

COLLEGE Edition

2020



TOMPKINS
CORTLAND
COMMUNITY COLLEGE

SUNY
Cortland



A supplement of the

Cortland Standard

Monday, August 17, 2020



**DISCOUNT
LIQUORS**

Open Tuesday-Thursday 10AM to 9PM
Friday and Saturday 10AM to 10PM



Area's Largest Selection of Imported & Domestic
WINES and SPIRITS...
specializing in NYS WINES

Stop in today and let our experienced and knowledgeable staff help you find what you are looking for

See Our Ad On Page 2



SCAN ME

Places to relax and hang out

By S.N. BRIERE
Staff Reporter

sbriere@cortlandstandard.net

As the designated young person at the *Cortland Standard* — well actually the youngest staff member in the office — I am often asked about what young people like or what young people are into.

It's the downside to being 23. The upside is a reasonable understanding from my not so far off college days at SUNY Oswego of what makes a great place to hang out and in particular a great place to hang out and do work — because you've got to get that done to graduate.

Cortland County is no different than Oswego in that it offers great places — some very well-known and others not so much — that college students can go to get away from campus and the campus library just for a day.

Here are my top five places to go:

- **Dwyer Park** — If you have a car at the college and don't mind an about 20 minute trip, you could end

See PLACES, page 3



S.N. Briere/staff reporter

Steven Murray and Rose Williams of Truxton flip through construction books Friday at the Cortland Free Library. Once the library fully reopens it is a great space for students to study or find a good book.



DISCOUNT LIQUORS

Proudly Serving the Cortland Community For Over 50 Years
Roberta Bain, owner since 1990, SUNY Cortland Class of '88

WELCOME

FACULTY, STAFF & STUDENTS!

SHOW YOUR **COLLEGE ID** FOR **DISCOUNTS**
YEAR 'ROUND... **NO COUPON NEEDED!**

PLUS "GREEK" DISCOUNTS ON QUANTITY ORDERS!

Area's Largest Selection of Imported & Domestic

WINES and SPIRITS...
specializing in **NYS WINES**

If you can't find it... we'll order it!

DISCOUNT LIQUORS
SAVE 15% OFF YOUR WINE PURCHASE
(EXCLUDES BOXED WINES)
MUST PRESENT COUPON
NOT TO BE COMBINED WITH ANY OTHER SALE OR DISCOUNT.
EXPIRES 10/31/20

DISCOUNT LIQUORS
SAVE 20% OFF CASES OF WINE
ANY 12 BOTTLE CASE OF 750ML OR 6 BOTTLE CASE OF 1.5 LITER
MIX OR MATCH
MUST PRESENT COUPON
NOT TO BE COMBINED WITH ANY OTHER SALE OR DISCOUNT.
EXPIRES 10/31/20

DISCOUNT LIQUORS
SAVE 15% OFF YOUR WINE PURCHASE
(EXCLUDES BOXED WINES)
MUST PRESENT COUPON
NOT TO BE COMBINED WITH ANY OTHER SALE OR DISCOUNT.
EXPIRES 10/31/20

DISCOUNT LIQUORS
SAVE 20% OFF CASES OF WINE
ANY 12 BOTTLE CASE OF 750ML OR 6 BOTTLE CASE OF 1.5 LITER
MIX OR MATCH
MUST PRESENT COUPON
NOT TO BE COMBINED WITH ANY OTHER SALE OR DISCOUNT.
EXPIRES 10/31/20



1112 Groton Ave. Plaza, Cortland [behind Burger King]



607-753-8575



OPEN: TUES.-THURS. 10AM TO 9PM, FRI. & SAT. 10AM TO 10PM

PLACES

continued from page 2

up at Dwyer Memorial Park in Preble, where Cortland County and a volunteer group have worked to spruce up the place over the past few years. If you take Route 281 there, you get a beautiful trip on the way, taking in all the farmland along the way. The park itself offers wonderful spots to sit down and focus on work. If you go earlier in the day during the week, it's often quiet, with only a few people walking the trails. The trails offer a great break from work, too, and can ease your mind if you've been going at it for hours.

