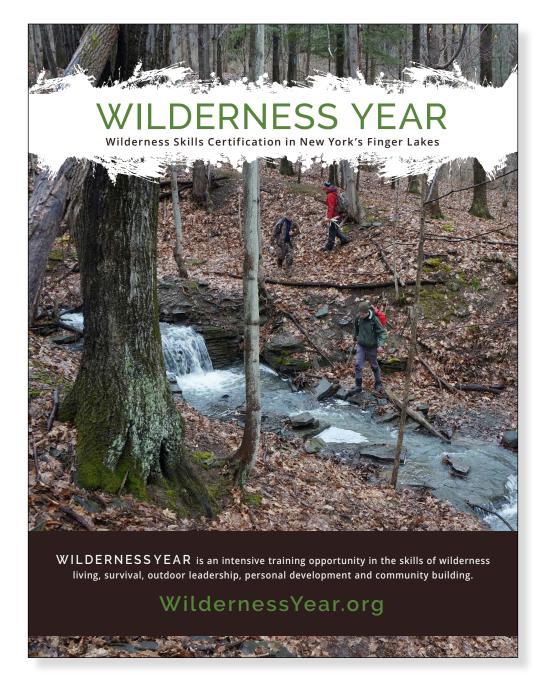
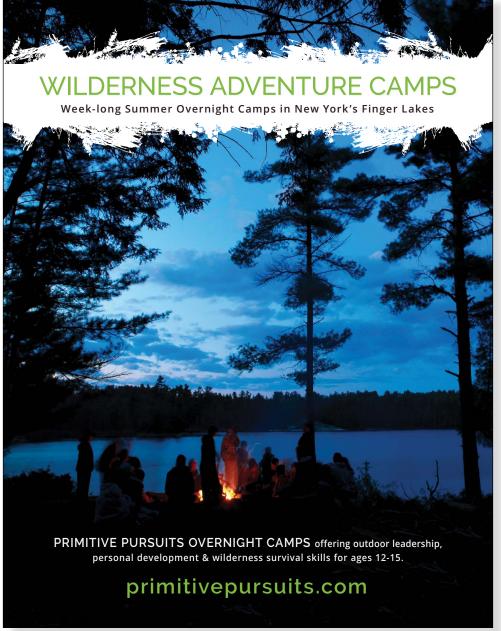




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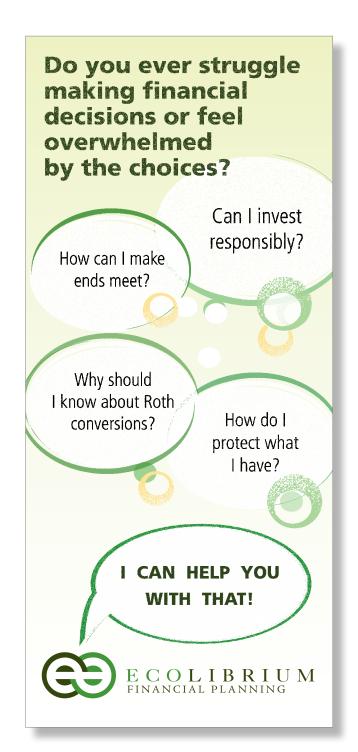


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Haraging Company Charactere company



WHY DO IT? Be part of a new tradition at Fine Spirit Studio | See if you can do it /

Fine Spirit Studio presents A special benefit for Vincent Preikstas

A Two Hour Yoga Experience

SATURDAY, DECEMBER 18TH Yoga begins at 10:00AM. Please arrive by 9:45AM

Live Music with Joe Smellow and friends!! • Refreshments Provided No Yoga Experience Required

Things To Bring: You amat (loaners available) • Empty stomach • Water • Small towel

Suggested Donation \$20 (Any donation amount will be greatly appreciated)

All proceeds raised at this event will be used to help purchase a prosthetic leg for Vincent Preikstas, a 17-year-old local high school student injured in a car accident in August 2010.

