

DRYDEN RAIL TRAIL

Opening Celebration and 5-K Fun Run

Saturday, May 11 10 A.M. to 3 P.M.

Celebrating the opening of the section of the trail connecting Dryden and Freeville!

DRYDEN RAIL TRAIL

CONNECTING COMMUNITIES

Music! Bikes! Games! Trail walks! See article inside.

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from 7-9pm

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Bring Mom on Mother's Day!

Serving breakfast & lunch until 2pm Sunday May 12

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- Gift Certificates Available -

Find us on Facebook

## Mountain View Restaurant

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NEW MENU - LUNCH - DINNER - EAT IN or TAKE OUT  
M-Th 11-10pm - Fri 11-12am - Sat 11-2am - Sun 12-8pm

## Fish Fry Friday

\$11.99

Haddock Fillet  
Homemade Mac-N-Cheese  
Vegetable of the Day  
Haddock Sandwich w/1 side \$7.99

## 50 CENT WINGS

6pm until Close

WEDNESDAY'S

Special Events! NOW BOOKING YOUR 2019 EVENT PARTIES LARGE or SMALL GROUPS Call for Details!

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## Mother's Day 5K Run/Walk

Saturday, May 11 @ 12 PM

\$35/Individual Price  
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Free wine samples, goodies and more!

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## I-DEAL SELF STORAGE

**I-DEAL SELF STORAGE** IS A local family owned and operated business. Bill and Shirley Hilker purchased land at 4118 Rabbit Run Rd., Trumansburg, NY in 1995 and with the help of their grandsons built their first set of storage units. Since that time they have added two locations on route 79 East in Ithaca and now their latest addition at 16 Freeville Rd., Dryden, NY.

We offer both Standard Storage and Climate Control Storage at our new facility. Standard Storage is conveniently located on the outside of the building with Climate Control on the inside corridors. Climate Control has the added benefit of heat in the winter and air conditioning in the summer as well as dehumidifiers running at all times.

Unit sizes are 5X5, 5X10, 10X10, and 10X15 for both Standard and Climate Control units.

You will find our rates to be very competitive. Located in Dryden we are central to Cortland and Ithaca.

Security Cameras are in use to aid in the prosecution of any crimes that might be committed against the facility.

A free new in the package disk lock comes with every rental and is yours to keep when you vacate the unit.

Self-storage units are very useful for storing your goods temporarily or long term and we also welcome local businesses. Call for your business rate! We give discounts for long term storage and currently have summer specials on all our units.



These specials are available on line at [i-dealselfstorage.com](http://i-dealselfstorage.com), at the kiosk located at 16 Freeville Rd., Dryden, NY or by giving us a call at 607-273-5524.

At I-Deal Self Storage you have the convenience of checking prices and renting online at [i-dealselfstorage.com](http://i-dealselfstorage.com), using the kiosk located on site 24/7 or if you prefer we are happy to meet and walk you through the rental process. Just call for an appointment at [607-273-5524](tel:607-273-5524). Our family will be happy to assist you. We pride ourselves on offering the convenience of renting on line and also giving the personal touch to our customers. These days some folks want to see a person and some prefer to rent using technology. We aim to be helpful either way. We are thankful to be a part of the Dryden community!

At I-Deal Self Storage your business is always appreciated!

We look forward to helping you with your storage needs!

The Hilker Family

[i-dealselfstorage.com](http://i-dealselfstorage.com)

## NEIL CASEY'S FARM MARKET & GREENHOUSES

**NEIL CASEY'S FARM MARKET** AND Greenhouses is a family owned farm business located on Route 80 between Tully and Fabius. Our farm market is open from late April until Christmas. Browse our 7 greenhouses and see where "We Grow Our Own" annuals, perennials, vegetables, herbs and more.

Come to our Spring Open House on Saturday May 4<sup>th</sup> and Sunday May 5<sup>th</sup> from 10am until 5pm. We will have free coffee, punch and cookies available. You can enter our drawing for a free gift certificate. Our Open House Special is: Pansies and Violas – Buy 3 packs, get 1 more FREE. Valid now thru May 5<sup>th</sup>.

Mother's Day is Sunday May 12<sup>th</sup>. We have the flowers that Mom wants such as Fuchsia hanging baskets, Martha Washington Geraniums (see photo), perennials, or patriotic red, white & blue trailing petunia hanging baskets.

