### Do You Know Where This Is? SEE PAGE 2 FOR CONTEST

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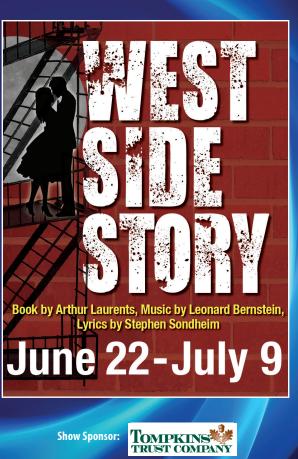
















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#### **WELCOME TO OUR JULY EDITION**

The Cortland Area Tribune, nicknamed The CAT is published and distributed every other Wednesday. Look for it at 100's of area businesses in Cortland, Dryden, Whitney Point, Groton, Homer, Marathon, Moravia, Ithaca, Tully & LaFayette. Here's some upcoming editions for you to look forward to!

**July 20 - BBQ, Outdoor Recreation & Hot Weather Car Care Edition**Deadline 7/15

**August 3 - Need for "Speed" Edition** 

Deadline 7/29

August 17 - Pamper Your Pets & Labor Day Edition

Deadline 8/12

August 31 - Fall Home Improvement & Fall is for Planting/Hunting Edition

Deadline 8/26

September 14 – Fall Bridal, & The Cortland Area Tribune's 14th Anniversary Edition

Deadline 9/9

September 28 - Fall Antiques Edition

Deadline 9/23

October 12 - Fall/Winter Car Care & Halloween Edition

Deadline 10/7

October 26 - Restaurant Guide/Catering & Pre-Thanksgiving Edition

Deadline 10/21

November 9 - Thanksgiving & Black Friday Edition

Deadline 11/4

November 23 - Winter Sports Enthusiasts & "For Kids" Holiday Edition

Deadline 11/18

The Cortland Area Tribune P.O. Box 67 • Dryden, NY 13053 (607) 844-8228 • tcatribune@gmail.com cortlandareatribune.com • @tcatribune



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#### TRIVIA QUESTION

 $See if you \, know \, the \, answer \, without \, looking \, it \, up! \, Answers \, in \, the \, back.$ 

- 1. Which president first held a Fourth of July celebration at the White House?
- 2. How many people lived in the U.S. when the Declaration was signed?
- 3. When did the Fourth of July become a legal federal holiday?
- 4. Did you know which president was born on July 4?

#### **CHECK OUT THE BUSINESS SERVICE GUIDE!**

Easily accessible at the back of the paper! Growing with every Edition! Take this handy pull-out 4 page directory with you in your car and leave it in your glove box for quick reference! Area businesses are listed alphabetically by services. When you patronize the businesses listed in the directory, please tell them you saw them listed in The CAT! Shop local and save gas!

#### **CORTLANDAREATRIBUNE.COM**

Visit our newspaper online! Each issue is posted online, along with additional content we couldn't squeeze into the printed edition! Also find us on Facebook and Twitter (@tcatribune)!

## MYSTERY PHOTO CONTEST

Our mystery photos are old pictures of our area towns, businesses or landmarks. If you know where this edition's cover picture is - call 607-844-8228 or email tcatribune@gmail.com. Leave us your name, address & phone number along with your guess. If your guess is correct – your name is entered into our contest! A name is picked by random drawing & we print the winner's name in our next issue! All decisions are final. Businesses from around the area have generously donated a prize! Deadline for your guess is 6 pm on Friday, July 15th for this edition. By entering, you give us permission to print your name in our next issue. Each contest generates hundreds of entries!



#### **DO YOU KNOW WHERE THIS IS?**

See what you can WIN
if you know WHERE this picture is!
Congratulations to our latest contest winner:

Sue Stevens of Cortland



#### **Answer from the Previous Edition**

Goodale Dairy, Inc. at 46 Grant Street in Cortland, NY

The winner of last issue is Sue Stevens. Sue won a gift certificate from Reakes Country Goods located at 4107 Route 13 in Truxton plus a discount card from Shipwreck Amusement Center! The winner of this issue will win a gift certificate from Just Say Cheese located at 3819 Rt 11 in Cortland plus a discount card from Shipwreck Amusement Center! *Enter your guess today!* 

We are looking for old photos to stump our readers! Do you have an old photo we could use?! Please call us or email us – THANK YOU!

## CALENDAR

#### June 25 – Varna Methodist Church BBQ

Varna Methodist Church located on Route #366 is holding their second barbecue of the season on Saturday, June 25 starting at 12 noon. If chickens get done earlier, we will sell them earlier, along with the full dinner. Dinner consists of one half of a chicken, potato salad, baked beans, roll and cake. Sit down dinners will include. coffee or lemonade. Price will be \$9.00 for the full meal or \$6.00 for a chicken half.

#### June 27 – July 2 – Adult Summer Reading Kick Off Week

9:30am to 5:30pm, Cortland Free Library, 32 Church St., Cortland. Stop in any day this week (including Saturday) during our business hours and pick up your BINGO sheet to get you started! You can start your Summer Reading list, pick up a themed reading list or even make your own stress ball. Help exercise your mind to get a healthy mind! No charge. For more information call (607) 753-1042, email cortlandlibref@twcny.rr.com or visit cortlandfreelibrary.org.

#### July 1 – First Friday Art Event

5pm to 8pm. Cortland First Fridays joins an informal nationwide movement to celebrate the arts in local communities on the firstFriday of each month. galleries, Participating studios, artists, interested businesses, music performing arts venues will be open to the public to spotlight the arts. For more information and a list of participating venues, call (607) 753-1188 or visit culturalcouncilof

cortlandcounty.org/first-

#### July 4 – Public Reading of the United States Declaration of Independence

10am, Center for the Arts, 72 South Main Street, Homer. Charles W. Jermy, Jr. and Charles W. Jermy III will present the historical background of the events that led up to its adoption in 1776. Those who desire to do so will be invited to read a short portion of the Declaration itself. Following the reading, the bells in the churches and other buildings surrounding the Green will be rung 50 times. All are welcome, families in particular, and there is no charge. For more information, please call Bud or Chip at 607/749-4365 or send an e-mail message to cwj1@cornell.edu.

#### July 6 - CCHS Lunch & Learn: "Cortland's Business District Through the Years"

12:10pm to 12:50pm, Cortland County Historical Society, 25 Homer Ave., Cortland. Please join Kate O'Connell to learn more about the buildings in Cortland's business district and to see photos from then and now. She will have rare photos from her own collection and from the collection of CCHS. Bring your own lunch to enjoy while you listen and we will provide dessert and beverages. For more information call (607) 756-6071, email cchsresearchrequests@ yahoo.com or visit us on

#### July 7 – Steve Daniels Swingtet

7pm, Courthouse Park, Cortland. Bring a lawn chair or blanket and enjoy the music! Free and open to the public. For more information call the Youth Bureau at (607) 753-3021.

#### July 9 – Taste of Downtown

12noon, Historic Downtown Cortland. Area restaurants show off their culinary creativity for the 10th annual walking sample tour onMain Street and adjacent side streets. Live music, local artists and craftsman booths, and exhibits pepper the sidewalk for festival goer's enjoyment between tasting stops. Tickets will be available for sale Monday, June 27, 2016 for \$15 at The Local Food Market and Cortland Beer Company. Email jane@ cortland down town.comto reserve tickets now. For more information call (607) 591-7903, email jane@ cortlanddowntown.com or visit us on Facebook.

July 11 – Fabius Historical Society Meeting THEFABIUS 7pm: HISTORICAL SOCIETY will meet at the Fabius Community Center (7786 Main St., Rt.80). Dr. Pamela L. Poulin will portray professional flag maker, Mary Pickersgill, who made the 32' x 40' flag that inspired Francis Scott Key to pen our National Anthem. Free and open to the public. Refreshments will follow the program. Please

#### July 13 - CCHS Lunch & Learn: "Footsteps from the Past: Native American People Before 1500"

12:10pm to 12:50pm, Cortland CountyHistorical Society, 25 Homer Ave., Cortland. SUNY Cortland professor of archaeology Ellis McDowell-Loudan will be talking about Native American settlements and land use prior to 1500. Bring your own lunch to enjoy while you listen and we will  $provide \, dessert \, and \, beverages.$ For more information call (607) 756-6071, email

cchsresearchrequests@ yahoo.com or visit us on Facebook.

#### July 14 – Lucey's Hooch

7pm, Courthouse Park, Cortland. Bring a lawn chair or blanket and enjoy the music! Free and open to the public. For more information call the Youth Bureau at (607) 753-3021.

#### July 15 – On Your Mark...Get Set...READ! with Tim Green

10am, Cortland County Office Building Gymnasium, 60 Central Ave., Cortland. Bestselling author and former Atlanta Falcons defense player Tim Green will present "reading is weightlifting for your brain" at this family centered program. Open to all, but registered families will receive a copy of one of his books. Limited quantities. Please visit or call Cortland Free Library (607)-753-1043. For more information call (607) 753-1043, email cortlandlibyouth@tweny.rr.com or visit cortlandfreelibrary.org.

