into one of the most exciting young artists in the global ukulele scene. Tickets: https://www.tburgarts.org/event-calendar.

Fossil ID Day
Did you find a rock in your backyard? Do you think it might be a fossil? Museum of the Earth is here to help! Bring your fossil into the Museum on Saturdays from 10 am – 5 pm for help identifying your fossil in our Prep Lab. Dr. Maureen Bickley will be working in the Prep Lab on Saturdays and is happy to assist you. You will not be able to leave your fossil so it should be able to be carried. If it is too large to carry, email info@priweb.org to make different arrangements. Fossil ID Day is included with Museum Admission.

25 Sunday

Spooky Science
Sciencenter, noon-4:00pm. This free annual event invites families to explore the museum in costume and enjoy a day of eerie experiments, hands-on activities, and Halloween fun for all ages. Info: www.sciencenter.org.

26 Monday

Silent Book Club
Southworth Library, 6:30pm. Enjoy a free copy of this month's featured book—*Mickey 17* by Edward Ashton—or bring your own selection, and enjoy some snacks and quiet reading time at the Library. Info: www.southworthlibrary.org.

Tree "Buds" Weekly Tree Phenology Walks
3pm at Cayuga Nature Center. Be our tree "buds" and join our weekly citizen science walk to observe and collect data on seasonal changes in trees. Rain or shine, we will monitor when buds break, leaves emerge, flowers bloom, fruits ripen, and when leaves change color and fall. We send the data to the USA National Phenology Network, which makes it available to researchers who are trying to understand the mechanisms behind seasonal changes and how they are influenced by a changing climate. You'll learn how to make these types of observations, and how to do this at home or in your neighborhood. This event is free and everyone is welcome to attend. We'll meet in front of the Cayuga Nature Center lodge at the beginning of the program.

27 Tuesday

SingSong Music Class for Kids
Community School of Music & Arts, Tuesdays at 10:00am from October 27-Nov 17. Ages 1-4. A fun-filled multicultural class for little ones and parents/caregivers to enjoy music in a circle setting. Info/registration: https://csma-ithaca.org/current-classes-workshops/.

Watercolor Landscapes for Kids
Community School of Music & Arts, Tuesdays at 4:00pm from October 27-December 1. Ages 8-12. Discover the magic of watercolor painting in this fun and engaging six-week class for young artists. Guided by instructor Raymond Crognale, students will explore watercolor techniques while creating colorful paintings inspired by nature, animals, landscapes, imagination, and more. Registration: https://csma-ithaca.org/current-classes-workshops/.

Tech Tuesdays
with Aidan & Ryan at Groton Public Library, 3-7pm. Open to the public - Come in to 112 East Cortland St., Groton or call 607-898-5055.

28 Wednesday

Lunchtime Learning: Cancer Screening & Support
Southworth Library, noon. Learn about free cancer screening and support programs in our community. Early detection saves lives. Info: www.southworthlibrary.org.

Fall Fun Yoga
Tompkins County Public Library, 5:30pm. Ages 7-10. Meets six times. As the weather cools, we'll keep ourselves heated up taking yoga adventures to places where the leaves are falling, the animals are getting ready for the brisk air, and winter begins. We'll practice balance and breath control, stretch and bend, and have so much silly fun along the way! Registration: https://www.tcpl.org/event/yoga-wdannihold-66445.

Museum in the Dark
Museum of the Earth, 6:00-8:00pm. With help from Cornell University's Astronomy Graduate Network, we'll look at space in a spooky way! Come dressed in costume and enjoy a variety of activity stations as you fill out your Space passport. Admission for this special event is $8 a person; members, EBT cardholders, and children are free. Info: https://www.priweb.org.