We offer a large selection of potted annuals and hanging baskets. You can easily add color to your porch or patio with our large pots of geraniums, daisies or begonias. We have over 20

different colors of geraniums including the Calliope series. We also have a large selection of perennials including rose bushes and clematis vines. We have everything you need for a vegetable garden. Our great selection of vegetable plants is sold in single pots or 6-packs. We have over 20 varieties of tomato plants, including heirloom, cherry and grape. Our annual flowers also come in 6-packs or single pots. We have several new colors and varieties of annual and perennial flowers this year. Remember that you can mix or match flower and vegetable 6-packs for our quantity discount.

We carry seeds, onion sets, seed potatoes, potting soil, top soil, composted manure, OCRRRA compost, mushroom compost, peat moss, fertilizer, lime and several kinds of mulch. We also sell Gift Certificates.

Need to decorate your home for a Memorial Day gathering or Graduation party? Visit our greenhouses and we think that you will find our quality and prices are the best around.



## Welcoming Margaret Downing, PA-C PHYSICIAN ASSISTANT



**From newborn to the elderly, Margaret is devoted to providing skilled and complete care with a holistic approach to the residents of the Cortland community.**

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**Certification**  
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**Areas of special clinical experience:**

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- Holistic approach

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DRYDEN LAKE FESTIVAL, INC. \* PO BOX 91, DRYDEN, NY 13053

THIS PROGRAM WAS MADE POSSIBLE IN PART BY A GRANT FROM THE TOMPKINS COUNTY TOURISM PROGRAM.

Neil Casey’s Farm Market & Greenhouses is located at 6905 State Route 80, four miles east of Tully. Spring hours of operation are Tuesdays thru Saturdays from 9am until 6pm. Sundays from 10am to 5pm. We are closed on Mondays including Memorial Day. Please note that we do not accept credit or debit cards. See our Facebook page, website at [www.neilcaseysfarmmarket.com](http://www.neilcaseysfarmmarket.com) or call (315) 683-5532 for more information.

## SPRING CLEANING FOR YOUR MIND

AS YOU BEGIN SPRING CLEANING and tending to the outside landscaping of your home, also think about cleaning out the clutter of your mind, with meditation and mindfulness. Imagine your mind as a garden. Positive thoughts are the beautiful flowers that brighten your life. Negative thoughts are the weeds that spread and suffocate the flowers. Tending to your garden is an ongoing process.

My natural weed killers are yoga, meditation, inspirational reading, and hanging out with positive people. Weed fertilizer is worrying about what other people think, taking things personally and stressing about things that are out of my control.

I used to find myself having drawn-out imaginary conversations: “And if she said this, I would say that...” with absolutely no outcome. Now I catch myself and change the channel. I am constantly pulling those weeds.

It’s easy to over-think things, jump to conclusions, or get wrapped in negativity when you don’t have others to give you a fresh perspective. It then becomes a bigger problem when you alienate the ones who love you the most because you’re difficult to be around. When we clean out the weeds in the garden of our minds, it is easier to find room for kindness and compassion for ourselves and others.

Complaining is pointless. It doesn’t make things any better, and it drains the complainer and everyone else around them. We can all use the garden metaphor to bring an awareness of what helps our own mind grow and flourish, rather than cultivating a dark, tangled mess.

What’s on your list of fertilizers and weed-killers? How does your garden grow? Take a moment and list ways you can tend to your own garden and inner spring cleaning.

Written by Jeannie O’Neill, Director of Development for the School For Radiant Living at Yoga Farm. For more information about self care practices, visit [www.RadiantLiving.us](http://www.RadiantLiving.us).

## LONGSRUN CONSTRUCTION AND LANDSCAPING, PLUS LLC

LONGSRUN CONSTRUCTION AND LANDSCAPING, PLUS LLC is a new business, multi-faceted, solely owned, in Southern Tier New York and Better Business Bureau accredited. We began with retaining walls and excavating as well as year round firewood and snow plowing and snow removal besides material hauling, then added lawn care. Since then very durable versatile floor toppings, both interior and exterior application, has been added. The material used for the topping can be clear or pigmented to offer an artistic sense. This includes numerous applications, hence the term versatile, such as in preserving or creating new countertops, patios, walkways, driveways, garage floors, basements, steps, swimming pools, and much more.

Our lawn care services incorporate much more than simple mowing. We mulch, fertilize, edge, trim, prune and trim shrubs and trees, besides their removal and planting. We do debris removal due to storm damage and otherwise. Hydroseeding and roto-tilling is also available. We do our best to manicure your yard.

We can beautify the rest of your property by solving drainage and contour problems, putting in or repairing retaining walls, and bulldozer work as well as any concrete work and restoration including foundations. We put in driveways and walkways, do road work, pressure wash, apply blacktop and concrete sealants. Your house may need roof work or a simple gutter cleaning or other handyman services. We do that as well.