#### July 16 – Nature Hike

10am, Lime Hollow Visitor Center. 338 McLean Rd.. Cortland. Take a stroll with a Lime Hollow Naturalist. Monthly hikes include a fun topic or theme. Hikes typically last an hour and a half. Don't forget binoculars, field guides, small snack and a water bottle. There are some binoculars available to borrow. Free admission, donations appreciated. For more information call (607) 662-4632, email info@ limehollow.org, or visit limehollow.org.

#### July 16 - Ramp it Up 5K and Pancake Breakfast

8am, Cortland UMC, 734 Rt. 222 in Cortland. Ramp It Up is a not for profit that benefits those who cannot afford or need help getting accessibility to their homes. This event will raise funds for the lumber and hardware to build these ramps. The walk/run will be held on the church's nature trails and surrounding roadsides. Following the 5K there will be free a pancake breakfast for the participants. For a small donation we invite the members of our community to join us. 5K run is \$20.00 before July 16. Kids' Fun Run is free. Suggested donation for Pancake Breakfast is \$7. Register now. For more information call (607)756-5426, email rampitup. cortlandumc@gmail.com or visit cortlandumc.net/5k.

#### July 16 – Dryden Open Gate Garden & Art Tour

9am - 2pm Tour 5 gardens for just 5 Enjoy the beautiful gardens and original art on display in each garden. Walking tour through the historic district of Dryden Village! Starting point: Municipal Parking Lot on George St., Dryden Tickets: \$5/person. Walk, or Ride the free shuttle to each garden Maps: Available the day of the tour. Contact: Dryden Beautification facebook or webpage.

#### July 20 – CCHS Lunch & Learn: "Preble Through the Years"

12:10pm to 12:50pm, Cortland County Historical Society, 25 Homer Ave.,Cortland. Anne Henderson, historian for Preble will be sharing information about the town and how it has grown and changed over time. Bring

your own lunch to enjoy while you listen and we will provide dessert and beverages. For more information call (607) 756-6071, email cchsresearchrequests@ yahoo.com or visit us on Facebook.

#### July 21 – Ageless Jazz Band

7pm, Courthouse Park, Cortland. Bring a lawn chair or blanket and enjoy the music! Free and open to the public. For more information call the Youth Bureau at (607) 753-3021.

#### July 27 – CCHS Lunch & Learn: "The Story of Ray Smith: Following the Thread from Silk Shirts to Silk Lines"

12:10pm to 12:50pm, Cortland County Historical Society, 25 Homer Ave., Cortland. Join Doug Bentley to learn more about the history of Cortland Line Company. Bring your own lunch to enjoy while you listen and we will provide dessert and beverages. For more information call (607) 756-6071, email cchsresearchrequests@ yahoo.com or visit us on Facebook.

#### August 13 – Cortland Regional Medical Center's 125th Anniversary

Join us on Saturday, August 13th for a free event celebrating Cortland Regional Medical Center's 125th anniversary! We're planning an afternoon of fun for the whole family featuring live music by the Cortland Old Timer's Band, the Brothers MacRae, and Steve Southworth and the Rockabilly Rays, plus carnival games, food vendors, Dan the Snakeman and much more! Time - 1 to 5 pm Location -Cortland Regional Medical Center, Corner of North Main and Homer Avenue

## FOR A COMPLETE LISTING OF UPCOMING EVENTS: CORTLANDAREATRIBUNE.COM TWITTER.COM/TCATRIBUNE





#### HAVE A COMMUNITY EVENT TO SHARE?

Please send all pertinent information, including a date, location, time, price, and a brief description to us at tcatribune@gmail.com, and we'll be happy to help inform the public!

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#### **CRT OFFERS THE CHILDREN'S SHOW "PINOCCHIO" FOR FOUR PERFORMANCES**

THE CORTLAND REPERTORY THEATRE YOUTH Program offers four performances of a new adaptation of the classic children's story "Pinocchio" for all ages. This production was written by local playwright Kim L. Hubbard based on Carlo Collodi's story and directed by Mark Reynolds. Performances are offered on July 14, 16, 22 and 23 all at 10:00 AM. Tickets are \$7.00 per person and may be purchased by calling 800-427-6160 or at the CRT Box Office at 24Port Watson Street in Cortland. Tickets are also available for sale 24 hours a day through the CRT website at www.cortlandrep.org. Seating is general admission.

In this funny and highly entertaining re-telling of the classic Italian tale, lonely Gepetto the woodcarver longs to have a son to whom he can pass on his knowledge of woodcarving and artistry. He creates a wooden puppet but alas, a piece of wood just doesn't provide much in the way of conversation. A friendly cricket named Julietta overhears  $Gepet to and convinces the \, magical \, Blue \, Fairy \, (who \, helps \, even \, though \,$ she is suffering from a head cold) to bring the puppet to life. Gepetto names the puppet Pinocchio. He is still made of wood, however, and longs to be a real boy for his father. The Blue Fairy tells him that he must earn that right. He sets out on his own to earn this right, but when he falls into the clutches of a conniving Red Fox and sneaky Black Cat, he is led through many challenges, predicaments and

> life lessons before he is able to learn what it means to become a loving son. While aimed for young audience members in the Kindergarten thru 5th grade age

range, our children's' theatre productions are great fun for the whole family, from 5 - 105 years old!

The cast of "Pinocchio" is comprised of CRT's six talented performing interns, including Richard Westfahl as Pinocchio, Erica Nicole Rothman as Julietta Cricket, Caroline Kane as The Blue Fairy, Michael Ivan Carrier as Gepetto, Giovanni Da Silva as the Fox and Musa Hitmoi as the Cat. Julianne Graffeo serves as Stage Manager for this production with Ola Kraszpulska creating the Scenic design, Jimmy Johansmeyer designs the costumes, and CRT Master Electrician Louis Kreienkamp creating the lighting design. Other technical work is provided by Joe Dotts as Props Designer, Seth Asa Sengel as Sound Designer, and Dana White Jr. as Technical Director.

Call 800-427-6160 or visit cortlandrep.org for more information.



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607-756-2627 GPS Address for performances: 6799 Little York Lake Rd., Preble Purchase tickets at our website: Professional Theatre Since 1972 www.cortlandrep.org **Box office location:** For the Kids 24 Port Watson Street, Cortland, NY Thanks to our Season Corporate Benefactors: OVERHEAD DOOR OF CORTLAND Based on the Story by Carlo Collodi

McNeil

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July 14, 16, 22 & 23

adapted by Kim L. Hubbard

**Showtime: 10am** Admission: \$7.00 per person

Tiger Baron Foundation **Show Sponsors:** 

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#### **CORTLAND REPERTORY THEATRE** PRESENTS THE EXCITING AND **BEAUTIFUL "WEST SIDE STORY"**

OR THE SECOND PRODUCTION IN their 45<sup>th</sup> anniversary season of professional summer theatre, Cortland Repertory Theatre presents the world renowned American musical West Side Story, with a book by Arthur Laurents, based on Shakespeare's Romeo and Juliet, and music by Leonard Bernstein and lyrics by Stephen Sondheim. Performances of this stirring and exciting show will run from June 22 – July 9 with evening performances at 7:30. Matinees are available on June 24, 26, 29, July 1 and 6 at 2:00 PM. Tickets may be purchase by calling 800-427-6160 or by visiting the CRT Box Office at 24 Port Watson Street in downtown Cortland. Tickets are also available for sale 24 hours a day through the CRT website at www.cortlandrep.org. Tickets are going fast, so CRT suggests calling early.

This production marks the CRT debut of one of the greatest musicals of all time. In this breathtaking show, two rival gangs - the Jets and the Sharks - struggle for control of their west side New York City neighborhood. Caught in the chaos, star-crossed lovers Tony and Maria find themselves wrenched between their worlds. Beautiful, passionate, with shades of violence and heartache, this innovative and unique musical still dazzles after more than fifty years. The treasured songs Something's Coming, Tonight, I Feel Pretty, Maria and America have become classics in the American Songbook.

The CRT production is directed by Nathaniel Shaw, who previously directed "Miracle on South Division Street" at CRT last summer. Shaw was the Associate Choreographer of the Tony-Award winning Broadway musical "Once", and will begin his term as Artistic Director at the Virginia Repertory Theatre this fall. Choreography is handled by Barbara Hartwig, who previously directed and choreographed the CRT production of "CATS". Music Director W. Brent Sawyer makes

Many of the young and talented cast members of this production are making their CRT debuts. Starring as Tony and Maria are Justin Luciano and Brittany Santos. Melissa Rapelje portrays the fiery Anita and her lover Bernardo is played by Pasqualino Beltempo. Comprising the Jets are Jacob Major as Riff, James Spencer Dean as Action, Lizzie Markson as Anybodys, Drew Carr as Arab and a former CRT intern Logan Mortier as Diesel. Two Syracuse University students are also part of the gang: Ezekiel Edmonds as Snowboy and Richard Westfahl as Baby John. Portraying their girlfriends are Caroline Kane as Graziella, Erica Rothman as Velma, and local high school dancers Cassidy Halpin as Minnie and Bailey Kote as Clarice. The Sharks are played by Syracuse University student Giovanni Da Silva as Chino, with Nicholas Berke as Luis, Anthony Wright as Pepe and Michael Ivan Carrier as Indio. The Shark girls are played by former CRT intern Alexa Shanahan as Rosalia, with Joan Heeringa as Consuelo and Musa Hitomi as Terisita. The three adults in the show are played by local talent Rob Lescarbeau as Lieutenant Shrenk, former Cortland High School teacher Bill Lee as Officer Krupke and Ithaca College Acting Professor Greg Bostwick as Doc.