29 Thursday

Lilypad Puppet Theater Presents: The

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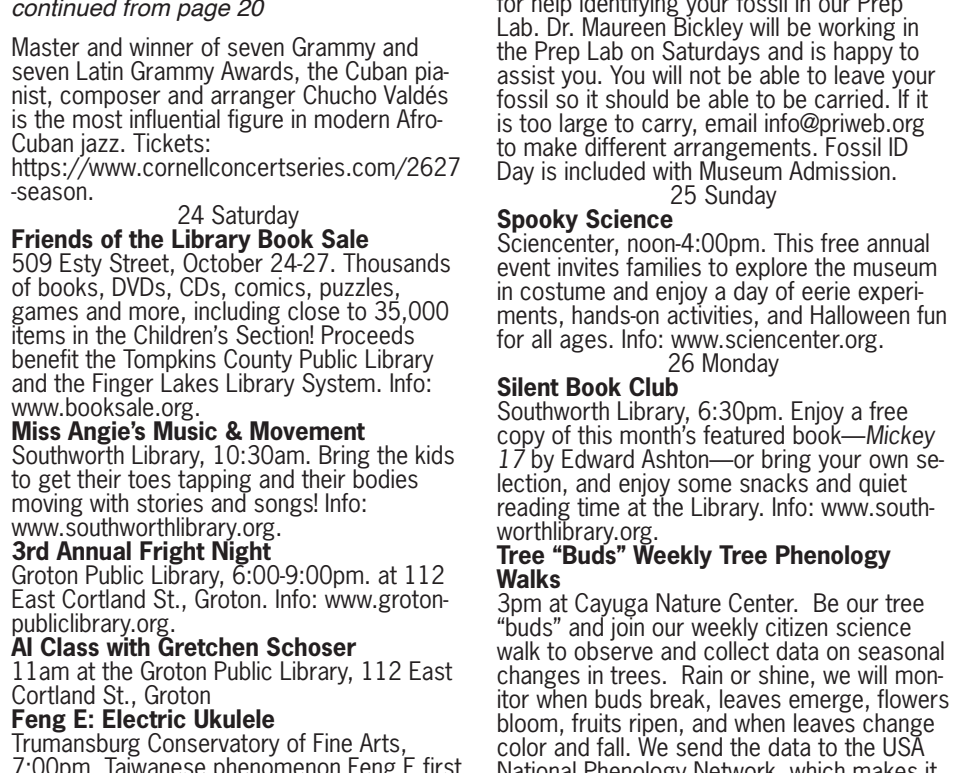