Longsrn Construction and Landscaping, Plus LLC is fully insured and provides quality services. There is no job to small for us. Call us at 607-206-4936 to discuss and schedule your needs with us.

## MIKE’S FISH TANK POND SEASON

POND SEASON FAST APPROACHING. Most pond fish breeders say that Memorial day is the official kickoff of pond season.

You want your water to warm up a bit before adding your fish. Fish that have been inside may not be ready for that chilly water yet. When you do take your pond fish back outside, be sure to float them in a bag BUT ONLY for only 5 minutes. This will help them adjust to the cooler water.

Avoid Overstocking the Pond, To maintain healthy fish and clear water, do not overload the ecosystem with too many fish. For a new pond, a good rule of thumb is one inch of fish per square foot of surface area. A mature pond can support two to three inches of fish per square foot.The following are good fish for ponds.

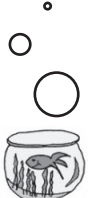
Comets, one of the most popular types of goldfish, have long slender bodies and are typically solid orange and metallic in appearance. Shubunkins have longer, thinner bodies and are typically shaped like the common goldfish. They are primarily bred for their beautiful colors. Most shubunkins are calico in color, orange, red, gray, almost bluish gray.

Koi:are ornate cousins of the carp family and can be easily identified by their whiskers. Their vivid coloration, striking patterns, longevity and impressive size make them popular pets. Standard Koi colors are black, white, yellow, orange, blue or red. Other koi types are,Taisho Sanke: Pure white Koi with distinct red and black markings.

Ohgon or neon Koi: Usually yellow, orange or gold metallic. Butterfly Koi: Distinguished by their long butterfly fins.

Sarasa comets are red and white and shaped like the shubunkins. They are hardy and not too expensive. Some people even use the cheap feeder fish, like you get at the fair. They often do ok in the pond as long as it’s not too hot.

Normally most pond fish are fine together especially if similar in size.

 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](mailto:friskyy@hotmail.com)

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SATURDAY

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Food Truck, Radio Station Live Broadcast,  
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Annual Tea Party  
Saturday May 4th

9am-12 noon  
Enjoy Tea and Cookies  
while browsing our full  
Greenhouse & Nursery!





## MOTHER'S DAY IS JUST AROUND THE CORNER

**LET VALLEY VIEW GARDENS RETAIL NURSERY and THE CINNAMON APPLE COTTAGE GIFT SHOP** help you make this Mother's Day special. Treat your mother or wife to new landscape plants from our nursery or a lovely gift from our charming gift shop. Gorgeous hanging baskets, flowering shrubs, trees or perennials will bring a big smile to her face!

A thoughtful gift from Valley View Gardens Retail Nursery or The Cinnamon Apple Cottage Gift Shoppe will help her do what she loves best: sprucing up the homestead with elegant touches for the inside or outside of her home just in time for the Spring/Summer season. Locally grown, superior quality hanging baskets, annuals and vegetables are our specialty!

**GIFT CERTIFICATES!** Not sure exactly what she has in mind? Delight her with a Gift Certificate from Valley View Gardens and The Cinnamon Apple Cottage Gift Shoppe and she'll love you forever! Our Gift Certificates can be used inside the gift shop OR outside in the nursery. Best of all, they never expire and will be there just when she needs it! You can't go wrong with one of our Gift Certificates!

Unique! You must see our clocks that play classic melodies on the hour, their faces spiraling in rhythm, before returning to clock position! Pendulum clocks, mantle clocks, and much more! All making a very special gift for wives and mothers! You'll find amazing art work and décor that will thrill her, too! For the new mother, enter our children's room that contains gifts for infants and young children—all bright and fresh! A must see!

Are YOU longing for a new landscape or searching for unique home décor? Look no further! Valley View Gardens Retail Nursery and The Cinnamon Apple Cottage Gift Shoppe provides a fantastic shopping experience at 3797 Luker Road in Cortland! Truckloads of stunning plants and eye-catching giftware are arriving, including many new items and varieties!



If you desire professional expertise to help with your landscape design and installation, Valley View Gardens can provide both to ensure your complete satisfaction. After forty years' experience designing beautiful landscapes, we are able to advise those who need help planning their own projects. Finding the right plant for a particular environment is our strong suit!

For that splash of color in your garden, you can choose from any number of gorgeous flowering annuals and hanging



baskets that will fill our five greenhouses. Our perennials are a sight to behold! If you want to fill niche in that sunny or shady corner of your garden, we have an impressive assortment of perennials located in our perennial houses and outdoor displays that will do just that. Looking for that unique ornamental grass that caught your eye? We have many varieties from which you can choose to bring texture and motion to your landscape! New plants arriving weekly!