Stage Manager Erin Heare returns for her second year at CRT with this show, and leads the design and production team. Shelley Barrish returns as Scenic Designer having worked on The Addams Family and Suds last summer. Costumes are created by long-time CRT Costume Designer Jimmy Johansmeyer. Continuing their work this season are Props Designer Joe Dotts, Sound Designer Seth Asa Sengel and Technical Director Dana White Jr. Lighting Designer David Sexton returns for his second year at CRT, while Julianne Graffeo continues as Assistant Stage Manager.

CRT continues "Friday Night Talk Backs" at which a Q & A session with the actors, designers and crew takes place after every Friday evening performance. Tickets are also on sale for all of CRT's summer season, which includes "A Chorus Line". Agatha Christie's "Cards on the Table", "The Kitchen Witches", "The Marvelous Wonderettes" and the children's show "Pinocchio"



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#### FRIDAY 7/1

4:00 PM GROUNDS OPEN 4:00-5:30 PM Registration for ATV, UTV 5:00 PM TALENT SHOW 6:00 PM RIDES OPEN 6:00 PM ATV. UTV 8:00-11:00 PM DJ GARY MORELY - G.C.M. ENTERTAINMENT

**SATURDAY 7/2** 8:00 AM CHRIS'S 5K RUN/WALK/IOK RUN

9:00 AM GROUNDS OPEN (VENDORS) 9:00 AM LITTLE LEAGUE - CINCY VS WILLET 12:00 PM RIDES OPEN 12:00 PM MISS CINCINNATUS 12:00 PM OFF THE LAWN LAWNMOWER PULLS, ATV, UTV, PULLS 1:00 PM PIE AUCTION

1:00 QUILT DEMONSTRATION 1-4 PM WRISTBAND SPECIAL 1:00-4:00 PM RAISED ON RADIO BAND

3:30 PM CHICKEN BARBECUE READY
3:30 - 5:30 PM BINGHAMTON ZOO MOBILE DEMO

5:00 PM PARADE LINE UP -STARTS AT BOWLING ALLEY

5:00 PM BROOKFIELD MODIFIED GARDEN TRACTOR PULL 6:00 PM PARADE STARTS

6:30-7:30 PM STOLEN PONY BAND 8:00 - 11:00 PM ROCKET BAND

#### SUNDAY 7/3

8:00 AM PANCAKE BREAKFAST 8:30 AM INSPIRATIONAL MUSIC 9:00AM-2PM CAR & MOTORCYCLE SHOW 9:00 AM - GROUNDS OPEN 10:00AM VALVE COVER RACES 11:00 AM POWER WHEELS DERBY 12:00 PM SOUTHERN TIER MOWER SPORTS, LAWNMOWER RACES & MICROD RACES 12:00 PM - RIDES OPEN 12:30 PM - REGISTRATION FOR LOGGING GAMES 12:30 - 2:30 PM - SOUTHERN EXPRESS BAND 1:00 PM CHICKEN BBQ (READY) 1:00-4:00PM WRIST BAND RIDE SPECIAL 1:00 PM CAR SHOW AWARDS
1:30 PM - LOGGING COMPETITION

3:00 PM QUILTING FREE MOTION 3:30-6:00PM KENNY T AND THE WILDFIRE BAND 4:00 PM VALVE COVER RACING 4:00 PM REDNECK GAMES 5:00 PM DOG SHOW

6:30 PM-TILL FIREWORKS DONNA & THE MYSTICS BAND, RAFFLE CARD DRAWING 9:30PM 50/50 RAFFLE DRAWING

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#### ON WORLD NO TOBACCO DAY, TOBACCO FREE ZONE - CORTLAND, TOMPKINS, CHENANGO **URGES PUBLIC TO TAKE ACTION TO PROTECT** CHILDREN FROM TOBACCO MARKETING

New statewide #SeenEnoughTobacco campaign aimed at hard-hitting tobacco marketing affecting children

 $\mathbf{Y}$ OUTH IN THIS REGION HAVE seen enough tobacco marketing, according to Tobacco Free Zone – Cortland, Tompkins, Chenango, and it's time to protect them and put an end to youth smoking and other tobacco use. To safeguard children from the billions of dollars of vivid tobacco marketing in places where they can see it, the #SeenEnoughTobacco campaign launched regionally and statewide on World No Tobacco Day, May 31.

The campaign takes a hard look at what's happening with tobacco marketing and children through the use of video, social media (#SeenEnoughTobacco), digital advertising and a "Jack and Jill (and Tobacco)" storybook that describes children's encounters with tobacco marketing in convenience stores. Provocative images creatively combine cigarettes with common children's items, like crayons and birthday cake, in scenarios intended to grab the attention of community members and parents and prompt their outrage. Viewers will be compelled to learn what they can do to protect children from tobacco marketing at the campaign's new website www. SeenEnoughTobacco.org.

In New York State and Cortland County, the average age of a newsmoker is 13 years old, and 90 percent of adult smokers say they first tried smoking by age 18. The U.S. Surgeon General calls smoking a "pediatric epidemic" and says, "Advertising and promotional activities by tobacco companies have been shown to cause the onset and continuation of smoking among adolescents and young adults." Even with all of this data, research shows stores popular among adolescents contain almost three times more tobacco marketing materials compared to other stores in the same community.

"If the tobacco industry ISN'T marketing to youth, why are they spending billions of dollars in places that kids visit regularly?" asked Jennifer Hamilton from the Tobacco Free Zone program of Cortland, Tompkins and Chenango Counties. "Every day in New York State, the tobacco industry spends more than half a million dollars to market its products

in places where children can see them using bright, bold colors and large signs. Whether you're a parent or not, smoker or non-smoker, we can all agree that tobacco marketing's influence on our children is outrageous. It's our responsibility as a community to protect our children from tobacco marketing and put an end to this pediatric epidemic."

Additional findings on tobacco industry marketing and the effect of smoking on children and young adolescents indicate:

- The tobacco industry spends billions of dollars on promotions, in places where children can see them.
  - · More than 92 percent of high school students reported awareness of protobacco marketing in 2014. This includes 85 percent awareness of advertising in the retail environment.
  - · The U.S. tobacco industry spent an estimated \$9.5 billion on advertising and promotion of cigarettes and smokeless tobacco in 2013. This includes nearly \$220 million annually in New York State, or nearly \$602,000 a day.
- Smoking at an early age is likely to have a detrimental impact on the health of young people.
  - · An "earlier age of onset of smoking marks the beginning of exposure to the many harmful components of smoking. This is during an age range when growth is not complete and susceptibility to the damaging effects of tobacco smoke may be enhanced," according to the U.S. Surgeon General.
  - There is also sufficient evidence from the U.S. Surgeon General to infer a causal relationship between active smoking and:
    - Impaired lung growth, respiratory symptoms and asthma-related symptoms during childhood and adolescence
    - Early onset lung function decline during late adolescence and early

adulthood

• 5.6 million children under the age of 18 who are alive today will die prematurely as a result of smoking, including 280,000 children in New York State alone.

#### About Tobacco Free Zone - Cortland, Tompkins,

The New York State Department of Health, Bureau of Tobacco Control funds Tobacco Free Zone - Cortland, Tompkins, Chenango to increase support for New York State's tobaccofree norm through youth action and community engagement. Efforts are evidence-based, policy-driven, and cost-effective approaches that decrease youth tobacco use, motivate adult smokers to quit, and eliminate exposure to secondhand

Monitoring the Future Study, http://www.monitoringthefuture.org/pubs/ monographs/mtf-overview2014.pdf

A Report of the Surgeon General "The Health Consequences of Smoking-50 Years of Progress" 2014, p. 12, 696, 708: http://www.surgeongeneral.gov/ library/reports/50-years-of-progress/full-report.pdf

A Report of the Surgeon General: Preventing Tobacco Use Among Youth and  $Young \ Adults\ ``Executive Summary''\ 2012, p.\ 1, 3: http://www.surgeongeneral.$ gov/library/reports/preventing-youth-tobacco-use/exec-summary.pdf

Henriksen L, Feighery E C, Schleicher N C, Haladjian H H, Fortmann S P. Tobacco Control "Reaching youth at the point of sale: cigarette marketing is more prevalent in stores where adolescents shop frequently" Published online First: May 23, 2004 doi:10.1136/tc.2003.006577 http://tobaccocontrol.bmj. com/content/13/3/315.full

New York Department of Health Bureau of Tobacco Control "Youth Exposure to Tobacco Marketing Remains High" 2016, https://www.health.ny.gov/  $prevention/tobacco\_control/reports/statshots/volume9/n2\_youth\_exposure\_total_new_tot$ 

Federal Trade Commission "FTC Releases Reports on 2013 Cigarette and Smokeless Tobacco Sales and Marketing Expenditures" 2016, https://www. ftc.gov/news-events/press-releases/2016/03/ftc-releases-reports-2013cigarette-smokeless-tobacco-sales

 $Campaign\ for\ Tobacco\ Free\ Kids,\ https://www.tobaccofreekids.org/facts\_$ issues/toll\_us/new\_york

A Report of the Surgeon General: Preventing Tobacco Use Among Youth and Young Adults "The Health Consequences of Tobacco Use Among Young People" 2012, p. 16, 22: http://www.surgeongeneral.gov/library/reports/preventing-





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TIME TO MAKE YOUR DREAM landscape a reality! Perhaps, you've put off making your landscape what it was meant to be because you're 1) not sure how to begin 2) not confident about choosing the right plants for your landscape 3) not sure where to go for help in making this important improvement to your home or 4) all of the above.