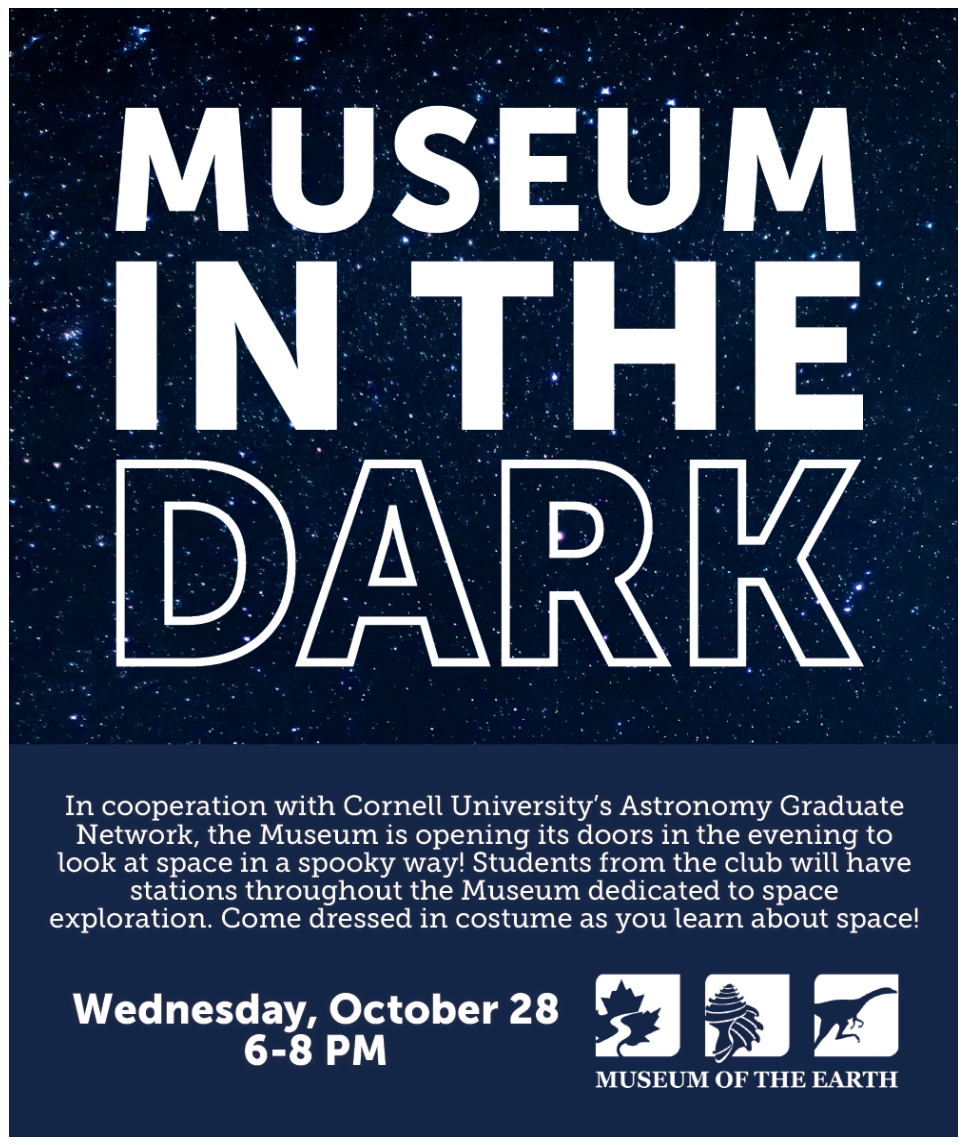

Fall Events!

Groton Public Library 1896

Upcoming at Groton Public Library

"Where Good Things Happen"

Family Movie Night every Friday 5:30pm Free Popcorn!

Tech Tuesdays with Aidan & Ryan 3-7pm Open to the public - Come in or call

3rd Annual Fright Night!

Saturday Oct 24th 6-9pm

Prepare to Scream!

- Library Board of Trustees Meeting on Thursday, October 8 at 6 p.m.
- Senator **Lea Webb's** Community Office Hours Tuesday, October 13 from 4 to 6 PM
- Library Book Club on Thursday, October 15 at 7 p.m.
- Groton to Albany: How Your State Government Works with **Anna Kelles** on Tuesday, October 20 at 6 p.m.
- **nicole v basta**, poet laureate of Tompkins County to teach poetry class on Wednesday, October 21 at 6 p.m.
- AI Class with **Gretchen Schoser** on Saturday, October 24 at 11 a.m.

COMMUNITY ARTS PARTNERSHIP

These programs are made possible (in part) with funds from the New York State Council on the Arts, administered by the Community Arts Partnership & the Rosen Library Fund administered by the Community Foundation of Tompkins County.

112 East Cortland St., Groton, NY
For more info please email: director@grotonpubliclibrary.org or call 607-898-5055
or visit us at https://grotonpubliclibrary.net/ or on Facebook for an updated list of events.

Announcements

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Great Pumpkin Pageant
Hangar Theatre, 6:00pm. When the Devil shows up to cut a deal, will Jack lose his soul or outsmart the Devil himself? Featuring puppets, life-sized masked characters, original songs, and a spooktacular finale! Info: https://hangartheatre.org/event/the-great-pumpkin-pageant/.

30 Friday

Preschool Storytime
Southworth Library, Fridays at 10:00am. Join Ms. Laura and friends for crafts, snacks, songs, great stories, and a giveaway book! Info: www.southworthlibrary.org.

Family Movie Night
Groton Public Library, Fridays at 5:30pm. Free popcorn! Info: www.grotonpubliclibrary.org.

Halloween in Downtown Ithaca
Ithaca Commons and surrounding storefronts, 4:00-6:30pm. Costumes on! Candy bags ready! Halloween in Downtown is all about trick-or-treating at participating businesses. Bring the family, visit different storefronts, and look for Halloween event signs in the windows. Use the interactive Halloween map to plan your walk and find candy stops. Info: https://www.downtownithaca.com/halloween-in-downtown-ithaca/.