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## SPRING MUD BOG



Anyone that comes by motorcycle to any events in 2019 will be just \$5 per person entry fee!!



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May 18–May 19

#### Spring Mud Bog

Presented by Summit Dealerships and Tracey Road Equipment  
June 1–June 2

#### Race Weekend

Presented by Tracey Road Equipment  
June 29–June 30

#### Race Weekend

Presented by Monster Energy  
August 17–August 18

#### Race Weekend

Presented by Performance Harley-Davidson  
September 7–September 8

**MXC Race Saturday & Sunday MX Race**  
October 12–October 13

For more information go to:  
frozen MX

## Don't miss... Customer Appreciation Day! SATURDAY MAY 4TH

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+ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

CONVENIENT LOCATION! We have been in operation for twenty-five years in Central New York and beginning our fourteenth season at our current location on 3797 Luker Road, in Cortland, ‘just around the corner’ off of Route 281, opposite Builder’s Best Do-It-Center. Valley View Gardens will provide a stronger, healthier plant than can be obtained in box store garden centers and our convenient location eliminates those costly trips out of town, ensuring a savings to you!

The Cinnamon Apple Cottage is a unique gift shop. We have been told by our customers time and again that they love to shop in our TEN-room shop! The lovely music can be heard throughout the shop, a delightful backdrop for your shopping experience! Each room has its own ambience and related product lines. Floral decorations, fragrant candles and potpourri, artwork, whimsical figurines, children’s books and toys; outdoor décor and gift items; jams and fruit butters; soup, scone and bread mixes and much, much more! Amish made bird houses in vivid colors must be seen! If you need a pick-me-up for yourself or your friends and loved ones, you are sure to find it at The Cinnamon Apple Cottage Gift Shoppe.

New this year: beautiful hand painted Turkish potter, dishes and colorful 100% Turkish cotton linens! Lovely Polish pottery and unique color changing mugs! Perfect for Mom and Grandma (Sisters and Friends, too).

SUNDAY HOURS! Our Sunday hours have begun and will continue through July 3, 11-4 for your shopping convenience! WEEKDAY HOURS: Our May and June schedules include Monday through Thursday, 9-5; Friday 9-6; Saturday, 9-4 and Sunday, 11-4.

JOIN US! Valley View Gardens Retail Nursery and The Cinnamon Apple Cottage Gift Shoppe are located just around the corner at 3797 Luker Road opposite Builder’s Best Do-It Center. Call Dan, Andrew and Pat Mones at 607-749-3130 to set up a consultation to help your landscaping dreams come true! You will be glad you came to Valley View Gardens and The Cinnamon Apple Cottage! We look forward to meeting and serving you! See you then!

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### 2019 SPRING CLINICS

Lansing  
Central Fire Station  
Wednesday May 1

Danby  
Fire Station  
Thursday May 2

Dryden  
Tompkins Co. SPCA  
Wednesday May 8

Enfield  
New Highway Garage  
Thursday May 9

Ithaca  
Town Highway Garage  
Wednesday May 15

Without a copy of a vaccination certificate for each pet, the vaccination your pet receives at our clinic will be valid for only 1 year. Proof of prior vaccination required for vaccination to be good for more than 1 year.



## WELCOME BACK, DRYDEN LAKE FESTIVAL

COME TO THE DRYDEN LAKE Festival on Saturday, July 27, 2019, from 12 pm to 5 pm at Dryden Lake Park in the Town of Dryden. This family-friendly, free event will have live entertainment, including The Auroras and Hollow Choir, craft vendors, fun games and activities for the kids, and a small petting zoo with local farm animals. The Dryden Historical Society and other local organizations will have lots of information to hand out. It will be a great community celebration of the hidden Dryden Lake Park (located approximately 3 miles south of the Village of Dryden), and an opportunity to meet the neighbors.

More information, including the vendor application, can be found at [www.facebook.com/drydenlakefestival](http://www.facebook.com/drydenlakefestival). This event is possible in part by a Tompkins County Strategic Tourism Celebrations Grant. We are also accepting donations and sponsorships to help cover operations costs. If you would like to help with planning the festival or donate, please send an email to Kathy Servoss at [drydenlakefestivalinc@gmail.com](mailto:drydenlakefestivalinc@gmail.com). Hope to see you there!

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### Support the Construction of Tully's Cornerstone Park!