Well, fear not! This is the year your dream can come true! Let us help you! Treat yourself to a special gift at Valley View Gardens Nursery and the Cinnamon Apple Cottage Gift Shoppe! Our nursery is filled with beautiful trees, shrubs, perennials, and ornamental grasses. Wander down winding paths artistically arranged to suggest possibilities for your landscape projects! Explore our seven houses filled with perennials, shade-loving shrubs, and the cool and lovely hosta house, as well as our "back yard" lined with hundreds of shade trees like Crimson King and Red Sunset Maples, Oaks and flowering Crabapple trees! We have a great selection of annuals from which you can choose. Herbs, raspberry and blueberry bushes, as well as an assortment of fruit trees are in stock for your dream edible garden. Butterflies and Humming Birds will love to visit your landscape when flowering bushes are installed! Humming birds are guaranteed to drop by with the addition of flowering shrubs! Gift Certificates are always available! By the way, many plant items are on sale!

#### Planning A Graduation Garden Party?

Celebrate graduation with a new look for that graduation garden party! Valley View Gardens Nursery is abounding in luscious plant materials waiting to be planted! You will discover flowering Lilacs, Crabapples, Spireas, Weigela, Weeping Cherries and so much more! If you have a landscaping project in mind and need assistance, Valley View Gardens can help increase the value of your home with an eye-catching landscape. If you prefer to do-it-yourself, Valley View Gardens has a wide selection of trees, plants, and shrubs to meet all of his landscape needs. Valley View Gardens has been providing professional landscaping service and quality plant material ranging from a variety of shrubbery, pompoms and spiral topiaries, maples, oaks, weeping ornamental trees and fruit trees for over fifteen years. For a splash of color and texture in your landscape, consider our selection of Ornamental Grasses, Hosta and a plethora of colorful daylilies

#### Gifts for Everyone in Your Life

Gifts for the men, women and children in your life can easily be found at the Cinnamon Apple Cottage Gift Shoppe. *The Cinnamon Apple Cottage* contains special section with gifts for the outdoorsman and nature lover. Hand carved decoys, bird statuary, bird watching books and recordings of bird songs are waiting for you! Thermoses, mugs, drinking glasses with fish, bear, moose, and eagle motif line the shelves of the American Expedition room. Framed artwork including Wildlife Artwork by local artist Jim Wonderling will amaze the man who loves nature.

Inspirational plaques, wonderful framed art, luscious candles (with scents like "Hot Apple Pie" and "Butter and Maple Syrup"), figurines, mirrors, fragrant body lotions and soaps, as well as an assortment of lovely wreathes, garlands, potpourri and handmade gifts fill every room. Create a 'gift basket' by adding our Amish jams, butters, salsas and jarred vegetables, which are a main attraction at the Cinnamon Apple Cottage! Attractively packaged bread and cake mixes, local syrup and soup mixes can be added to create a unique 'gift basket' for that special person!

### Nursery and Gift Shop Hours Change During July and August

For the remainder of June and through July 3, our hours will remain: Monday through Friday, 9-6; Saturday, 9-5 and Sunday, 11-4. *During the months of July and August, however*, we will be open Monday to Friday, 9-5:30; Saturday 9-4. We will be closed on Sundays during July and August.

Valley View Gardens Nursery and The Cinnamon Apple Cottage Gift Shoppe are located "just around the corner" from the Rte. 281 shopping district at 3797 Luker Road in Cortland, opposite Builder's Best Do-It Center. If you have any questions, please call us at Valley View Gardens at 749-3130.

We look forward to seeing you this week as we help you celebrate summer at Valley View Gardens Nursery and the Cinnamon Apple Cottage Gift Shoppe! Bring a friend! Gift certificates are available for garden and/or gift shop purchases. And they never expire!!







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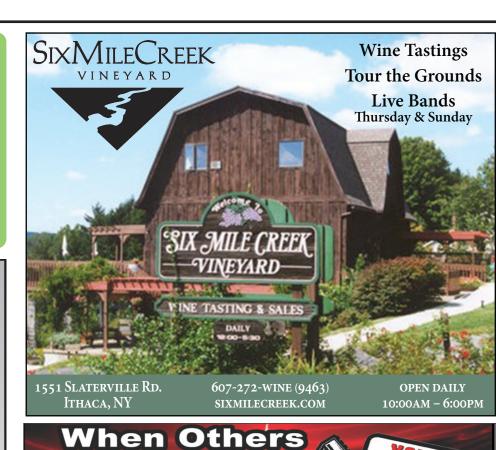




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#### **GRANDMA'S PRETTIES ANTIQUES & COLLECTIBLES**

**20 TO 50% OFF INVENTORY** REDUCTION SALE **GOING ON NOW!** 

Nandma's Pretties has lost is storage space - and our Storage space loss is your gain! Right now we are having a 20 to 50% off inventory reduction sale! Take advantage of 20% off all furniture and 50% off everything else! Unless marked firm - Sale continues until major inventory reduction

Grandma's Pretties opened on September 1st, 2013 at 3 Railroad Street in Whitney Point with 500+ dolls, 1,000's of earrings, furniture, glassware, paintings, jewelry, and a vast array of other items that are on display. No vendors or cosigners, the store is a one owner owned shop!

Grandma's Pretties is ready for the 4th of July holiday with antique tables set with festive plates and dinnerware! Grandma's Pretties is open from 10am to 5pm Wednesday through Sunday and is closed Monday & Tuesday. You can reach Grandma's Pretties by calling (607) 862-9795, or stop in at the handicapped accessible store at 3 Railroad Street in Whitney Point: take a right on to Main Street by the Speedway station, and take a left onto Railroad Street before you reach the railroad tracks. Cash, checks, and credit cards are all welcome. Grandma's Pretties buys merchandise, such as jewelry, clocks, glassware, furniture, and miscellaneous items. View their website www.grandmaspretties.com Happy 4th of July from Grandma's Pretties! Come in and celebrate the holiday with a new red, white and blue place setting!





#### **MIKE'S FISH TANK GLOFISH**

TWANT TO TALK TO you about glofish. These are the genetically Lengineered fish that came in 3 different colors, starfire red, electric green and sunburst orange. These fish were developed to help detect environmental pollution.

Fluorescent glofish have also been helpful in understanding cellular disease, as well as cancer and gene therapy.

The fluorescent color is produced by a fluorescent protein gene. The gene is naturally occurring and derived from marine organisms.

To achieve the goal of helping to fight water pollution, scientists are in the process of adding a switch where the fish will only fluoresce in the presence of toxins or pollutants. If the fish does not fluoresce, it will signal that the water is safe.

To help further the research, a portion of all sales of glofish go directly to the lab where these fish were created.

It was only recently that scientists realized the public's interest in sharing the benefits of this research.

Some people have asked me if the color will fade, are they painted. No to both. These are not painted. This is their color.

The best way to view these fish at night is with a black light. However the room has to be completely dark to view these fish at their best.

Give it a try, see what you think.

For daytime viewing, you must use a traditional fluorescent bulb. Another option is to use a saltwater bulb, called actinic.

This bulb will give the fish a unique and exciting look. But it will look best in a dark room.

Please remember Glofish absorb light and then re-emit it, so they will appear brighter and more vibrant as the amount of light is increased.

Glofish are actually zebra danios which come from India. The fluorescence does not harm these fish in any way.

Today's glofish are bred from the offspring of the original fish that scientists created years ago.

The original glofish colors were pink, green and orange, but blue and purple are common too. We also have glo tetras available now. They come in all the original colors as the danios, and there is a glo green tiger barb available.

The new deep red glofish and deep red glo tetras are starting to show up, but in limited quantities.



Pets A Plenty is located in the Blockbuster Video Plaza, Rte 281 Cortland, 753-9213. Open 7 days a week. We now have a website. WWW. PETSAPLENTY.BIZ. check it out. I post care sheets, coupons, new animal arrivals, contests and more. Any questions, email me at friskyy@hotmail.com

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Inside, rest rooms, hot coffee, refreshments catered by Kory's (Homer), high traffic, and well established: 5th year!

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S A MARY KAY INDEPENDENT Beauty A Consultant since January 2005, I help women (and men!) look their best by selling Mary Kay skincare, fragrance, and makeup items. My specialty is skin care - you are never too young or too old to take care of your gorgeous face! A range of products are available to help you feel beautiful, from acne control to advanced age-fighting products, color

cosmetics and fragrance, sun protection, and even "Beauty on a Budget", with many items costing \$10 or less.

Both the Timewise Miracle Set and the Timewise Repair line have been awarded the coveted Good Housekeeping Seal. Immediate benefits include softer and replenished skin, and continued use restores, improves, protects, and helps diminish the appearance of fine lines and wrinkles. For those concerned with sensitive skin, the Botanical Effects line is formulated without synthetic dyes or fragrances, and helps skin feel balanced and nourished.