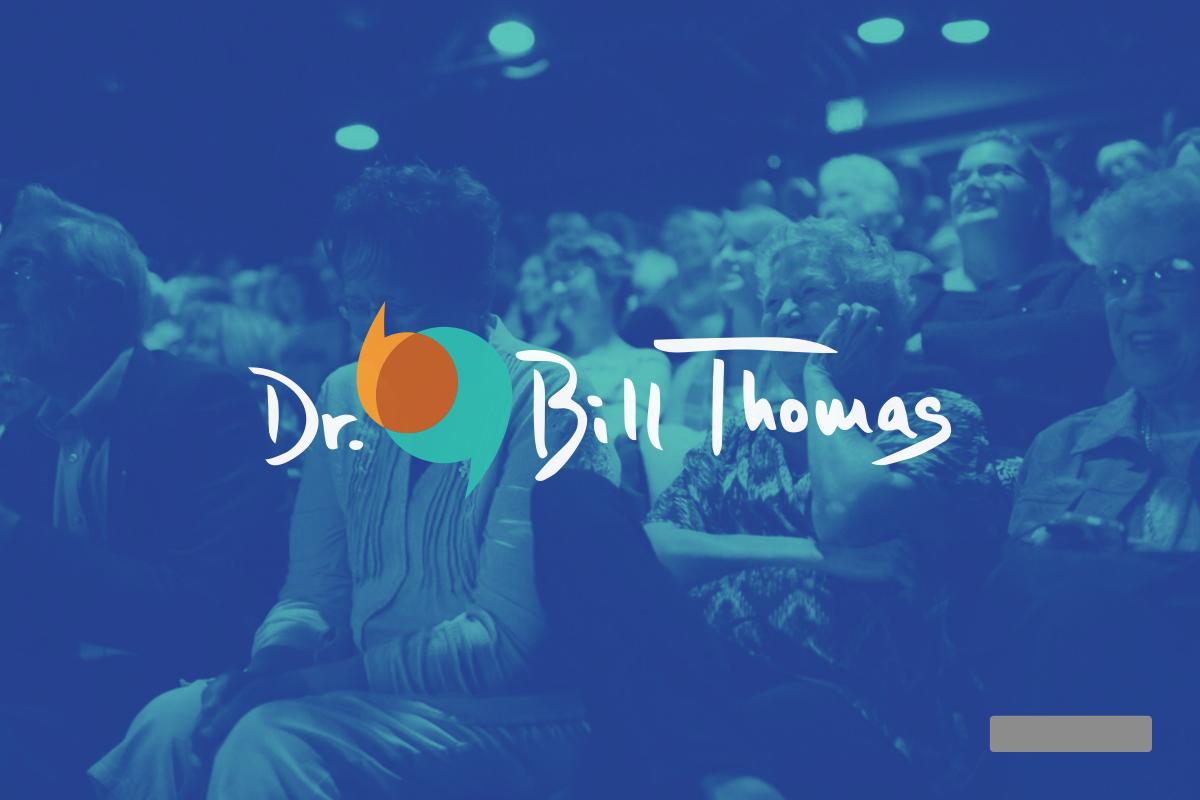
LET OUR MOVEMENT HELP ANOTHER TO WALK AGAIN





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April 18, 2016

Embassy Suites
Charleston Area Convention Center

Disrupt Dementia Workshop: 2:30-4:30
Non-Fiction Theater: 7:00-8:30

What if everything you know about aging is wrong?

Details and tickets at **drbillthomas.org**

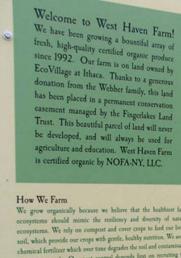












We grow organically because we believe that the healthiest farm ecosystems should mimic the resiliency and diversity of natural ecosystems. We rely on compost and cover crops to feed our living soil, which provide our crops with gentle, healthy mannion. We assid chemical fertilizer which over time degrades the soil and contaminates our water supply. Our pest control depends first on recruiting the good bugs who are naturally abundant in a healthy, non-poisoned system. We also use row covers to prevent unwanted peats from gaining access to some crops, and judiciously use hiological and botanical controls to moderate insect and disease problems. Weeds are prevented from competing with our crops through the ase of cultivation rather than chemicals. Our attention to good crop rotations and field practices ties it all together by getting plants the nutrition when they need it, breaking pest, disease and weed cycles, minimizing erosion, and maintaining long-term soil health. As you Wealk our fields, make sure to notice the wide anortment of crops we grow. This variety provides resilience as well as good rating: if one crop fails another is sure to do well.

Feel free to walk around and take a self-guided true, | or star on the grass, look at but don't truck the crops, and may oil the equipment. Please make ture to close the gas belond you as you leave, we have a very loop and honey neighborhood. deer population. There is always loss to see, and what's going on changes from season to season. If you would like to arrange for a custom trut raited to the seefs of your group please contact us. We've hosted town from prowheel to graduate school, and from novice gurleners to interactional farming experts and USDA scientists. Because we need to take time out of our work day to provide tours, we charge a fer for guided town.