During Mother's Day Weekend, each purchase of a hanging flower basket from Nightingale's will benefit the Tully Action Group's fundraising campaign for the construction of the cornerstone park! Bring Mom a beautiful basket for Mother's Day and support your local park-shop May 10-11-12



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## YOUTH VAPING DISCUSSED AT COMMUNITY FORUM THE NEW FACE OF NICOTINE

VAPING, OR SMOKING ELECTRONIC CIGARETTES, among youth has become a growing concern in Cortland County. As vaping devices continue to evolve, it makes it challenging for parents, caregivers and school administrators to stay on top of current trends.

This is why the Tobacco Free Zone program through the Cortland County Health Department teamed with local businesses and agencies to hold a youth vaping community forum on Wednesday, April 24th at the Homer Intermediate/Junior High School Auditorium. The event was open to all Cortland County residents, with approximately 50 persons in attendance. The forum was an opportunity for residents to learn more about electronic cigarettes, the challenges school administrators are facing and what we all can do in our community to address this growing concern.

A panel of experts including Douglas VanEtten, Homer High School Principal, Rob Reyngoudt, Cortland High School Student Resource Officer, Mike Bort, Homer High School Student Resource Officer, Stuart Gillim, MD, Cortland County Medical Advisor, Emily Nink, Tobacco Policy Center Associate, Jenn Hamilton, Tobacco Free Zone, Melissa Potter, Reality Check, and Christopher Boylan, Reality Check member and sixth grade student at Homer Jr. High School provided information related to the local vaping landscape, how schools currently handle vaping on school property, the health and behavioral risks, including the use of illicit drugs through these devices, tobacco and vape industry marketing practices, and evidence-based policy efforts local municipalities can implement to minimize the problem.

Electronic cigarettes are the most popular tobacco product among youth. In the past four years, electronic cigarette use has risen an astonishing 160% among NYS



high school students. In Cortland County, 22% of students in grades 7-12 have reported using electronic cigarettes in the past 30 days, according to Cortland Area Communities that Care 2018 Pride Survey.

“Part of our responsibility as a school district is to educate families about health issues related to their children. Vaping among our youth has become a real concern and we owe it to parents to inform them of the dangers associated with it,” said Tom Turek Homer Central School District Superintendent.

The high-nicotine product JUUL has become so popular with youth that it has captured nearly 75% of the e-cigarette market. The JUUL product is sleek, very discrete and comes in a variety of flavors. “Many young people are aware of and using JUUL, but they are unaware that the product always contains the highly-addictive chemical nicotine,” says Jenn Hamilton, Community Engagement Coordinator with the Tobacco Free Zone program. According to the product website, a single JUUL pod or cartridge is roughly equal to a pack of cigarettes - putting a new generation of youth at risk of nicotine addiction. While electronic cigarettes are less toxic than combustible cigarettes, at least 60 chemical compounds are found in e-liquids, and more are in the aerosol they produce. Electronic cigarettes are not harmless.

Electronic cigarette companies have taken a page out of Big Tobacco's playbook when it comes to their marketing strategies. Locally, tobacco and electronic cigarette marketing and sales in stores near schools is a particular concern because teens that pass by or shop at these stores are routinely exposed to pro-tobacco and electronic cigarette messaging. Exposure to point-of-sale advertising and promotions prompts initiation, encourages tobacco and electronic cigarette use, aids unplanned purchases, and undermines quit attempts.

For additional information, please go to [www.tfreezone.net](http://www.tfreezone.net) or contact Melissa Potter, Reality Check Youth Engagement Coordinator at 607-756-3416; [mpotter@cortland-co.org](mailto:mpotter@cortland-co.org) or Jenn Hamilton, Tobacco Free Zone Community Engagement Coordinator at 607-758-5501; [jhamilton@cortland-co.org](mailto:jhamilton@cortland-co.org).

### Types of Electronic Cigarettes



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**ARE YOU A NURSE OR** know someone in the health profession that wears scrubs to work on your Mother’s Day shopping list?! Stop in to Scrubs “R” Us located at 223 Elmira Road in Ithaca near Pudgies Pizza, next to Budget Truck Rental in the Hunts plaza. Pick up a new pair of comfortable shoes, a new scrub top or scrub pants for your health care worker or yourself! Scrubs “R” Us is open Monday thru Friday from 10am to 6pm and on Saturday from 9am to Noon. Scrubs “R” Us offers the best products and service in Ithaca. They have a wide variety of uniforms and accessories with brand names including Skechers, bio, Cherokee, Nurse Mates, Dickies, Koi, Littmann, Grey’s Anatomy and more. Also, choose from stethoscopes, medical instruments, socks, watches, ID holders, etc. for both men and women! Like them on Facebook and check out their website for more info [scrubsrus2011.com](http://scrubsrus2011.com). Come in and pick out a new top or pants at Scrubs “R” Us today or call them today 607-241-3333 to special order or for any questions! They genuinely care about your satisfaction! Come try it on and let Scrubs “R” Us earn your business! Layaway and gift certificates are available.