But did you know that Mary Kay is more than just skin care and cosmetics? Mary Kay Ash emphasized the importance of giving back to the communities where we live and work. Her legacy of love and strong sense of social responsibility led to the inception of the Mary Kay Foundation, committed to ending domestic violence and eliminating women's cancers. Every October, The Mary Kay Foundation observes National Domestic Violence Awareness Month by awarding grants to women's domestic violence shelters across the United States. In 2014, the Foundation awarded \$20,000 grants to more than 150 women's domestic violence shelters, totaling \$ 3 million. In 2015, the Foundation awarded \$1.3 million in grants to select doctors and medical scientists focusing on women's cancers. Source: http://www.marykayfoundation.org/Pages/

Mary Kay Ash founded the company in 1963 with a mission to help women achieve personal growth and financial success. For over 50 years, the Golden Rule and recognizing the accomplishments of others has continued to be a guiding philosophy. Integrity, honesty, and a genuine interest in building relationships has been fundamental in the continued success of Mary Kay. Sharing in the Mary Kay opportunity empowers women from all walks of life to realize their potential. Worldwide, there are over 3 million Independent Beauty Consultants, over 39,000 sales directors, and over 600 National Sales Directors (the highest status of the Mary Kay sales force). Source: <a href="http://www.marykay.com/en-US/">http://www.marykay.com/en-US/</a> About-Mary-Kay/Pages/default.aspx

For any Mary Kay users needing a consultant, or for anyone who has never experienced Mary Kay, let me show you what you've been missing! We can do a one on one consultation, a get together with friends, or a virtual party. My commitment to my customers is to not only meet, but consistently exceed, your expectations. Shipping or personal delivery to your home or office is always complimentary, and all products are 100% guaranteed. As Mary Kay Ash said, "I truly believe that serving customers is one of the great factors that sets us apart from every other company." I can also help other women who are interested in starting their own Mary Kay business.

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#### **RAE'S ROOST NATURE SHOP**

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m R}$ OMA RAE, A RETIRED ELEMENTARY school teacher and former Science Coordinator in the Groton schools system, curates and stocks a wide array of nature-related items at her eclectic store and gift shop located at Bakers Acres. You'll find books, puzzles and games for kids and adults, along with cards, jewelry (Fair Trade jewelry from Haiti) ornaments, magnets, bird feeders and vintage items perfect for your yard. Roma believes in local sourcing, Fair Trade and small businesses. The items in her store reflect that commitment. She offers popular wild bird seed and suets from nearby farms and distributors. And Roma proudly boasts some of the best prices around for the quality of the products.

Occasional a starling Roma rescued named Bongo Gerri, can be found visiting at Rae's Roost. Roma describes Bongo Gerri as "attentive, smart and beautiful -- an ambassador for all starlings." Stop in and enjoy Roma's world.







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#### **LONGEST MINI GOLF HOLE IN THE WORLD OPENS IN CORTLAND** SHIPWRECK AMUSEMENT CENTER

THEN PAT AND STEVE JORDAN, owners of Shipwreck Amusement Center, realized that their outdoor mini golf hadn't had an update in twelve years they started brainstorming ways of making the course more interesting. They decided they needed to add a free game option to the 18th hole. They were unable to figure out how to do that without tearing up the entire golf course. Instead they decided to create a 19th hole that traveled around the course and ended with a free game shot near the exit of the amusement center building. Thus, the longest hole in the world was created at a total length of 460 feet.

Upon doing research they found that we beat the longest hole in the world by 255 feet. The longest hole at Shipwreck Amusement Center is interesting in that it plays through a building and has numerous obstacles to play through.

The owners plan on continuing to develop this hole to make it not6 only the longest mini golf hole but one that is fun and interesting to play. Shipwreck also has many other attractions both inside and out to enjoy. A customer favorite is the paintball target area with over 150 targets to shoot at.

Visit Shipwreck Amusement Center located at 759 State Route 13 in Cortland. You can find more information and see their specials and discounts by visiting their website at www. shipwreckgolf.com. 607-758-8585.





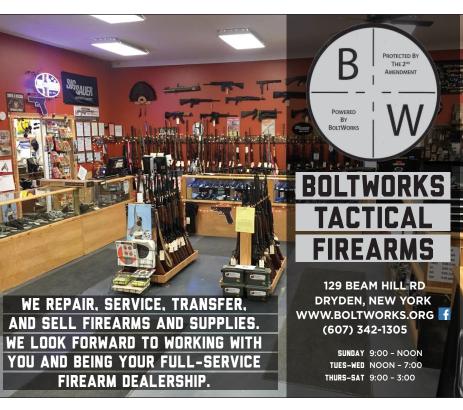


#### THE SHERMAN HOUSE RESTAURANT

THE SHERMAN HOUSE RESTAURANT (FORMERLY The Manor at 上 Briggs Hall Restaurant) featuring Linani's Cookies & Catering is open for lunch Wednesday through Friday from 11:30am to 2pm! Call ahead for "Carryout" from their fantastic lunch menu! Call 607-749-9999 to place your order and pick up between 11:30am to 2pm! Choose from the delicious menu items for lunch such as chili, fresh soups and salads, burgers, sandwiches, wraps, penne pasta and more!

Looking for a new place in town to dine out from 5pm to 9pm Thursday thru Saturday? The Sherman House Restaurant is a great place to enjoy a relaxing meal with friends or family and offers a wide array of dinners such as prime rib, pork loin, chicken plus pastas, vegetable and potato along with soups and chili. Specials change nightly - call ahead for inquiries. New items available include crab cakes, steaks, burgers, salads and more! Family friendly and affordably priced for lunch or dinner. The food is artfully presented and the atmosphere is cozy, warm and intimate.

Do you have a wedding or party coming up in your future? The Sherman House Restaurant is available to book your event at their historic location plus event catering for your upcoming shower, rehearsal dinner, wedding reception, private party or business lunch or dinner meeting! Outdoor tenting is also available. Or they will graciously cater your event at your chosen location. Call 607-749-9999 to reserve your event date today! The Sherman House Restaurant: located in the red brick mansion at 11 North Main Street in downtown Historic Homer. Check out their menus on Facebook - Linani's Catering. Come hungry, dress casual and leave happy!







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#### **DRYDEN LAKE FESTIVAL 2016**

THE DRYDEN LAKE FESTIVAL IS a community festival with exhibits, kids' activities, arts & crafts, and demonstrations. This year's festival's activities include lots of vendors, food, wine and beer tastings, free kids' zone, a 5K family walk/run and a 10K run organized by the Rotary Club, animal demonstrations and exhibits, Paddle & More onsite with lake tours, and finally, musical entertainment all day. The festival is all about celebrating Dryden as a community, and reminding the community what a gem it has in Dryden Lake Park. Many community organizations are also involved such as the Community Café, Dryden Historical Society, Dryen Dog Warden, Dryden Recreation, the Rotary Club, ect.

Date: July 23, 2016

Time: 10:00 am - 5:00 pm

Cost: Free Event!

Venue: Dryden Lake Park, 63 West Lake Rd., Dryden, NY 13053

Website: www.facebook.com/drydenlakefestival

Email: drydenlakefestivalinc@gmail.com

There's a huge Kids' Zone at DLF, which is carnival-like games and a bounce house, a dunking booth, and wet sponges to throw. When the kids play games, they get a ticket, and use that ticket to get in the bounce house. If they gather up tickets, we have a little store where they can trade in tickets for school supplies







## 8TH ANNUAL VIETNAM VETERANS HIGHWAY OF VALOR TRIBUTE RIDE

OWEGO, NY - SATURDAY, JULY 9TH

The 8th Annual Vietnam Veterans Memorial Highway of Valor Tribute Ride will take place on N.Y. State Route 38 and is to draw attention to the highway that was named to honor Vietnam Veterans. This ride is sponsored by Vietnam Veterans of America Chapters #377, 480, and 704 and by Chapter 17 of the Blue Knights. The 8th Annual Ride begins at the Owego Free Academy School on Sheldon Guile Blvd., in Owego, NY on Saturday July 9, 2016. The 100 mile ride kicks off at 11am from Owego and then will stop in Groton, NY for gas and food, before it continues on to the American Legion in Hannibal, NY, where there will once again be food and entertainment. The ride is free and is open to the public. Please register on the day of the ride.

For more information about the ride, call Dan @ (607) 229-8153, or Harvey @ (607) 898-3507 or Bill @ (607)222-6357.

## **VOLUNTEERS NEEDED TO ASSIST OLDER ADULTS WITH YARD WORK**

THE TOMPKINS COUNTY OFFICE FOR the Aging maintains a list of individuals who would be willing to do yard work for senior citizens in the spring and summer months. The office is currently updating its list and is in need of more workers. If you might be interested in assisting seniors with yard work on either a volunteer or paid basis, please contact the Office for the Aging at 274-5482.

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#### **HOW TO KEEP YOUR LAWN** AND MOWER COOL DURING THE HOT SUMMER

T CAN BE HARD KEEPING cool during the long, hot summer – for you, your lawn and your lawn mowing equipment.

Summer heat saps the moisture from the lawn faster than in other seasons, so water more frequently – at least an inch per



week -- and early in the morning. That gives the water time to seep down to the roots before the blazing sun evaporates it.

