

Community Calendar — November

- 3—Planning Board Mtg 7:00 pm Village Offices
- 3—Election Day
- 5—19—Book Fair, Elementary School Library
- 10—Supervisor Mtg, 6:30 pm Village Offices
- 10—Village Board Mtg, 7:00 pm Village Offices
- 16—Board of Education Mtg, 6:30 pm, District Office
- 17—Comprehensive Planning Mtg, 7:00 pm Village Offices
- 18—Holley Business Association Meeting, Noon, Library—Guest Speaker: Muralist Stacey Kirby
- 18—Public Hearing on Community Survey Results @ 7 pm in the Elementary Cafetorium

December

- 1—Planning Board Mtg 7:00 pm Village Offices
- 7—10—PTSA Holiday Gift Shop
- 8—Village Board Mtg, 7:00 pm Village Offices
- 14—PTSA Mtg, 5:00 pm ES Teacher Lounge
- 15—Comprehensive Planning Mtg, 7:00 pm Village Offices
- 16—Holley Business Association Meeting, Noon, Library
- 21—Board of Education Mtg, 6:30 pm, District Office

Young Entrepreneurs

Three cheers to the Holley and Kendall Central School Districts for participating in the Young Entrepreneurs Program (YEA!) for the 2009 - 2010 school year. The YEA! Program (<http://www.yeausa.org>) provides students with an opportunity to create their own business. With local business owners, employees, and community members serving as mentors, students explore and experience every step of the business process, including writing a business plan; filing a DBA; presenting their plan to an Investment Panel; as well as producing, marketing, and selling their product or service. After leaving high schools, students continue to run their businesses!

This is not only a great opportunity for students to learn from experienced professionals, but it's a great way for a local business to promote their company.

According to Jim DiSessa, Business Teacher at Holley High School, "We are still looking for volunteers for graphic designers, web developers, printing, and investors to sit on the Investment Panel." If you or somebody you know is interested in participating in the YEA! Program, please contact Jim DiSessa at idisessa@holleycsd.org or (585) 507-1623.

3rd Annual Candy Buy Back

Once again, Dr. Steven Thompson is sponsoring his Candy Buy Back Program on Monday, November 2nd, 2009 from 3:00 pm to 6:00 pm. Trick-or-treaters are asked to bring in their excess candy to his dental practice at 42 Public Square. He purchases the candy for a \$1.00 a pound then ships it to our Troops overseas. This year his goal is 150 lbs or more!! Refreshments and prizes! Tell all your friends. For more information, call Dr. Thompson at (585) 638-5435.

Honey Applesauce

- 4-6 Twenty ounce apples, peeled & sliced
- 2-3 Tbsp of honey
- 1-1.5 cups of water
- ½ lemons juiced
- Cinnamon & nutmeg
- 1. Peel and slice the apples.
- 2. Place the in a pan on a medium heat.
- 3. Squeeze the juice of the lemon over the top of the apples.
- 4. Add ½ cup of water and stir as apples cook down and begin to look like applesauce.
- 5. Lower heat to low and add water as needed to create desired consistency.
- 6. Add 1-2 tablespoons of honey to naturally sweeten your applesauce. (Use an immersion blender to smooth, if you like.)
- 7. After apples have the consistency you like, sprinkle with cinnamon and nutmeg and serve warm.
- 8. Place any leftover in a container and place in the fridge.

Karen Blank, CPT, Director/Proprietor
The Whole Approach, Holley NY

Old-Fashioned Ideas for a High Tech World

By Karen Lathigee Blank of
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We've heard the new "buzz" words surrounding nutrition and exercise. Phrases such as: eat healthy snacks, turn off the TV, get your kids outside, eat less, move more, control portions, get the kids involved with cooking, grow your own, spend time together, and a million more. They're all great ideas! Some of these ideas are easier to follow than others; especially in the fast-paced world of our families today. Often times the simplest solutions are also the easiest to do.

Here are a few ideas for the family "exercise" thing:

- Turn off the TV
- Park farther than you usually do when shopping
- Do a few chores together
- Dance while dinner is cooking
- Take a family walk
- Go outside and play together.

Here a few ideas for the "Nutrition" thing:

- Shop your local markets
- Give the kids a plastic knife and plate then let them help you cut up fresh fruits & vegetables. (Make sure they tuck their fingers "under the claw" to help cut-knuckles hold the fruit or vegetable)
- Mix a simple cereal mix with frosted flakes, nuts, and dried fruit. Package in baggies for an easy grab on the way out the door.
- Grow a garden together.

Here a few ideas to spend time together:

- Play cards
- Go bowling
- Play board games

Unburying Holley's Treasures

Believing Holley has so many "treasures" yet to be unburied, promoted, and explored, Theresa Fischette, Editor of the SaltPort Press, recently started a blog with the purpose of sharing those treasures with our community. So in between issues of the SaltPort Press, be sure to check out her blog at <http://VisionsofHolley.wordpress.com> for the latest news on Holley. Comments and contributions are welcome and encouraged!