■ **Bru 64** — Most sophomores on up at the college will probably tell you a great space to hang out and an easy walk from the college is Bru 64. The Main Street business has become a staple for the college set, where they can get a cup of joe and walk back to a table to do work. It even has a little room off from the main area that I often saw students using — lining tables with stacks of papers and books to study. The atmosphere is calming and you may find some of your friends there, or you might meet a new study partner.

■ **Homer Village Green** — Also not too far from the college, if you don't mind a bike ride or taking a county bus, is Homer, where the Village Green has played a vital role in that area's history. But the Village Green is also a great place to bring a blanket, sit in the shade and read that book for your English class you know you've been putting off, although I wouldn't recommend going from 3 to 3:30 p.m. when the kiddos are getting out of school. But the great thing is if you get hungry, there are also so many shops along the main drag to choose from.

■ **Libraries** — I told you earlier the college's library might not be the best place to study, especially if you're easily distracted by everyone you know on campus, but the county offers some great libraries near the college to get work done and perhaps you'll find an interesting read there, too — once they completely reopen. In Cortland you have Cortland Free Library on Church Street and in Homer there is Phillips Free Library, which both offer a nearby location for college students to study in a quiet space.

■ **Solon Pond** — If you're looking to head to the east end of the county — or perhaps you've never been that far into the country — you'll certainly enjoy a trip along the winding roads to Solon Pond in the town of Taylor. Take a picnic and enjoy a few hours in the serene environment the pond has to offer. Head north on Cheningo-Solon Pond Road and stop to find the pond nestled in a valley between rolling hills. The old one-room schoolhouse and the church along its shore will likely be closed, but so what? You could easily study there or maybe just eat lunch and relax away from the busy atmosphere of the college. It's also a good place to go if you need an area to reflect where roommates and friends won't bother you.

But, really, any part of this county can offer great places to just relax and hang out or a relaxing atmosphere in which to study. In the winter, you might not be able to visit some of them, unless you're willing to layer up, bring hot chocolate and hope your fingers don't snap off trying to write in the cold.

Either way, get out and explore. You might just find the secret to passing the semester with flying colors because you didn't let your friends, the books or other random objects at the campus library, your dorm room or a friends house distract you.



Cortland Standard file photos

ABOVE: Skating on the Homer Village Green. **BELOW:** Hanging out at BRU 64 on Main Street in Cortland.



- Welcome -
Students & Faculty

Hollywood
 Bar & Grill

- Cortland Connections Cards Accepted -

27 Groton Ave., Cortland, NY • 607-753-3242

Mile by Mile



Pexels.com

Go on a run that lets you see the rest of Cortland

SUNY Cortland is a sporty college, and Cortland is a sporty town. But with a coronavirus pandemic, socially distant workouts can be a challenge.

So if you're looking to get fit, or stay fit, here are a few running routes that offer better scenery than a treadmill or track.

The street routes all start at Corey Union and Neubig Hall. The trail routes start at the trailheads.

BEGINNERS:

THE MAIN STREET LOOP

Distance: Just under 3 miles.

The Route: Running from the dormitories down Neubig Road, turn right onto Broadway Avenue. Turn right onto Groton Avenue. Follow Groton to Main Street, turn right on Main Street. Run down Main Street then turn right on Tompkins Avenue. Follow Tompkins back to Broadway and back onto campus.

INTERMEDIATE:

TOUR DE HOMER

Distance: Just under 7 miles.

The Route: Run from Neubig Road to Broadway, turn right. Cross Groton Avenue, then run north on Floral Avenue. Turn right on Madison Street. Run through the park road at Suggett Park, then north on Homer Avenue into Homer. This is an out-and-back, so it can be shortened by turning around early.