Don't worry about keeping "on schedule" when mowing the lawn in the summer, but do so only when it needs it. Ensure it is moved to the proper length for the type of grass you have, which can vary by as much as an inch. And, you can mulch your clippings. Let them stay scattered about the lawn; the resultant mulch will provide much-needed fertilizer, of if you prefer a cleaner look – bag them.

Of course, your mowing equipment needs tender loving care in the summer, too. Don't wait until the season is over to initiate maintenance; regularly check the undercarriage to remove clogs and debris, inspect the air filter for dirt that can make the engine run inefficiently, and sharpen the blade regularly (especially if it has come in contact with rocks or metal).

Tully Lakes Hardware offers lawn mower servicing (and other small engine maintenance and repairs as well). Equipment dropped off at the store will be sent over to Nightingale's Service Garage in Marcellus for tune-ups, repairs or oil changes. Blade and chainsaw sharpening is also available.



#### PHANTOM FIREWORKS

PHANTOM FIREWORKS (GREG WILLIAMS, SALESMAN) is selling 100% NYS legal fireworks at the Cortland K-Mart Parking lot between June  $23^{rd}$  and July  $5^{th}$ . This will be the 2nd year that I will the opportunity to furnish such an awesome safe, fun entertainment to

Phantom Fireworks is America's premier consumer fireworks retailer. Founded over 40 years ago, Phantom Fireworks is growing faster than ever with over 1,200 seasonal locations and 46 retail showrooms throughout the country, and continued expansion at its corporate office in Youngstown, Ohio. The company also supplies

4th of July products to several national retail chains and wholesale fireworks division.

As a pioneer in the sales of consumer fireworks, Bruce Zolden (President/Founder) of Phantom has built a reputation for safety, quality, value and selection that has set the standard in the consumer fireworks industry. Phantom®, Wolf Pack and Grucci Brand products are known and appreciated by fireworks enthusiasts from coast to

Phantom Fireworks offers firework entertainment for all occasions. The fireworks that Phantom offer are made up of Safe and Sane water soluble. Which is 100% NYS legal because they DO NOT contain gunpowder which makes them explode and they ARE NOT projectiles. Bruce Zolden is the President of the National Council of Fireworks Safety. His efforts to ensure the sale and manufacture of safe and compliant fireworks is unparalleled. Phantom maintains an extensive in-house product testing program that ensures our merchandise meets or exceeds all Consumer Product Safety Commission Requirements.

We offer Wolf Packs, poppers, sparklers, variety and jumbo packs. Also have a wide assortment of fountains that are made up for noise, color, or duration like: Hasta-La-Viva, Brew-Ha-Ha, New York Harbor, Dragon Tears, Fiery Frog, Apache Firedance, Funky-Monkey, Peacock Tail, Komodo 3000, Firecracker, Crown Jewel and a lot more. You can check out ahead of time on the Phantom Firework web page.

Looking forward to see you this firework season. Please don't just think of the 4th, if there is a; Birthday Party, Wedding, Anniversary, Graduation, Holiday, Sporting event, a special occasion, or just because; be sure to have the safe entertainment available for the festivities. Please don't ask for Firecrackers or Bottle Rockets, we do not offer illegal fireworks. Have a safe and wonderful holiday and this is where you can go; so that the kids are safe, and Daddy doesn't go to iail. ENJOY!!!!





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1:30 PM Till? {Includes Food/Music}

Please stop by if you can, it will be a great time! See you there!

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Wishing Everyone a Happy & Safe 4th of July



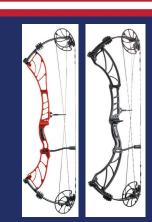


Closed Friday, July 1 through Monday, July 4th OPEN REGULAR HOURS Tuesday, July 5th Enjoy your weekend!

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GIFT CERTIFICATES for DAD and GRAD

## SAFETY TIPS FOR YOUR TEEN DRIVERS THIS SUMMER

ALLSTATE OFFERS TIPS FOR CREATING SAFE DRIVING HABITS THIS SUMMER, THE MOST DANGEROUS DRIVING SEASONS FOR YOUNG DRIVERS



While It's always important for teens to keep safety behind the wheel in mind, Allstate reminds local motorists that summer is the deadliest season on the road.

"Car crashes are the leading cause of death for Americans between 11 and 27, with teens crashing four times more often than any other age group," said Jaclyn Darrohn,

Allstate New York spokesperson. "As we near the end of the school year and look forward to summer, it's important to remember that simple actions like buckling up, slowing down and limiting the number of friends and distractions in the car can help save lives."

According to the National Highway and Traffic Safety Administration (NHTSA) and the Insurance Institute for Highway Safety:

- Nearly 50 percent of teen drivers and 61 percent of teen passengers in fatal car crashes were not wearing a seat belt.
- Speeding is a factor in one out of every three teen fatal accidents.
- For teens, adding one teen passenger to a
  car increases their fatal car crash risk by 44
  percent and that risk grows exponentially
  as more teen passengers are added The
  risk doubles with two teen passengers
  and quadruples with three or more young
  passengers.

To help encourage safe driving behaviors for your family, Allstate and The Insurance Information Institute offer the following tips:

RIPPING THROUGH THE COMPETITION

• Enroll Your Teen in a Drivers' Education Course: The more driving practice the

- better; experience will give your teen confidence behind the wheel, and he or she will be better able to react to challenging situations on the road.
- Understand the Dangers of Distracted and Impaired Driving: Distracted driving is attributed to about 26 percent of all car collisions. With studies showing drivers who text are 23 times more likely to crash, texting while driving is the equivalent to driving while impaired by alcohol.

Talk to your teen about the importance of never phoning or texting while driving, and keeping distractions, such as the radio and chatting with friends to a minimum. Teens should also be responsible passengers when in their friends' cars. Simple ways to limit distraction include:

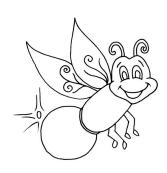
- o Put your cell phone and other mobile devices out of reach to eliminate the desire to check them while driving.
- o Plan ahead by inputting navigation directions and sending messages before leaving for your destination.
- Use caution when choosing to listen to loud music or engage with other passengers in your vehicle, which are often unintended distractions.
- o Keep both hands on the steering wheel and don't try to multi-task with other common distractions like eating or applying makeup.
- Discuss the Dangers of Drug and Alcohol
  Use: Advise teens never to drink or do drugs,
  and not to get in a car if the driver has used
  drugs or alcohol. Encourage your teen to
  call you if such a situation arises to ensure
  they have a safe way home.
- Be a Good Role Model: New drivers learn by example, so if you drive recklessly, your teenage driver may imitate you. Always wear your seatbelt and never drink and drive.

Contact SHIRLEY EIZEMBER, Exclusive ALLSTATE AGENT at the Pinckney Insurance Agency located at 41 Port Watson St Cortland, NY 13045..Ph 607-756-8505.

National Highway Traffic Safety Administration (NHTSA), "2013 Quick Facts"

Insurance Institute for Highway Safety, Beginning Teen Drivers
Insurance Institute for Highway Safety, 2012 Teen Fatality Facts

The Allstate Corporation (NYSE: ALL) is the nation's largest publicly held personal lines insurer, protecting approximately 16 million households from life's uncertainties through auto, home, life and other insurance offered through its Allstate, Esurance, Encompass and Answer Financial brand names. Allstate is widely known through the slogan "You're In Good Hands With Allstate"." The Allstate brand's network of small businesses offers auto, home, life and retirement products and services to customers in the United States and Canada. In 2014, The Allstate Foundation, Allstate, its employees and agency owners gave \$34 million to support local communities. Allstate employees and agency owners donated 200,000 hours of service across the country.



#### Did you ever wonder.... Why do lightening bugs flash?

Most scientists agree that lightening bugs flash their lights to each other as a mating signal, many species of lightening bugs are actually capable of lighting up throughout their lifecycle, not only during mating. Some lightening bugs (and their larvae) light up to warn off predators and lightening bugs actually produce a chemical that tastes bad to most predators. They also use their lights to identify others of the same species, and to tell male from female. Studies indicate that female lightening bugs use a flash pattern emitted by males to choose their mates—the higher the flash rate and intensity, the more attractive a male lightening bug is to a female.

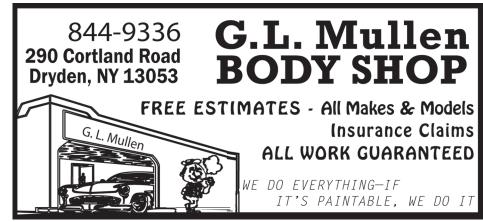
#### What months are you most likely to see lightening bugs?

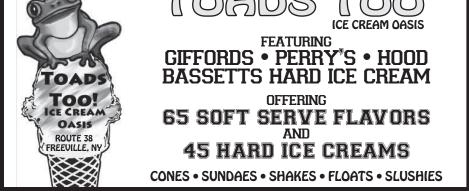
It depends on where you are. Lightening bugs are found on five continents throughout the world, and can appear at different times of year depending on the local climate. They tend to like warm, fairly wet weather. In the United States, they tend to appear in May, June or July. Like here in New York. Some warmer areas of the U.S. like Texas have "late" season lightening bugs and you can expect to see them all the way into October and November if the conditions are right.