Lilypad Puppet Theater Presents: The Great Pumpkin Pageant
Hangar Theatre, 6:00pm. When the Devil shows up to cut a deal, will Jack lose his soul or outsmart the Devil himself? Featuring puppets, life-sized masked characters, original songs, and a spooktacular finale! Info: https://hangartheatre.org/event/the-great-pumpkin-pageant/.

31 Saturday

Ithaca City Cemetery Tour
University Ave near Linn St, 11:00am and 1:00pm. From village burying ground to Victorian landscape for the dead, we'll walk selected sections of this 16-acre municipal cemetery and green space. Tour requires uphill walking and some uneven surfaces. Info/registration: https://www.historicithaca.org/events.

Fossil ID Day
Did you find a rock in your backyard? Do you think it might be a fossil? Museum of the Earth is here to help! Bring your fossil into the Museum on Saturdays from 10 am – 5 pm for help identifying your fossil in our Prep Lab. Dr. Maureen Bickley will be working in the Prep Lab on Saturdays and is happy to assist you. You will not be able to leave your fossil so it should be able to be carried. If it is too large to carry, email info@priweb.org to make different arrangements. Fossil ID Day is included with Museum Admission.

Halloween Open House
Trumansburg Conservatory of Fine Arts, 5:30-8:00pm. Free and open to the public. Featuring candy, hot chocolate, coffee, and fresh apples in a family-friendly and festive atmosphere. Info: https://www.tburgarts.org/event-calendar.

November

1 Sunday

Ithaca City Cemetery Tour
University Ave near Linn St, 11:00am and 1:00pm. From village burying ground to Victorian landscape for the dead, we'll walk selected sections of this 16-acre municipal cemetery and green space. Tour requires uphill walking and some uneven surfaces. Info/registration: https://www.historicithaca.org/events.

2 Monday

Fall Teen Creative Writing Workshop
Tompkins County Public Library, 4:30pm. Love to write your own stories? Have ideas for your own characters and worlds, or an interest in writing fanfiction? In this eight-week workshop, you'll be able to share your ideas, receive feedback on your work, and hone your creative writing skills. Registration: https://www.tcpl.org/event/fall-teen-creative-writing-workshop-66424.

3 Tuesday

Teen & Tween Graphic Novel Book Club
Tompkins County Public Library, 4:00pm. A monthly meetup to talk about graphic novels! We read a variety of graphic novels including graphic memoirs, nonfiction, fiction, and even manga. Our goal is to create a space where members can socialize and share in discussions about the visual medium of graphic storytelling. We also like to draw and eat snacks. Registration: https://www.tcpl.org/event/teen-tween-graphic-novel-book-club-65096.

Tech Tuesdays
with Aidan & Ryan at Groton Public Library, 3-7pm. Open to the public - Come in to 112 East Cortland St., Groton or call 607-898-5055.

4 Wednesday

Historical Skills Workshop for Kids: Simple Weaving
Cortland County Historical Society, 3:30pm. Ages 8-12. Participants will learn simple weaving skills, and will also learn about the importance of weaving in households of the past, and view textiles from the museum collection. Space is limited; registration required: https://cortlandhistory.org/events/.

6 Friday

Teen Studio
Johnson Art Museum, 4:00–6:00pm. Unleash your creativity, experiment with an array of materials, and have fun alongside your peers. Drop by the Cox Studio for artistic inspiration in a stress-free environment, with snacks provided. These free sessions are open to all middle and high school students. Info: museum.cornell.edu.

IC Theatre Presents: The 25th Annual Putnam County Spelling Bee
Hoerner Theatre, November 6-9. Winner of the Tony and the Drama Desk Awards for Best Book, The 25th Annual Putnam County Spelling Bee has charmed audiences across the country with its effortless wit and humor. Schedule/tickets: https://www.ithaca.edu/academics/school-music-theatre-and-dance/center-theatre-and-dance-productions.

Family Movie Night
Groton Public Library, Fridays at 5:30pm. Free popcorn! Info: www.grotonpubliclibrary.org.