## CREATURE FEATURE RACCOONS

**RACCOONS ARE ONE OF THE** most easily recognized mammals. Some folks find them adorable; others feel they’re a nuisance. Either way, these masked creatures are intelligent and adaptable. They’re primarily nocturnal and spend lots of time foraging for food. Dexterous front paws with long “fingers” enable them to grab frogs, crayfish and other prey. Raccoons are omnivorous, so they also eat fruits and plants. Here in NY, raccoons pack on fat during the warmer months. Over the winter, they snooze a lot inside their dens within tree cavities and hollow logs. In late spring, a mother raccoon bears young, called kits, within her den. They stay in the den for several weeks, then tag along with mom until fall, when they’ll strike out on their own. Raccoons can become problematic when we inadvertently provide food sources, like easily accessed garbage or outdoor pet bowls. They’re also attracted to structures offering shelter via accessible cavities. Raccoon-proofing can be challenging, because these clever animals can manipulate latches, doorknobs and even jar lids. It’s illegal to keep a raccoon as a pet, and it’s not wise to feed them. Raccoon rabies reached NY in 1990 and has become widespread. A raccoon infected with rabies or distemper may act tame or aggressive, appear uncoordinated, salivate excessively or drag its hind legs. If you suspect a raccoon may be rabid, keep your distance and contact local health officials. It’s a myth that any raccoon active in the daytime is sick; they may forage in daylight, especially mothers.

Article and Photo by Margie Manthey

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## CELEBRATING THE OPENING OF THE DRYDEN TO FREEVILLE SECTION OF THE DRYDEN RAIL TRAIL

**T**HOSE WHO ALREADY USE THE informally opened trail that starts on Main Street in Dryden and winds its way into Freeville know how popular it has become. On May 11<sup>th</sup> from 10:00 to 3:00 we will officially open our new community asset! There will be something for everyone – a bird walk, a fun run, railway themed games and activities, an opening ceremony, food, Dryden Rail Trail

merchandise, and music by MaddDaddy, featuring Ted Walsh and Maddy Walsh of The Blind Spots.

The festivities begin on either end of the trail at the kiosks in Dryden and Freeville, where Mayors Mike Murphy and David Fogel will meet with you to walk, jog, or bike the trail (Lime bikes will be available). The two groups will converge at the celebration venue, a pavilion on Old George Road, generously provided by the William George Agency. Everyone will have a train ‘ticket’ to be stamped along the Trail for free raffle tickets for great prizes at the pavilion.

Brief remarks will be presented by local dignitaries and trail developers, with Freeville native Amy Dickinson as master of ceremonies, and the mayors of the villages of Freeville and Dryden will drive



LV Engine 330 with a northbound train approaches Updike's Cut on the Southern Central RR near Dryden, N.Y., about 1884. The Lehigh Valley had invested heavily in the SC, and in 1887 would take over management and put the line under control of the Pennsylvania & New York Railroad.

a golden spike to officially open the trail!

A Bird Walk will start earlier (7:30 at the kiosk in Freeville) as the birds may be too shy to stay for the 10:00 event! The Fun Run, a railroad themed event and fund raiser for the Dryden PTA, starts at the George Road kiosk, with a sign-in time of 9:30 and a fee of \$10. Runners of all ages are encouraged to

participate in this run from George Road to Freeville and back again, a distance just under 5K.

Guided nature walks will also commence at the Freeville trail kiosk, and activities will continue throughout the day at the pavilion, including a trail trivia game, giant Jenga, box car races, a coloring table, and construction of paper railway lanterns. A puppet making workshop by Lily Gershon of LilySilly Puppets will be held from 12:00 until 2:00, and Railway Bingo will be played at 1:00. Madd Daddy will play from 12:00 to 1:00 and from 2:00 to 3:00. Raffle drawings will be held at 1:30. Rail Trail merchandise will be sold throughout the day.

Although most activities are centered in the pavilion near George

Road, there will only be

handicapped parking at this location. There is parking in Dryden at Elm and Wall Street, in Freeville by the Freeville Village Hall, and other locations as directed by our volunteers. It takes 40 to 50 minutes to walk, and there will be a shuttle bus to return you to your car from 1:00 to 3:00 at 15 minute intervals from the pavilion.

This section is part of a planned trail that will connect two much loved trails – the Jim Schug section of the Dryden Rail Trail, and (after proceeding through Etna and Varna) the East Ithaca Recreation Way. This trail will truly be a system ‘Connecting Communities’ in Dryden!