#### 4TH ANNUAL BENEFIT RIDE — THE RIDE FOR HEART HEALTH JUNE 25, 2016

HAT DOES CYCLING, WINE, AND heart issues have in common? Ride for Heart Health -- an annual bicycling ride held at King Ferry Winery, maker of Treleaven wines, which benefits the Cayuga Heart Institute (CHI) at Cayuga Medical Center (CMC).

Heart disease frustratingly remains the #1 killer in America, and on the local front so many of our family members and friends are afflicted with it. Events like this ride allows the CHI to partner with Peter Saltonstall, of King Ferry Winery, to expose the menace of heart disease with community education

The ride is personal with Saltonstall. He told his story of surviving a near-fatal cardiac arrest to his neighbor, who as a passionate bicyclist has participated in charity bicycle rides; the neighbor suggested organizing a ride to get the word out about heart issues. The idea took root when the local crossfit gym, Barnwarrior Crossfit, also signed on as a sponsor.

Organizers wanted to keep the proceeds from the ride local, CHI was approached as the beneficiary of the funds raised. "The Cayuga Heart Institute was honored to be chosen as the beneficiary of Ride for Heart Health" said President and CEO of the Cayuga Medical Center John Rudd, a life-long cycling enthusiast himself. "It's through partnerships such as these where we can make headway in our fight against heart disease." Last year, money raised went toward an automated external defibrillator that is kept in the Cortland cardiology office in case of an emergency. This year, funds will go toward setting up a public access defibrillation program.

The ride, now in its fourth year, has been very successful, attracting cyclists from across the Finger Lakes and as far away as Missouri. Says Saltonstall, who has recently taken up cycling as part of his new approach to heart-healthy living, "After my life-changing event, I wanted to share my experience and do something that helped others. With this ride, we're raising awareness and money for a great cause. We're excited to see it grow and be something that people really enjoy participating in." Saltonstall continues to be monitored closely by CHI for optimum medical and cardiac health.

This year's ride happens on Saturday, June 25, beginning at the winery in King Ferry and taking people through farm country, rolling hills, and backroads in the heart of the Finger Lakes, with beautiful lake views of both Cayuga and Owasco Lakes. 30, 50, and 70 mile rides are offered. The ride starts at 9:00 a.m. and upon return to the winery, cyclists enjoy a post-ride party that includes lunch, a band, free wine tasting, discussions with staff from CHI, and more. Unlike most charity rides, participants are not required to raise additional funds. To register, go to Active.com and look for Ride for Heart Health; see www.rideforhearthealth.com for more information or email rideforhearthealth@gmail with questions.

## SUMMER 2016 MUSIC SERIES SCHEDULE

#### **MUSIC IN THE HOLLOW**

MUSIC IN THE HOLLOW IS ON Tuesday\* Nights at the Ellis Hollow Community Center at 111 Genung Road. All music begins at 6:00. Head down with a blanket and picnic basket to enjoy a beautiful evening in the Hollow!

Tuesday July 12- The Pelotones Jazz, Rhythm and Blues

Tuesday July 19- The Small Kings Original roots rock

Tuesday July 26- Grassanova Bluegrass

Tuesday August 2- Jeff Love Band Motown, Funk & Soul

Tuesday August 9- Terrapin Station Grateful Dead Experience

Tuesday August 16- Gravel Gerty & the Scratch Out Squad Bluegrass

#### **DRYDEN MUSIC SERIES**

The Dryden Music Series is on Wednesday Wing Nights at the VFW on Rt. 13. Music kicks off each week at 6:00. Bring the whole family and enjoy the rolling hills and peaceful scenery. Music moves inside with inclement weather.

Wednesday July 13th- Pete Panek and The Blue Cats House Rockin' Chicago Blues

Wednesday July 20th- Immortal Jellyfish Country, Folk and Rock

Wednesday July 27th- Stone Cold Miracle Soul with funky beats & Gospel vocals

Wednesday August 3rd- Radio London British Invasion Rock & Roll

Wednesday August 10th- Lucey's Hooch Classic Blues, Funk & Soul

Wednesday August 17th- Fall Creek Brass Band Brass, Funk, Jazz, Riot Jazz, Reggae, Hip-Hop

Wednesday August 24th- Deni Bonet Rock, folk, jazz & Americana in a unique package

These events are made possible with the help of the Community  $\operatorname{Arts}\nolimits\operatorname{Partnership}\nolimits\operatorname{Grant}\nolimits.$ 

## CORTLAND ARTS & WINE FESTIVAL SATURDAY, AUGUST 6, 2016

Courthouse Park, Downtown Cortland 10 am to 5 pm

Wine Tent: Noon to 5 pm

The first 1,000 ticket purchasers will receive a commemorative wine glass!

New for 2016! Wine tent ticket holders will receive a \$5 refund for a minimum purchase of \$20 from an artist vendor!

 $\label{proof:continuous} Just bring proof to the Welcome Tent next to the Wine Tent!$ 

Ticket prices are \$20 at the tent and \$16 online.

What better way to enjoy art than with good food and wine and what better way to enjoy wine and cheese than with great art and good food. They go together. Cortland, the Eastern Gateway to the Finger Lakes, is centrally located midway between Syracuse and Binghamton on Route I-81. Courthouse Park is located in the middle of town - a gorgeous setting with trees, monuments, memorials and a fountain. There is also plenty of free parking. The Festival hosts 16 wineries representing the finest that New York State has to offer. Over 40 artists will set up on the lawn throughout the park for the 2015 show - displaying some of the nicest artwork in the area - at very reasonable prices. This year there will be a greater emphasis on providing music that will draw the crowds. Already several crowd pleasing acts have signed with a variety of music venues. There will also be (new this year) two stages so that there will be no downtime between acts. Live music will continue throughout the day. Food is also an attraction at the festival and there will be numerous vendors offering choices for every taste.

## FINGER LAKES LAVENDER FESTIVAL 2016 SAVE THE DATE!

Lockwood Lavender Farm

1682 West Lake Road

Skaneateles, New York

315-685-5369

www.lockwoodfarm.blogspot.com

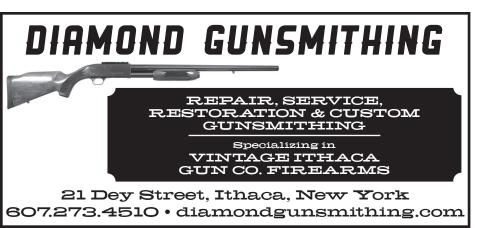
www.fingerlakeslavenderfestival.blogspot.com

LOCKWOOD LAVENDER FARM WILL KICK off the 9th Annual Finger Lakes Lavender Festival on Saturday, July 9th & Sunday, July 10th! Located at Lockwood Lavender Farm, 1682 West Lake Road, Skaneateles, NY this free admission 2 day event will be from 9am to 5pm.

- Stroll through fragrant fields.
- Harvest your own bouquet of fresh lavender.
- Enjoy culinary delights and the work of local artists and hand-crafters.









June 22 - July 19, 2016

- Shop our lavender market.
- Attend presentations from featured speakers and so much more.

With just a short drive from the hustle and bustle of city life, the Lavender Festival is a perfect day in the country. Not only is this event a celebration of all the wonders of lavender, but also an event that knits together local, talented artisans. The festival offers outstanding photographic opportunities throughout the grounds and at the presentations.

Lockwood Farm is a 120 acre family owned farm tucked in the beautiful hills of Skaneateles overlooking Skaneateles Lake. We grow 20 varieties of lavender and offer "U-Pick" during the summer. Lovely soap, lotions, creams, aromatherapy products and honey for your purchase. We are excited to be developing our farm for the enjoyment of our guests.

Festival activities occur outdoors rain or shine. Dress casually to ensure your comfort. Lockwood Farm is a working farm with unpaved pathways. It is accessible, but there is uneven terrain on the grounds and in the fields.

Directions to Lockwood Farm: From the village of Skaneateles take Kane Road/41A. Continue south on West Lake Road/41A 8 miles. Past the hamlet of Mandana, we are the first farm past fire lane 50 on the left hand side.

## GALLERY 54 PRESENTS "WHAT YOU SEE, IS WHAT YOU SEE:ABSTRACT IMPRESSIONS BY CHUCK LAMAN"

PENING FRIDAY JULY 1ST FROM 5-8 pm and running through August 2nd. The show will feature pieces ranging from metal and wood to paint and stone. Chuck will be on hand to welcome guests during the opening, music will be provided by singer/songwriter Jane Zell.and light refreshments will be served. Gallery 54 is located at 54 E. Genesee St in Skaneateles and specializes in fine art and craft created by Central New York artists. July hours are Sunday thru Wednesday 10-5 and Thursday thru Saturday 10-6 .www.gallery54cny.com 315-685-5470.

CORTLAND

#### ITHACA CHILDREN'S GARDEN CELEBRATES 5TH ANNUAL INTERNATIONAL MUD DAY

Thaca Children's Garden (ICG) invites children, families, and people of all ages to celebrate our 5th International Mud Day in ICG's Hands-on-Nature Anarchy Zone on Saturday, June 25, from 1-4pm. Fun muddy times are expected with mud slides, mud pools, mud pies, and more.

Started in 2008 in Nepal and Australia, today International Mud Day is celebrated by thousands of children in dozens of countries worldwide as a chance to celebrate nature and play by getting muddy.

Mud Day is an opportunity for parents and caregivers to build community through play and say yes to getting dirty - followed by getting clean again at the wash-off station. There will be a range of areas for both active, full-body mud play and quiet mud pie play, as well as the rest of the garden for everyone to enjoy when they are not in the mud.