We lose growing food, but we lose feeding people over more. Nearly all of the produce grown in these felds is sold denoty to consumer at the Ithaca Farmon' Market or though our Community Supported Agentiture (CSA) program.
Consumers who have become members of West Haves Farm CSA pay for a portion of the fam's expenses and more a share of the harvest in return. Each week the form provides CSA mornhers with an abundant solution of manufacture. produce. At this time, we do not have produce exclutio in

purchase at the farm. check out our website: westhavenfarm.ithaca.ny.us for more information

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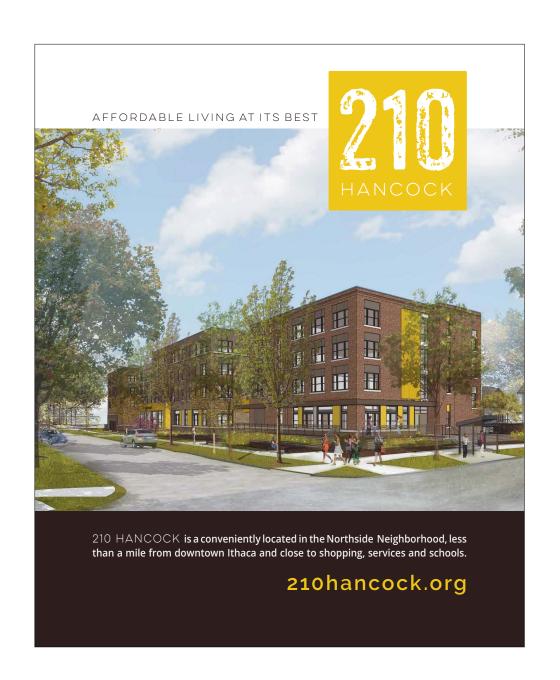
One Gallon (3.79 L)

602279.9483 www.westhavenfarm.net













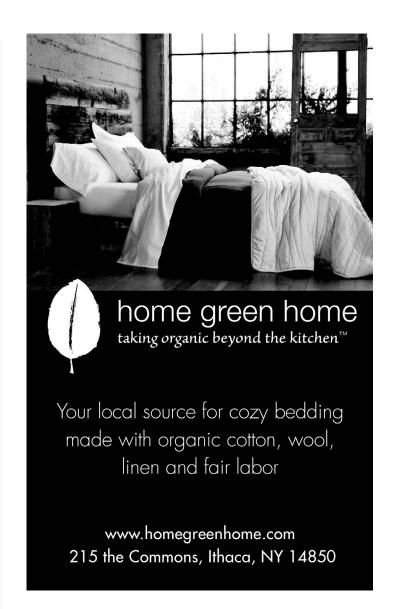




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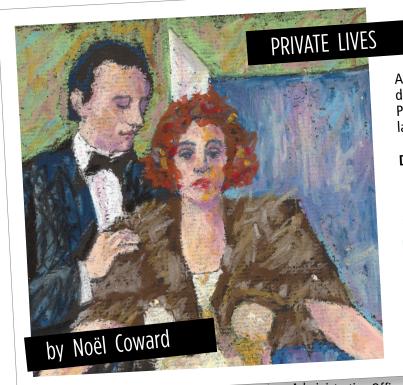
Rachel Lampert, Artistic Director

Original Artwork: Carol Spence Photo & Design: Megan Pugh blinkdigitalgraphics.com



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Wednesday	Sept. 01	7:30PM
Thursday	Sept. 02	2:00PM
Thursday	Sept. 02	7:30PM
Friday	Sept. 03	8:00PM
Saturday	Sept. 04	8:00PM
Sunday	Sept. 05	4:00PM
Wednesday	Sept. 08	7:30PM
Thursday	Sept. 09	7:30PM
Friday	Sept. 10	8:00PM
Saturday	Sept. 11	8:00PM
Sunday	Sept. 12	4:00PM
Wednesday	Sept. 15	7:30PM
Thursday	Sept. 16	7:30PM
Friday	Sept. 17	8:00PM
Saturday	Sept. 18	8:00PM
Sunday	Sept. 19	4:00PM
Juliudy		

Administrative Office Hours: Tuesday - Friday 11:00AM - 4:00PM

Ticket Center Ithaca

(607) 273-4497

171 The Commons, Center Ithaca, Ithaca, NY 14850 Hours: Monday - Saturday 10:00AM - 5:30PM

Visit our web site at **www.kitchentheatre.org** for a map and directions from surrounding cities.

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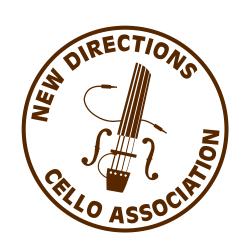
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"Thanks so much for putting together such an amazing festival for myself and my students. We all came away really inspired and spitting cello fire!"

> "The performances were stagger the workshops were equally impressive."

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