INTERMEDIATE:

KINNEY LOOP

Distance: 7 miles

The Route: This loop is a pretty nice trek through the countryside. Run from the dormitories down Lankler Drive past the Student Life Center to Route 281. Follow 281 south to McLean Road, then head west. Turn right onto Fairview Drive, cross Route 222, head up Highland Road. Follow Highland Road, then turn right onto Hoy Road, then a right on Kinney Gulf Road. Take Kinney Gulf back to 281, then onto Groton Avenue and Broadway back to campus.

EXPERT:

BLODGETT MILLS LOOP

Distance: A bit more than 7 miles.

The Route: A good amount of climbing. Start at Neubig, head past the Student Life Center to Tompkins Avenue. Run southwest down Tompkins to Abdallah Avenue. Turn east onto Starr Road, then south on Page Green. After the long hill, turn east on Blodgett Mills Road. Follow this to the left down Pendleton Street Extension back into the city. Follow Pendleton to Port Watson, then back to campus.

TRAILS

BEGINNER: LIME HOLLOW

Mostly flat nature trails and is the closest set of trails to campus. Great bird watching. One can actually run to Lime Hollow by way of the Lankler Drive to Route 281. There is an entrance to the trail set at the end of North Lamont Drive behind A&W.

INTERMEDIATE:

HAMMOND HILL STATE FOREST, DRYDEN

Hammond Hill offers pretty smooth, but hilly single and doubletrack. Lots of nice forest roads as well. It's about a 25-minute drive from campus.

EXPERT:

MORGAN HILL STATE FOREST, TRUXTON AND CUYLER

Morgan Hill is rugged and has A LOT of climbing. The North Country trail runs through here as well and offers some really rooty, technical terrain. About a 25- to 30-minute drive from campus.



- ✓ CLOTHING
- ✓ SHOES
- ✓ JEWELRY
- ✓ ACCESSORIES
- ✓ HOUSEWARES
- ✓ GIFT CERTIFICATES

Country Peddler

22 State St., Tully • 315-696-5219
Hrs: Tues. & Thurs. 10-3,
Wed. & Fri. 12-3, Sat. 10-1.

**Tully Historical Society's
Twice Read Book Store**

**We have some
Great Reads!**

1000's of Volumes! New Titles Arriving Daily!

24 State St., Tully
315-696-4681
Hrs: Mon., Tues., Fri., & Sat.
9 am - 1 pm.

WELCOME BACK STUDENTS!



ALL AMERICAN FOOD®

883 ROUTE 13, CORTLAND, NY

607-756-2021

Open 7 Days a Week at 10:30AM

RON'S BODY & PAINT

Most Recommended in the Area
24-HOUR TOWING

607-662-4543

362 NY 13
Cortland, New York
ronsbodyandpaint.com



Approved Auto Repair



Free Loaner • Work is Guaranteed
Tow Truck or Flatbed

Your One-Stop Vehicle Service Center
4 Wheel Alignment • Tires • Mechanic Repairs



Tips for students starting college

If you're going to start college or university this fall, there's a lot to think about. Here are some tips to help you sort things out ahead of time.

GETTING TO SCHOOL

Will you live on campus? Drive to school? Take public transit? Regardless of how you commute, you'll need to find the best route to take. If you plan to drive, conduct a quick Google Maps search and a trial run. If you'll take public transit, familiarize yourself with the various bus routes. Finally, if you live on campus, walk around to get acquainted with your new surroundings.

GETTING TO CLASS

As soon as you receive your schedule, take some time to find the rooms where your classes will be held. This will ensure that you don't get lost or spend half an hour looking for the right room on your first day.

SERVICES AND COMMON AREAS

Make a note of where the cafeteria, library, computer labs and bookstore are located. It's also a good idea to find out what their operating hours are.

IN THE NEIGHBORHOOD

It's likely that you'll spend quite a bit of time on and around campus. Take some time to find out what restaurants and stores are nearby.

Doing this will help you feel more at home on your first day, or at least reduce the chance that you'll get lost.

We're local.
We're safe.
We're affordable.

IT'S TIME.

