



NO-IMPACT EXERCISE & PAIN RELIEF is available to Tompkins County residents suffering from arthritis or who are recovering from knee or hip replacements. Low-cost, forty-five minute sessions are held twice a day, 4 days a week at the Trihammer Lodge and Conference Center in the Village of Lansing. For further information, contact Janine Massa at 272-8610. A physician's referral is required.



"CREEK KIDS" scamper along the banks of Salmon Creek getting Ludlowville "ship-shape" for winter. The semi-annual clean-up is organized by the Ludlowville Community Association.



United Way
of Tompkins County

Lansing Seniors' Trip

By Ruby Ferris

On Nov. 13, nearly 100 Lansing Seniors met at the Methodist Church for their regular monthly meeting. It was a fun day with the Savage Club entertaining with barber-shop quartets, solos, etc.

During the business meeting the officers were reinstated for 1997. Ricardo and Alice Humerez will share the gavel as co-chair-persons, Betty Ellis will be the Secretary, "Bud" Howell (Ernie Howell, Proxie) will be the Treasurer. Their return to office started out on a high note with a humorous skit presented by Maxinne Flynn.

It was also a day of appreciation. A Teddy Bear was presented to the Humerez's as a gift in acknowledgement of their efforts. They, in turn, treated their committee chairs to flowers.

It was the climax of a successful year for the Lansing Seniors.

Community Calendar

Thursday, November 21

Friday, November 22

Cayuga Heights Recycling Day (Set-out by 7:30 am)
Varsity Basketball scrimmage at Odessa-Montour
JV Basketball scrimmage vs. Odessa-Montour at home
Modified Boys' Basketball vs. Moravia at home at 4:30 pm
Modified Volleyball plays Moravia away at 4:30 pm
Middle School Art Club Dance in the MS gym (Grades 6-8) from 7-9:00 pm

Saturday, November 23

AG WORKSHOP - "Working Together to Secure a Future for Agriculture in Tompkins County,"
Airport Ramada (\$10 covers workshop materials + lunch) 9:00 am - 4:00 pm [See Notice]
PTSO Child Care at Lansing Elementary gives you the freedom to do your shopping from 10:00 am - 4:00 pm
Girls' Basketball scrimmage at Ithaca High at 10:00 am
Lansing Food Pantry & Friendship Network at Lansing United Methodist Church, 2-4:00 pm
Round & Square Dance @ Lansingville Firehouse 7:00-11:00 pm. \$5 couple or \$3 single; Sale of munchies benefits Lansingville Auxiliary.

Sunday, November 24

Monday, November 25

Modified Basketball at Marathon at 4:30 pm
Open Swim at Lansing High School Pool from 6:30 to 8:30 pm
Lansing School district Shared decision-Making Team at HS Library at 7:00pm
Recycling Day - Town of Lansing

Tuesday, November 26

DeWitt Middle School Food March Assembly
Modified Wrestling grapples with Spenser-Van Etten at home at 4:30 pm
Boys' Basketball vs Watkins at home at 6:00 pm
Open Swim at High School pool from 6:30 to 8:30 pm
District Shared Decision-Making Team at the HS Library from 7:00 to 9:00 pm
Village of Lansing Planning Board, Village Hall at 7:30 pm

Wednesday, November 27

Thanksgiving Recess at all area schools

Send your organization's events listings to the Lansing Community News
204 Wilson Road, Lansing, NY 14882-9065

The community calendar is sponsored this year by

SMITH BARNEY
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A Member of **TravelersGroup**
607-273-1190
800-633-6336

Lansing Firefighters Attend Fire Academy

Three Lansing Fire Department officers took a special "Command and Management" course at the NYS Academy of Fire Science in Montour Falls.

Lieutenants Scott Pronti, Robert Todd Mix and Thomas J. Sill successfully completed training to improve their capacity to command and manage fire scenes.



1996 Beaujolais Nouveau

Arriving By Air

Available November 21st

T RIPHAMMER
LIQUOR & WINES

Trihammer Mall by the A&P

Lansing Owned and Operated By Bob Crowley

257-2626

Gifts for the Holidays



Come Home For The Holidays!!

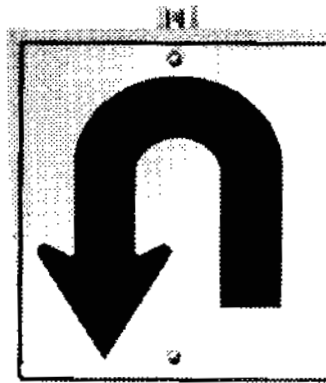
Visit Rudolph's "Trim-A-Home" Workshop
For Great Gift Ideas

Hours Extended:

Fri. 9am-10pm; Sat. 8am-10pm; Sun. open 'til 9:00pm

Montgomery Ward

At Pyramid Mall (Ithaca) ♦ **257-3700**



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