7 Saturday

Family Workshop: Spark the Imagination
Johnson Art Museum, 1:00-3:00pm. Experiment and explore materials, write poems, and create illusions on scavenger hunts and special stations throughout the Museum's galleries and the studio. All ages are welcome at this free family program. Info: museum.cornell.edu.

Fossil ID Day
Did you find a rock in your backyard? Do you think it might be a fossil? Museum of the Earth is here to help! Bring your fossil into the Museum on Saturdays from 10 am – 5 pm for help identifying your fossil in our Prep Lab. Dr. Maureen Bickley will be working in the Prep Lab on Saturdays and is happy to assist you. You will not be able to leave your fossil so it should be able to be carried. If it is too large to carry, email info@priweb.org to make different arrangements. Fossil ID Day is included with Museum Admission.

8 Sunday

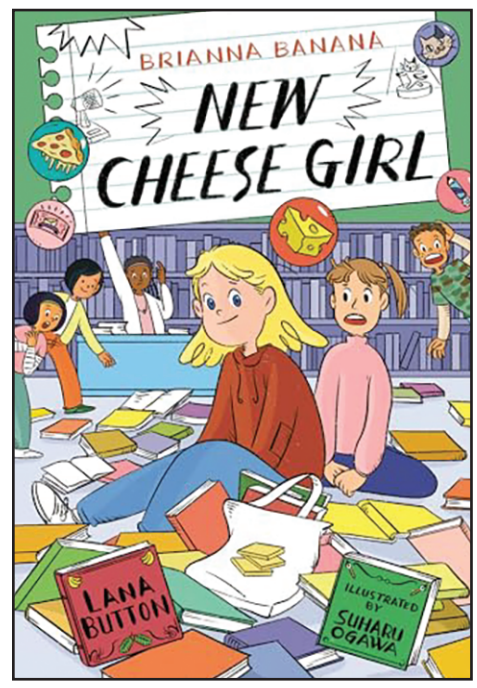
Valley Folk Music Presents: Medusa
UM Church at Cedar and First in Corning, 2:00pm. This electrifying chamber-folk band is reimagining the western string quartet and redefining what is beautiful. Info/tickets: https://valleyfolk.org.

Parents are encouraged to contact each event for age appropriateness.

Submit Calendar Items for the Winter ~ Holidays issue coming out in mid November no later than 10/29/26.
Fax: 607-347-4302
E-mail: jgraney@twcny.rr.com
Mail: PO Box 242, Etna NY 13062

Reading List

continued from page 9



to young readers. The book manages to be entertaining and bright while it realistically tackles friendship challenges, different learning styles, perfectionism, manipulation, managing big feelings, and more. Brianna finds that being part of the Cheese Girl clique in her class is not what she thought it would be, and through that realization she comes to appreciate herself and what matters to her all the more. Button has created a funny and meaningful book that will be the best kind of conversation starter. (Orca Books, 2026, ages 6-8)

Esty Schachter is a regular Ithaca Child contributor.





Display Classified Ad • One Column (2 3/8" wide) x $15.00
Line Classified Ads $5 first 10 words, 25 cents each added word. 607-327-1226

Candy Buy Back

ITHACA DENTISTRY GREAT CANDY BUY BACK. Drop off Monday, Tuesday or Wednesday, November 2nd, 3rd or 4th from 8am-4:30pm. Candy exchanged for a surprise. Bring to the office at 310 East Court St., Ithaca.

Learning & Lessons

CODDINGTON ROAD COMMUNITY CENTER one-and-a-half to five years. Half, Three Quarters and Full Day 7:30 am to 5:30pm. 277-1434.

ITHACA WALDORF SCHOOL Kindergarten through Elementary. Enrollment Applications available. Call 256-2020 or visit www.ithacawaldorf.org

DAY CARE IS A TOUGH DECISION. Find our why parents choose IC3. Ithaca Community Childcare Center. Enrolling. 579 Warren Rd., Ithaca. 257-0200.