Transfer. Career. Job training.
Flexible scheduling – online and in-class.

**TOMPKINS
CORTLAND**
COMMUNITY COLLEGE

tomkinscortland.edu/admissions



ATTENTION STUDENTS!

Need somewhere to store your stuff
between semesters?

**Valley
Self-
Storage**
"Storage at its Finest"

www.valley-self-storage.com

607-543-4230  

3747 Luker Rd., Cortland, NY

THE SAFETY DANCE

Keep the party small, keep it distant, be nice to the neighbors

By COLIN SPENCER
Staff Reporter

cspencer@cortlandstandard.net

It's the first Friday night back on campus. You haven't seen your friends all summer and are looking to let loose on the weekend.

There's just one problem: The coronavirus pandemic.

So, what can you do?

Stay smart and keep practicing social distancing, said Lisa Perfetti, the interim public health director of the Cortland County Health Department.

"As students will want to be together, they will need to continue all of the safety guidance already in place that includes only a small number of people in a room where they can each maintain a 6 foot distance from others and mask wearing," she said in an email. "Outdoor open areas are safer than indoor enclosed spaces, but the number of people should still be limited and distancing and mask wearing requirements is the same."

In fact, Cortland Mayor Brian Tobin, with city council's support, issued an executive order



Pexels.com

See SAFETY, page 7

EARLY BIRD SPECIAL

SERVED EVERY DAY

2 Eggs
Ham
Home Fries
Toast

\$5.79



We Accept
Cortland
Connections



Port Watson St. • 756-2014

Due to COVID-19 our hours may fluctuate. Please check and follow our Facebook to keep updated on our hours!

Sports are on hold this semester

By TOM VARTANIAN
Sports Editor

tvartanian@cortlandstandard.net

When the COVID-19 pandemic struck last winter, sports at SUNY Cortland and Tompkins Cortland Community College ground to a halt and athletes and fans hoped that athletics would be back to normal for the 2020-2021 academic year.

The pandemic has showed that nothing is normal. Only one sporting season is expected this fall. Even some winter sports are delayed:

Here's what happened:

July 14: TC3 announced that the men's soccer, women's soccer and women's vol-

leyball season were postponed by the National Junior College Athletic Association until the spring semester, as were men's and women's basketball.

The Panthers' cross-country team is the lone competitive sport that will take place under new safety protocols.

July 15: The Empire 8 Conference canceled its fall sports schedule, which included SUNY Cortland football.

July 20: The State University of New York Athletic Conference suspended all fall sports action and winter teams will not begin until Jan. 1.

See SPORTS, page 7



SAFETY

continued from page 6

banning public gatherings of more than 25 people between Aug. 27 and Sept. 16 — that's half as many people as the state allows during Phase 4 of the state's reopening process.

The city will encourage compliance, first by breaking up parties, then by writing tickets, Tobin said.

Party or not, Perfetti said students should stay at home and away from others when they don't feel well. Additionally, students should not share drinks or other items that could serve as a medium to spread COVID-19.

To help people understand potential risks of parties, the Centers for Disease Control and Prevention have created a tiered chart of risks for spreading the coronavirus at gatherings, and it suggests almost any student party is a higher-risk endeavor:

Lowest risk: Virtual-only events and gatherings.

More risk: Smaller outdoor and in-person gatherings in which individuals from different households remain spaced at least 6 feet apart while wearing cloth face coverings, not sharing objects, and coming from the same local area.

Higher risk: Medium-sized in-person gatherings that are adapted to allow individuals to remain spaced at least 6 feet apart and with attendees coming from outside the local area.

Highest risk: Large in-person gatherings where it is difficult for individuals to remain spaced at least 6 feet apart and attendees travel from outside the

local area

"The more people an individual interacts with at a gathering and the longer that interaction lasts, the higher the potential risk of becoming infected with COVID-19 and COVID-19 spreading," the center states.

For neighbors living around the college, the message remains clear: Be safe.