Mud Day celebrations will take place from 1 to 4pm on

Saturday, June 25th. Participants are invited to come at the very beginning if they want to watch firefighters from the Ithaca Fire Department spray down the dirt to create the mud.

Ithaca Children's Garden is free and open to the public every day; participants in International Mud Day will be asked to make an optional donation of \$10 per family. Refreshments will be on sale.

For more information, visit ithacachildrensgarden.org

If you are interested in volunteering or donating materials, email Alex Cote at alex@ithacachildrensgarden.org

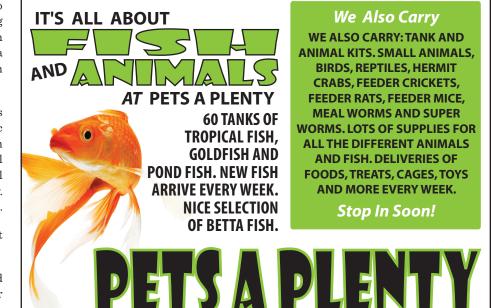
## RED CROSS VOLUNTEER OPEN HOUSE IN AUBURN

THE AMERICAN RED CROSS OF Central New York is hosting a Volunteer Open House on Tuesday, June 28 from 5 to 7 p.m. at the Auburn YMCA located at 27 William St.

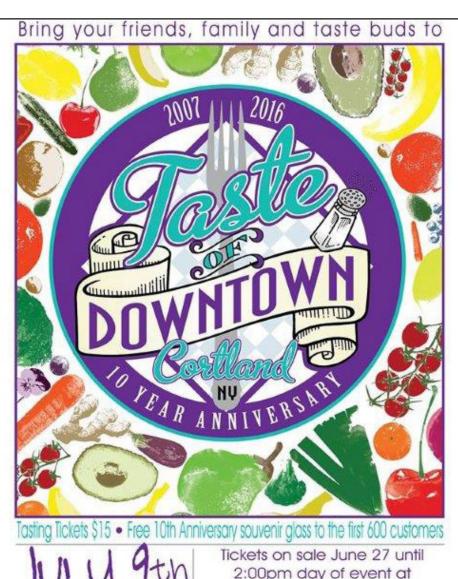
This event is open to anyone who is considering joining the American Red Cross as a volunteer. It is an informal enrollment event where the community can learn more about the Red Cross and the services it provides for area residents, giving community members the opportunity to examine all needs and apply immediately. Light refreshments will also be provided.

Everyone is invited to attend to find out how they can help fulfill the Red Cross mission to prevent and alleviate human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors. Join Disaster Services, Blood Services, Services to the Armed Forces, and Health and Safety Services. People of all skills and levels of experience are encouraged to become involved.

For more information contact Volunteer Services Regional Specialist Julie Mucilli at Julie. Mucilli@redcross.org or 315-234-2217.



RTE 281 ACROSS THE STREET FROM TOPS, CORTLAND

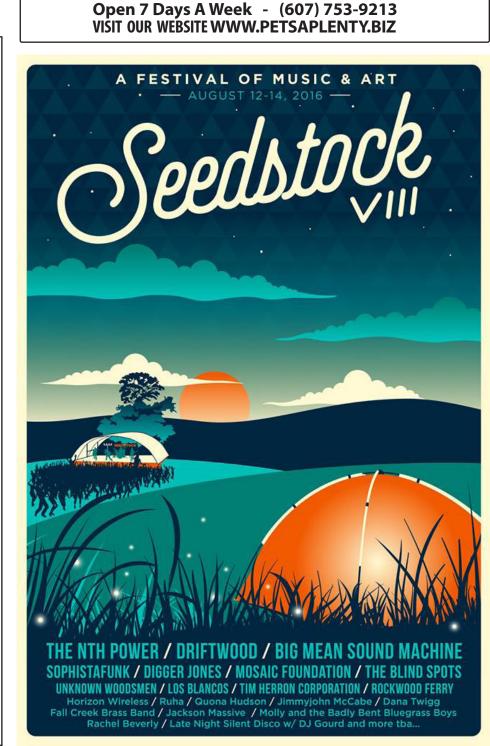


The Local Food Market 37 N Main St., Cortland Cortland Beer Company

16 Court St., Cortland

Entertainment throughout Downtown Corteand

Taste of Downtown Cortland 2016



WE WILL BE CLOSED WE HAVE A NEW CROP OF July 3<sup>rd</sup> thru July 21<sup>st</sup> Broccoli, Cauliflower, Cabbage, Brussels Sprouts and Kale plants FARM MARKET Gift Certificates SUMMER PLANT SALE: Tuesday, June 28th thru Saturday, July 2nd All Flower Packs and Pots — BUY ONE GET ONE FREE! All Perennials & Herbs — BUY ONE GET ONE FREE! Open: Tues. thru Sat. 9am-6pm, Sun. 10am-5pm • Closed Mon. 6905 Rte. 80 East, Tully, NY 315-683-5532 neilcaseysfarmmarket.com We do not accept credit or debit cards





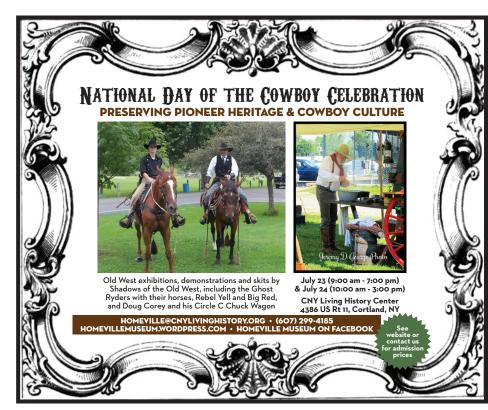
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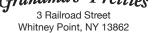
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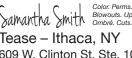
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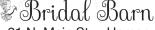


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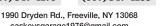
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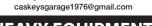
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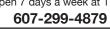
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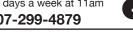
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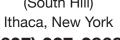




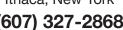


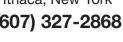
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## PUZZLES & GAMES

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Find the '**4th of July**' related words below! Can you find them all? Good luck! Check our next edition for the solution!

h	а	S	а	I	d	I	C	I	f	d	а	I	d	0	i	t
0	m	r	е	t	i	h	W	t	а	m	0	i	0	а	I	C
t	е	S	е	р	а	t	S	p	а	0	f	b	t	r	V	i
d	0	d	n	0	i	t	a	r	a		C	е	d	i	е	n
0	r	a	a	m	е	r	i	C	a	S	0	r	е	i	е	C
g	е	I	f	r	k	n	t	g	u	t	n	t	а	е	W	i
S	У	a	i	е	а	Z	е	S	t	У	S	у	t	h	h	p
r	r	S	r	d	W	p	r		S	е	t	r	i	a	C	h
е	С	n	е	d	n	е	р	е	d	n	i	S	m	f	r	r
m	t	V	W			C	а	а	е	h	t	b	i	r	m	I
а	0	a	0	k	р	r	е	r	t		u	m	r	е	е	m
е	t	C	r	0	S	u	m	m	е	r	t	i	m	е	S	I
r	r	a	k	b			i	r	g		i	t		d	n	k
t	р	t	S	b	е	d	S	е	i	b	0	0	m	0	n	a
S	W	i	m	u	d	ı	r	0	S	g	n	0	t	m	C	t
е	t	0	S	е	a	S	е	i	n	0	ı	0	C	i	r	a
е	0	n	е	i	V	i	S	C	n	0	r	0	S	C	C	C

parade • independence • patriotic • freedom • liberty • fireworks • sparklers • grill charcoal • picnic • cooler • tongs • zesty • hamburgers • hotdogs • summertime • salads marinade • flag • vacation • celebrate • park • swim • streamers • whistlers • boom stars • stripes • thirteen • colonies • declaration • red • white • blue • constitution • america

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		2				1		6
4	1				2		9	
		8	1					
					3		1	5
3		1		9		7		2
5	4		2					
					6	9		
	6		9				5	1
1		3				8		

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## LAST EDITION'S PUZZLES

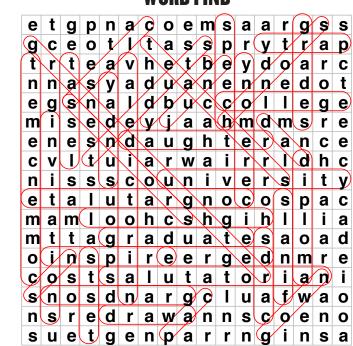
#### SUDOKU

6	9	7	8	5	4	2	1	3
5	8	2	9	3	1	4	7	6
4	3	1	6	7	2	8	9	5
7	4	8	1	6	5	9	3	2
1	5	3	2	4	9	6	8	7
2	6	9	3	8	7	1	5	4
9	7	6	4	1	3	5	2	8
3	1	4	5	2	8	7	6	9
8	2	5	7	9	6	3	4	1

#### TRIVIA QUESTION ANSWER

- 1. Thomas Jefferson
  - 2. 2.5 million
- 3. 1870. Then, in 1938, Congress reaffirmed the holiday to make sure all workers received full pay
- 4. It was Calvin Coolidge, the 30th president, in 1872

#### **WORD FIND**





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