ESSAY WRITING/CRITICAL THINKING TUTOR – Former English Professor - 40 Years' Experience - writingtutor1957@gmail.com

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ELIZABETH ANN CLUNE Montessori School of Ithaca now accepting applications for enrollment. Call 277-7335.

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SELL YOUR 'STUFF'!

We'll post it, sell it or just announce it for only $5! (per 10 words)
Mail to Ithaca Child Classifieds PO Box 242 Etna NY 13062, fax at 347-4302, or print this form off our website at www.ithacachild.net

1. **Category**:_____
2. **Message**:_____
_____
_____
3. **Place in Issues**: ___Spring *by 1/23* ___Summer *by 4/9*
___Finger Lakes Family Fun *by 5/22* ___Back to School *by 7/30*
___Family Services Dir. *by 9/18* ___Winter *by 10/29*
4. **Choose:** Line Classified ad: $5/10 words (25¢ for each additional word)
and/or Display Classified ad = $15.00 per column inch (One Column: 2 3/8" wide)
5. **Total Enclosed**: _____
6. We cannot print your ad without the following information. It will be kept strictly confidential.
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Foster Family

Become a Foster Parent

To anyone who may be considering becoming a foster parent and/or adoptive parent and wants more information, Tompkins County Department of Social Services has a significant need for homes for children of all ages and sibling groups.

If you desire further information, please call 274-5266

Wanted to Buy

SELL KIDS' CLOTHES (Sizes 0-14) at 269-0600 www.mamagooseithaca.com

SELL HOME ITEMS & FURNITURE at Mimi's Attic, 882-9038 www.mimisatticithaca.com

Health

MATERNITY & PEDIATRICS. Chiropractic Wellness Care. Also Treating Sports & Repetitive Use Injuries. Board Certified. Natural Health Family Chiropractic. 277-1468.

CONVENIENTLY LOCATED for your children's health care. Accepting new patients. Buttermilk Pediatrics 272-6880.

NORTHEAST PEDIATRICS & ADOLESCENT MEDICINE in TOMPKINS COUNTY 10 Graham Road West, Ithaca or 1290 Trumansburg Rd., Ithaca. Pediatrics 257-2188 • Adolescent Medicine 257-5067 • West office 319-5211

Home

Mark L. Thomas Septic Service

"We MT Your Tank"

90 Pleasant Hollow Rd., Freeville, NY 13068

- **Septic & Grease Pumping**
- **Minor Repairs & Inspections**
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607-539-7842 or 272-6038

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. 277-3450 www.significantelements.org

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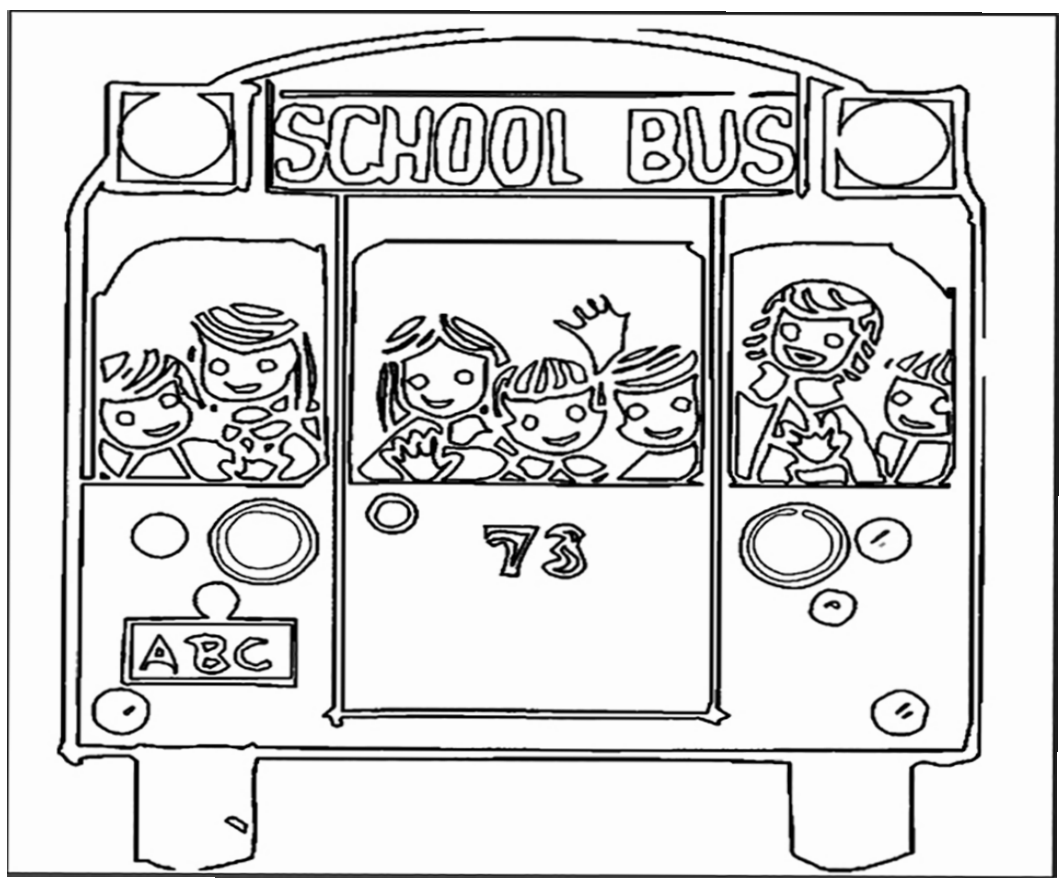
Enter to Win in Ithaca Child's Coloring Contest & Giveaway