Many thanks our wonderful sponsors who made this event possible, Whitmore Fence Co, Upscale Remodeling, B&B Flooring, and Bailey Place Insurance.

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Hartleys has a great inventory of different camper styles, from teardrop-style trailers to full-size expandable RVs, from manufacturers such as Shasta, Fun Finder, Coachmen, nuCamp, and InTech. You can check out the versatility of new models including the 2020 Shasta 28BH and 25RK, several different 2019 Fun Finder Extreme models, 2019 Coachmen Clipper models, and so many more! From luxury to utilitarian, you are sure to find something to suit your camping or travel style and need.



Hartleys Auto and RV Center is located at 3830 US Route 11, Cortland, NY. They are open on Mondays, Wednesdays, and Fridays from 8 am to 5 pm; and extended seasonal hours are now in effect on Tuesdays and Thursdays, from 9 am to 7 pm, and on Saturdays from 9 am to 6 pm. You can find them on Facebook or visit [www.cortlandrv.com](http://www.cortlandrv.com). For questions about the Open House or vehicle and/or RV service, call them at (607) 753-5302. But the best way to see what Hartleys Auto and RV Center has to offer is to visit them at their Open House on May 10<sup>th</sup> and 11<sup>th</sup> – and see how they can make your camping and travel dreams come true!

• ARISE, Inc. of Syracuse is holding a training session on May 7, 9, 13 and 16 in Syracuse for people interested to become New York State Certified Ombudsmen in Cortland County. Ombudsmen have the opportunity to regularly visit a local nursing home or other adult care facility to advocate for residents and to help ensure they are receiving quality person-centered care.

- Cortland County needs a large number of volunteers for the Healthy Cortland: No Cost Medical Event to be held July 12-20 at Homer Intermediate School as part of the Innovative Readiness Training (IRT) coordinated by the United States Air Force. Volunteers are needed to work five hour shifts in the morning from 7:30am-12:30pm or in the afternoon from 12:00pm-5:00pm. Volunteers must provide a driver's license at least six weeks before the event for a required background check and must also attend a training session prior to the event.

• Cortland Park Rehabilitation and Nursing Center welcomes volunteers to assist with resident outings, do gardening and light yard work, bring your pet to visit, help with bingo, or to visit with residents. Proof of immunizations, including flu, is required.

- Hospicare and Palliative Care Services seeks volunteers to provide companionship for patients or respite for caregivers. Volunteers commit to volunteering two to four hours per week for one year. Training is provided, and background checks are required.

If you are at least age 55 and would like more information about these or other volunteer opportunities, contact the Cortland County Retired and Senior Volunteer Program at 607-753-5057 or [rsvp@cortland-co.org](mailto:rsvp@cortland-co.org).

26th Annual  
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May 5, 2019

**\$25.00**

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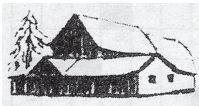
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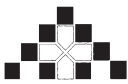
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COMMUNITY CALENDAR

**May 5 – Ithaca-Cortland PFLAG Meeting**  
The next meeting of Ithaca-Cortland PFLAG (Parents, Families, Friends, and Allies. United with LGBTQ People to move equality forward.) will be held: 4pm Interfaith Center 7 Calvert Street Cortland, NY 13045 (Just off the SUNY-Cortland campus). All interested people are welcome and encouraged to attend.

**May 6 – Fabius Historical Society Meeting**  
7PM: THE FABIUS HISTORICAL SOCIETY will meet at the Fabius Community Center (7786 Main St., Rt. 80). Milton Sernett will discuss his book

titled “Harriet Tubman: Myth, Memory, and History”. Free and open to the public. Refreshments will follow the program. Please join us.

**May 7 – Grieving Together: Ongoing General Support Group for Bereaved Adults**  
11 Kennedy Parkway, Cortland, NY 13045 1st and 3rd Tuesday of every month, 10:30 a.m.-12:00 p.m.

May 7 & 21 June 4 & 18 July 2 & 16 August 6 & 20

For anyone 18 or older grieving a loss regardless of when the death occurred, or whether your deceased loved one received hospice services. Prompt arrival is

appreciated. Registration is not required, but if this is your first time coming to the group please contact Donna George, LMSW, FT, at 607-272-0212 or [dgeorge@hospicare.org](mailto:dgeorge@hospicare.org).