"I get it that kids are going to be kids but we're in this global pandemic and everybody needs to be safe and take care of each other," said Dan Furgal, who lives on James Street.

Furgal's wife, Sarah Furgal, said that when there are parties, it's usually easy to tell because students will travel in large groups from house to house.

She'd rather there be no parties, or at least no large parties, this fall for the safety of the students. But if there is a party, she recommended that students stay inside their own dorms or off-campus houses to help prevent the spread of the virus.

"Our community is important to us," she said. "There's elderly people that live on the street."

Peter McGinnis, who lives on West Court Street, said that when at parties, students should space out six feet apart and identify which drinks are theirs and not share them.

He also recommended that students think about their interactions.

"Be concerned about your professors and the people you interact with on campus and in town," he said.

SPORTS

continued from page 6

The Red Dragons' women's golf team competes in the Northeast Women's Golf Conference and that league anticipates moving its league championship tournament to the spring.

The one sport you can cheer for:

2020 Tompkins Cortland CC Cross Country

Sept. 5 — Hamilton Short Course Hamilton Short Course hosted by Hamilton College, time TBA.

Sept. 12 — Steven A. Warde Invitational Steven A. Warde Invitational hosted by SUNY Cobleskill, time TBA.

Sept. 19 — Wildcat Classic Wildcat Classic hosted by SUNY Poly, time TBA.

Oct. 3 — Hamilton Invitational hosted by Hamilton College, time TBA.

Oct. 17 — MSAC Championships.

Oct. 24 — Region III Championships.



Take the lead... take the keys!

*Saving lives is
everyone's responsibility!*

CORTLAND COUNTY STOP DWI PROGRAM

PUBLIC SAFETY BUILDING, 54 GREENBUSH ST., CORTLAND, NY • 607-753-3311

Welcome Back Students

Looking for love

Five first dates that don't start at the dining hall

By **KEVIN L. SMITH**
Staff Reporter

ksmith@cortlandstandard.net

Finding a good destination for a first date can be a challenge.

When you're a college student, it can be even trickier because you're hoping to impress your date with the place you've picked. You're probably on a budget, too, and starting the date at the dining hall probably isn't the best way to go.

It's the situation I was dealt with when I was getting ready to go on a first date with then-girlfriend, and now my wife, Chrissy. It was 2013, and I wanted to take her to a nice restaurant.

I ended up picking ... Applebee's. I'm not trying to slight this restaurant, but it wasn't an ideal first date destination. I did, however, redeem myself on the second date by taking Chrissy to an Italian restaurant called Angee's.

My wife will be the first to say it doesn't matter where we go for our date, as long as it's with a person you enjoy spending time with. Nowadays, though, you need to consider where to go based on



the COVID-19 pandemic.

So, if you're looking to impress your future significant other on your date, here are five good first date destinations:

LIME HOLLOW NATURE CENTER

This is the place to go for a long romantic walk. The center offers 12 miles of trails open to the public. What's better is that it is free as you walk by forests, fields, streams and ponds.

If you're into art walking through nature, there's the Eric Kroot Art Trail and Tamarack Art Meadow. The trails open up to art sculptures, which includes a moon with a face that has a hawk and owl sitting on top, and a handful of totem poles. The art trail is actually where I proposed.

The center features benches along five ponds and waterways — Baldwin Pond, Chicago Bog, Gracie Pond, and ponds near Tunison Labs and just off the Fenway trail. You can sit and chat, or not chat, as the mood suits you.

You and your potential love can enter a state of

See LOVE, page 9

www.cortlandhousing.com



**Luxury
Off-Campus
Housing**

607-756-4804

Information@CortlandHousing.com

Looking for a... **New Job?**

We've Got It!

Cortland Standard Local Classifieds



**"AUTHENTIC"
NEW YORK
STYLE
BAGELS**

Proudly Serving

Hot or Iced Coffee Mania Coffees, Lattes, Espresso

Breakfast Sandwiches

Lunch Sandwiches or Wraps and Salads

– Eat In or Pick Up –

Call or Text 607-591-7057 For Pickup

Open 7AM to 4PM

33 Main St., Cortland, NY



LOVE

continued from page 8

serenity and bask in the green that surrounds you.