Win gift certificates to:
Alphabet Soup; Cayuga Chamber Orchestra; GreenStar Co-op; The Cat's Pajamas; Purity Ice Cream,

Instructions:

Kids, color the picture and have your parents fill out the form below then ask them to mail it to: Ithaca Child, PO Box 242, Etna, NY 13062. You can also bring it to the Ithaca Child drop box at the Alternatives Federal Credit Union, 125 N. Fulton St. Ithaca; or print this form off of our website at: www.ithacachild.net

Deadline to enter: October 26, 2026

No purchase necessary to win. Winners will be chosen in a random drawing and may be listed in a future issue of Ithaca Child.
One entry per child please. Prize quantities are limited.
Early entries may receive prizes early for offers with a limited time for use.
A parent's email address is requested as some gifts may involve awarding paperless tickets.
No contact info will be sold and no additional solicitations will be made.

Child's Name & Age:_____ Parent's Name:_____

Mailing Address:_____Parent's email:_____

City:_____State:_____Zip:_____ Pone:_____

the paper for parents
ITHACA CHILD

- Games & Contests
- Contact Us
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- Get an issue copy
- Search our Back Issue Index

www.ithacachild.net

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Save the Date!
Ithaca Child's Annual
Winter ~ Holidays issue
will be on newsstands mid November.
Advertising & Calendar
deadline is 10/29/26.
For more info call 607-327-1226 or email jgraney@twcny.rr.com

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ITHACA BALLET
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Presents
ithacaballet.org

Fall Dance Revelry
For All Ages



Featuring The Mother Goose Suite,
music by Maurice Ravel, choreography by Lavinia Reid
Plus Lost Memory and Brush on Silk

Vector Magnetics · Beginnings Credit Union · Contemporary Trends · The Hotel Ithaca · Ithaca Child · Tompkins Bank & Trust · WSKG Public Broadcasting · Wegmans

Saturday, Oct. 17, 7:30pm
Sunday, Oct. 18, 3pm

State Theatre of Ithaca
107 West State St., Ithaca, NY
607.277.8283 | stateofithaca.org

Early bird tickets available now until October 3

50 Cayuga Chamber Orchestra

Orchestral Series
Fantasies



Jacob Jolliff, Mandolin

Saturday, October 10 at 7:30 pm
Ford Hall, Ithaca College
Pre-Concert Chat at 6:30 pm

Special Pay-What-You-Can Performance!

Chamber Series
Nielsen and Fauré



Sunday, November 15th at 3:00 pm
First Unitarian Society of Ithaca

Tickets at the door or online:
CCO.ithaca.org