



CORTLAND COUNTY FAMILY YMCA

22 Tompkins Street Cortland, NY 13045

(607) 756-2893 www.cortlandymca.org



December 2008

TURKEY TROT

The YMCA concluded this year's Fidelis 6-Pack series of races with our annual Turkey Trot Thanksgiving morning. This year's race was our largest ever with 389 participants! Proceeds from the race helped benefit the Cortland YMCA and the Cortland chapter of the Salvation Army.

The race started and ended at the YMCA. Runners slogged down Tompkins, Broadway and Warren Streets, through SUNY Cortland just past the stadium and back. Josh Henry, 21, of Truxton was the fastest trotter of the day, coming in at 16 minutes, 34 seconds. Jessica Bramhall, 17, of Homer, raced in as the fastest female with 19 minutes, 30 seconds.

Special Thanksgiving prizes were awarded to top finishers. Full race results can be found online at www.cortlandymca.org.

NUTRITIONAL ADVICE

What does the health claim on the cereal box really mean?

Health Claims have some guidelines, therefore if you see "low sodium" or "low fat" it indicates what the producer of the product abides by per serving. Keep in mind that sometimes the claim was added to a food because the serving size was decreased to meet the health claim guideline. For example, a serving of a food is a cup and considered not low in fat, but by reducing the serving size of the food to less than a cup, it now will meet the health claim of "low in fat". This month go grocery shopping as a family and see how many different health claims you can find. The following are examples of what the claim indicates about the product:

- *Low sodium* = 140 mg or less per serving
- *Low fat* = less than 3 grams of fat per serving
- *Low calorie* = less than 40 calories/serving
- *Reduced* = 25% less of the specified nutrient or calories than the usual product
- *Fat free or sugar free* = less than 1/2 gram of fat or sugar per serving
- *Light* = 1/3 fewer calories or 1/2 the fat of the usual food
- *A good source* = must contain 10-19% of the Daily Value per serving.

--from YMCA HFH Dec.

Newsletter

B-BALL TOURNAMENT

The YMCA is hosting its 1st annual **Three on Three** holiday tournament starting Friday December 26, ending no later than Sunday December 28.

Teams will compete in a half-court format, 20 minute running time clock in a game to 21 points. Points will be scored with 3s, 2s and 1s.

There will be leagues forming for Masters (ages 40+), open (ages 18+) for men and women.

The cost for joining this **Three on Three** tournament is only \$75.00, which includes the referee fee.

For more information please contact the YMCA at (607) 756-2893 or visit us online at www.cortlandymca.org.

Y-EVENTS

December 12

Family Fun Night 6:30-8:30 p.m.

Join us for our themed "Winter Wonderland" activity-filled family fun night. Activities include, "snowball fight," a human sled race, family yoga and even pictures with Santa! The Rock Wall and Pool will also be open for all to use.

December 19th

Active Kids Preview 6-8 p.m.

This program is designed to keep kids active and engaged in fun and interesting activities, including sports, games, dancing, swimming & more! It is staffed by recreation professionals and students, and open to all children in the Cortland, Homer and St. Mary's schools.

December 22nd-24th

Basketball Court closed for resurfacing

YMCA HOLIDAY HOURS

Christmas Eve-5:30am-2pm
Christmas Day-CLOSED
New Years Eve-5:30am-2pm
New Years Day-CLOSED



We Build Strong Kids,
Strong Families, Strong Communities

Proudly serving Cortland County for the past 140 Years.