BRIX PUBARIA

BRIX Pubaria's college-like atmosphere is welcoming, providing a bar for legally aged individuals, a food menu with reasonable prices and a pizza oven tucked around the corner.

And one appetizer that can't go wrong — buffalo chicken egg rolls — in my opinion is the best part of the menu.

If you're not comfortable sitting inside to eat, especially with the pandemic, there is plenty of outdoor seating so your date and you can be socially distant and still people-watch on Main Street.

SHIPWRECK GOLF AMUSEMENT CENTER

This might seem like a place for children, but that is far from the truth. A miniature golf course can be fun for adults, too. It's a perfectly legitimate first date destination.

Cortlandville has two courses on Route 13, one next to the A&W (and hey, what better throwback date than going to a place with carhops?). But what's good about Shipwreck is that it has both indoor and outdoor courses.

The pirate-themed course costs \$8.50 a person, not a bad price so you can not work on your short game as you play against your date.

Things may get competitive between the two of you, but it's worth it, if you're the competitive type. But you could try the opposite. If you're bad at golf, laugh about it. If you're good, play badly and still laugh about it.

GREEK PEAK OUTDOOR CINEMA

Movie theaters in the state have taken a hit since the pandemic started. They've been forced to close its doors until it's deemed safe to watch a movie around other people.

Being in a movie theater where there's a higher risk of exposure to the virus doesn't sound like an ideal date destination, but Greek Peak Mountain Resort in Virgil came up with the idea of outdoor cinema.

The theater at Greek Peak is the only outdoor cinema option in Cortland County. The next closest is the Finger Lakes Drive-In west of Auburn.

The cost for this particular date option is \$20 per car, which is a fair price for you and your date. Inside the car, you're isolated. Outside, you'll need to wear masks and keep socially distanced.

