

Manlius makes changes in some polling places

Voters in the village of Manlius will have a new polling place in November.

Residents of District 25 will vote at the Cavalry Club on Troop K Road, said Town Clerk Terry Sloan. Voters in that district previously voted at the East Side Racquet Club.

Some residents in the Fremont

'Workout to Help Out' aids Katrina victims

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11:40 a.m. to noon - Hi-Low (Low Impact Aerobic Dance)

12:05 to 12:25 p.m. - Power Circuit (Workout Stations)

12:30 to 12:50 p.m. - Yoga (Flex Fusion)

12:55 to 1 p.m. - Closing Remarks

Those who would like

The Manlius Town Clerk's office will sponsor a Red Cross blood drive from 10 a.m. to 3 p.m. Tuesday at Manlius Town Hall, 301 Brooklea Drive.

The drive is open to the pub-

more information, want to make a donation for the silent auction or who cannot attend but wish to make a monetary donation may call DECA advisor Darlene Baker at the high school at 656-7242. Checks can be made payable to ESM DECA Storm Relief Fund.

HURRICANE EVENT: Debbie Galvin, of Syracuse, participates in a session of the Workout to Help Out benefit fundraiser for

Gulf Coast relief Saturday at East Syracuse-Minoa High School. The event was sponsored by ES-M's DECA Chapter and Honor Society. **More photos: Page 35**



Lauren Mann / Contributing photographer

'Workout to Help Out' aids Katrina victims

The East Syracuse-Minoa Central High School DECA Chapter and National Honor Society will host a "Workout To Help Out" on Saturday, Oct. 8 from 9 a.m. to 1 p.m. in the two high school gymnasiums to benefit those impacted by Hurricane Katrina.

Participants can try eight different exercise workouts and find which ones 'work out' for them. Fitness professional Kathy Caiello will lead the sessions that include yoga, kickboxing, Pilates, step, aerobic dance, a power circuit and more. There will also be fitness activities for children including obstacle courses, dancing and games. Participants can stay the entire time or just try their favorites. Those familiar with the workouts may also participate. There will also be a silent auction with gym memberships and other donated items. Proceeds benefit the American Red Cross storm relief efforts.

Adult admission is \$10, which covers all workout sessions. Participants are encouraged to bring a workout towel. The cost for children age five to 12 is \$10 for two to four hours and \$5 for less than two hours. Families with two or more children only pay \$5 for each additional child.

The adult schedule is:

9 a.m. - Opening remarks

9:10 to 9:30 a.m. - Body Blast (Warm-up Workout)

9:35 to 9:55 a.m. - Step

10 to 10:20 a.m. - Core (Healthy From Inside Out)

10:25 to 10:45 a.m. - Relay for Fun

10:50 to 11:10 a.m. - Cardio Kick Boxing

11:15 to 11:35 a.m. - Pilates



Submitted photo

East Syracuse-Minoa Central High School DECA Chapter representatives recently met with fitness professional Kathy Caiello of News 10 Now to plan a "Workout To Help Out" event on Oct. 8 at the high school. Pictured from left are DECA co-advisor Jami Mock, DECA members Marc Mangovski and Shannon Sly, Caiello, DECA member Mary Buckley and DECA co-advisor Darlene Baker.

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