**May 13 – Dryden Senior Citizens Lunch**  
The Dryden Senior Citizens Lunch will meet on Monday, May 13, 2019 at the V.F.W. on Route 13 just outside of the Dryden Village toward Ithaca. Lunch is served at 12:15 p.m. with announcements starting at 11:45 a.m. Table service will be provided. The meal cost for members is \$7.00 and \$8.00 for non-members. The meal will be baked chicken, mashed potatoes, tossed salad, green

beans, and brownies with ice cream. Our speaker will be Katherine Schultz, a Speech-Language Pathologist at Stormont-Vail Health Care in Topeka, Kansas. She will talk about speech development and disorders, effects of strokes, feeding and swallowing disorders and Parkinson’s Disease and aging voice disorders. Anyone 55 or older in the area is most welcome. We hope you can come and join us. There will be NO MEETING on May 27 due to Memorial Day.

**May 14 – Dementia Conversations**  
2 – 3 p.m. Rm. 302 of the COB  
When someone is showing

signs of dementia, it’s time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care. Please join us for this free event hosted by the Cortland County Area Agency on Aging’s Caregiver Resource Center. Call (607)753-5060 to register.

**May 27 – Memorial Day Benefit for LaFayette Outreach**  
The Columbian Presbyterian Church, corner of rtcs. 11 & 20 LaFayette, will be hosting its’ annual Memorial Day Benefit for LaFayette Outreach, on Mon. May 27, from 8:00 am-12 noon. All of the proceeds will be donated directly to LaFayette Outreach, which is our local food pantry and service-referral agency. The event consists of a silent auction, bake sale, plant sale, “Red, White & Blue Ice Cream Sundaes,” and a free kids’ craft area. Questions/Donations: 315-677-3293, [cpresbyt@twcny.rr.com](mailto:cpresbyt@twcny.rr.com).

FOR A COMPLETE LISTING OF UPCOMING EVENTS:  
**CORTLANDAREATribune.COM**  
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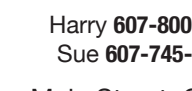
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CAT

PUZZLES & GAMES



WORD FIND

Find the ‘Mother’s Day’ related words below! Can you find them all? Good luck! Check our next issue for the solution!

c	m	n	r	r	f	f	h	a	p	p	y	n
n	o	e	i	e	e	a	s	c	b	o	n	d
s	t	r	e	h	t	o	m	d	n	a	r	g
m	p	d	m	t	b	h	d	i	r	u	b	l
a	n	i	d	o	t	o	g	i	l	a	r	y
y	n	i	a	m	m	e	u	u	i	y	c	b
n	a	h	m	y	y	f	n	q	a	h	t	d
s	s	c	a	i	i	l	d	u	d	c	m	
a	t	d	m	t	m	a	n	o	e	e	e	o
n	e	n	u	r	t	u	r	e	w	r	t	m
a	u	a	a	t	s	e	l	o	v	e	o	m
n	e	r	d	i	h	c	a	e	t	r	y	
b	v	g	d	r	p	a	m	p	e	r	p	s

mother • mom • grandmother • flowers • plants • bouquet • teach • play  
baby • son • daughter • may • beautiful • sunday • child • protect  
tender • bond • nurture • love • cards • happy • family • children  
mommy • grandchildren • mama • nana • brunch • pamper • lilacs

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

LAST ISSUE’S

PUZZLES



SUDOKU

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

THIS ISSUE’S TRIVIA ANSWERS

1. Approx. 122.5 million phone calls
2. Roughly 141 million Mother’s Day cards each year
3. December 8th – it is closely associated with Mother Mary - the mother of Jesus
4. The carnation

WORD FIND

y	n	o	e	u	f	e	y	i	f	l	u	s	s	s
h	o	p	p	i	n	g	t	a	i	a	d	p	n	g
g	s	i	d	o	f	f	a	d	a	m	a	h	g	
k	e	g	g	h	u	n	t	i	r	n	e	i	f	e
c	i	u	b	u	n	n	i	e	s	b	u	h	i	p
a	l	m	d	c	o	f	k	l	y	n	e	s	o	y
u	i	d	d	t	g	p	i	l	t	n	a	l	w	g
q	l	r	t	e	t	a	l	o	c	o	h	c	e	c
t	n	o	i	t	c	e	r	r	u	s	e	r	r	c
u	c	p	o	h	j	o	e	d	a	r	a	p	s	a
l	e	s	i	c	h	u	r	c	h	b	o	p	k	n
i	e	c	h	t	e	k	s	a	b	e	r	e	c	d
p	k	o	e	y	l	n	c	i	t	i	a	k	y	
s	l	c	h	r	i	s	t	c	n	e	i	c	a	r
y	l	r	c	i	e	s	e	g	i	d	g	e	o	n

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Whitney Point - Aiello’s • Grandma’s Pretties • Midway Sales

Cortland/Ithaca - TOPS Market

Dryden - Queen Diner • Clarks Food Market

Richford - Red Rooster Diner

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