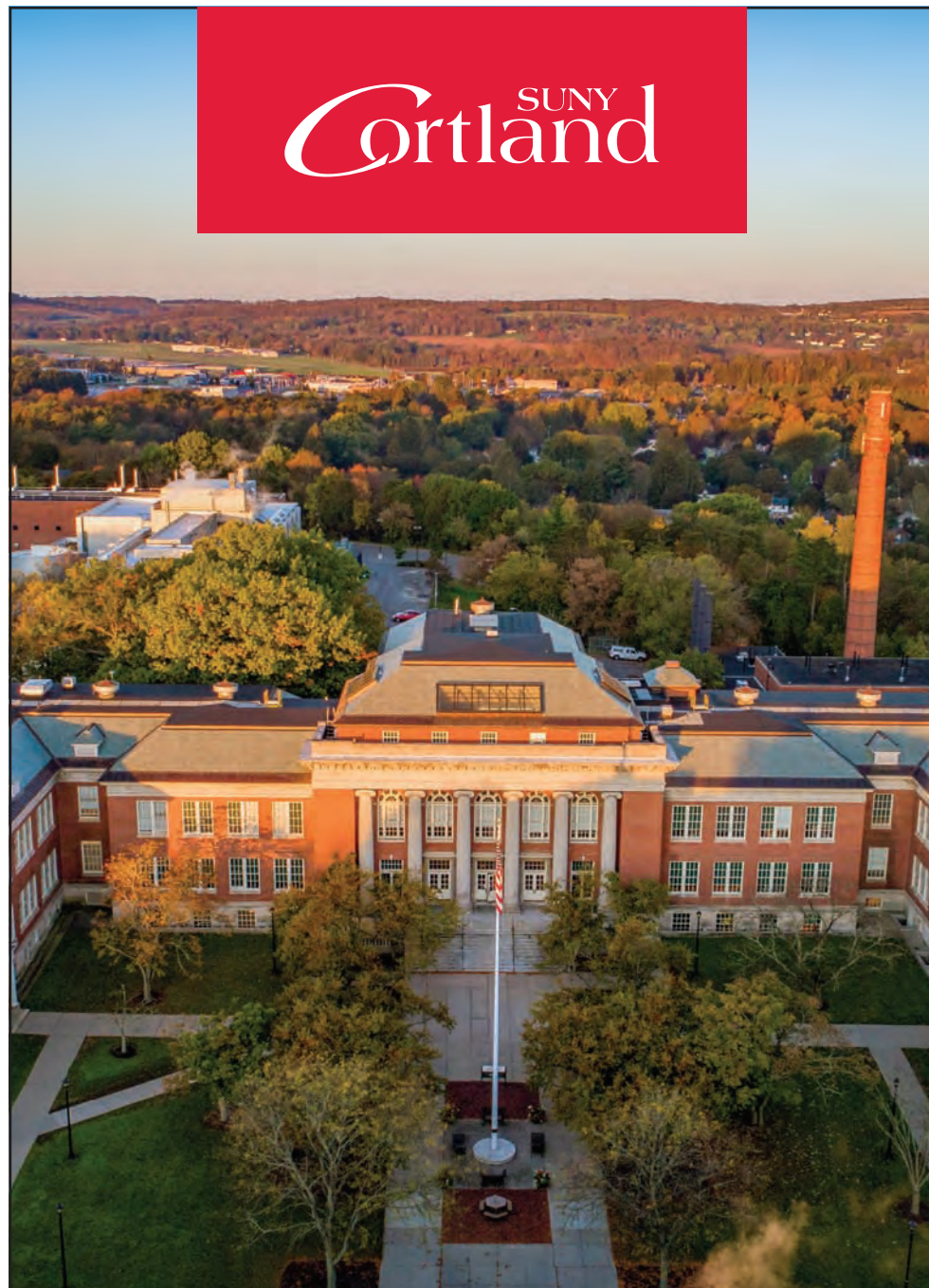
Watching a movie on a big screen with a scenic mountain backdrop while on a date with someone makes for a solid evening.

DWYER MEMORIAL PARK

If you're looking to have a cookout or a picnic for your first date, Dwyer Memorial Park in Preble provides the opportunity, sandwiched between a pair of lakes and rolling hills.

The park offers a scenic view of mountains that seem to run endlessly, the Upper Little York Lake, and the option to walk around the park through forests and past creeks.

What's even better is that this is a cost-free option for a first date. The nature that engulfs the park will ensure a romantic time.

In these challenging times, our top priority is the safety of our community.

Learn more about our health and safety measures
→ cortland.edu/safe

— **NEW LOCATION** —

THE BODY SHOP

Tattoo & Piercing

Welcome Students!



Male and Female Tattoo Artist and Cortland's Most Experienced Professional Piercer

Custom, Flash, or Cover-ups, Micro Blading by Licensed Technician, Walk-ins or Appointment, Hospital Sterilization, Extensive Collection of Body Jewelry, Glass Accessories

132 Main St., Cortland, N.Y. (607) 753-0202

Tues. & Thurs. 12pm-6pm • Wed., Fri. & Sat. 12pm-8pm • Closed Sun. & Mon.

Find Us On Facebook: The Body Shop Tattoo & Piercing



Cortland Standard file photo

A downhill trail at Greek Peak in Virgil.

PLENTY OF FUN TO TO DISCOVER

By KATIE KEYSER

Living and Leisure Editor

living@cortlandstandard.net

Cortland has it going on. Get off the college hill and hit a concert at Cortland Repertory Theatre Downtown, next to Frank and Mary's, or nearby Center for the Arts of Homer on its Main Street in Homer.

Open mic nights take place at the Finger Lakes Tasting Room on Main Street, as well as at the theater on Port Watson Street.

And if music isn't what you're into, hike at Lime Hollow Nature Center or visit a Victorian museum, the 1890 House on Tompkins Street, or the Central New York Living History Center, home of three separate music collections.

Here's a bit of what's happening in the area:

ONGOING

"Flowers Gone Wild" exhibit at McNeil Gallery, Main Street, Cortland. Provided by Cultural Council of Cortland County.

CNY Living History Center, 10 a.m. to 5 p.m. Fridays and Saturdays, 1 to 5 p.m. Sundays, 4386 Route 11, Cortlandville. Home of three museums: Brockway trucks, military memorabilia and Tractors of Yesteryear.

Private Movie Showings, Crown City Cinemas, Tompkins Street, Cortlandville.

1890 House Museum, 37 Tompkins St., Cortland. Victorian home of Chester Wickwire. Open 11 a.m. to 5 p.m. Thursday through Saturdays and noon to 4 p.m. Sundays. Call 607-756-7551.

Lime Hollow Nature Center, 338 McLean Road, Cortlandville. Free access to nature trails.

Open free basketball, J.M. McDonald Sports Complex, Fairgrounds Drive, Cortlandville. Takes place 5 to 8 p.m. Monday to Thursday. Registration required. See jmmcomplex.com to find out more.

Finger Lakes Trail Virgil Mountain Loop, Virgil. A 4.7-mile hiking loop. From Virgil take 392 East and make a left on Van Donsel Road. Take second right onto O'Dell Road. At corner of O'Dell and Baldwin Road, park in the lot on the left. See www.cnyhiking.com.

Greek Peak events: Sky Tour Lifts, mountain biking, ropes course and zip lines, Route 392, Virgil. See www.greek-peak.net to find out more.

Wednesdays, Blues and Jazz Jam, 7 to 9 p.m., Cortland Beer Co., 16 Court St., Cortland.

Movies at the Mountain, Fridays and

Saturdays through the summer, Route 392, Virgil. Gates open at 7:30 p.m. Movie at 8:45 p.m. \$20 per car. See www.greek-peak.net to find out more.

Aug. 20, Trivia Night, 6:30 p.m. Trax Pub & Grill, Greek Peak, Route 392, Virgil. Every Thursday.

Aug 21, Cultural Council of Cortland County Regional Photo Exhibit Deadline. Categories are texture, perspective, fun, open and imagination. Up to two photos per person. \$15 for one photo, \$20 for two. Email as jpg, gif or pdf by Aug. 21. See culturalcouncilofcortlandcounty.org to find out more. Show opens Oct. 2 at Cortland Free Library if possible.

Aug. 21, Steve Daniels Band, 7 to 10 p.m., Cortland Beer Co., 16 Court St., Cortland.

See DISCOVER, page 11



The 2019 Stone Soup Picnic on Court Street in Cortland.

Todd R. McAdam/Managing editor

DISCOVER

continued from page 10

Aug. 22, Cortland YMCA Community Shred Day, 9 to 11 a.m., 22 Tompkins St., Cortland. \$10 donation. Reserve a spot at 607-756-2893.

Aug. 22, Longwood Jazz Project, 7 to 10 p.m., Cortland Beer Co., 16 Court St., Cortland.

Aug. 23, Southside Johnny & Asbury Jukes, 8 to 10 p.m., Center for the Arts of Homer, 72 S. Main St., Homer.

Aug. 28, Greg McQuade, 7 to 10 p.m., Cortland Beer Co., 16 Court St., Cortland.

Aug. 30, Public Ice Skate, 12:15 to 1:45 p.m., J.M. McDonald Sports Complex, Fairgrounds Drive, Cortlandville. Register ahead. Wear a mask when not on the ice. \$6. Temperatures taken at the door. See jmmcomplex.com to find out more.

Sept. 3, Open Mic Night, 7 p.m., Finger Lakes Tasting & Tap Room, Main Street, Cortland. Takes place every Thursday.

Sept. 7, 14, 21, 28, Line Dancing Lessons, 7 to 9 p.m., Cortland Country Music Park, Route 13, Cortlandville. \$5 per person.

Sept. 12, Well-Strung, 7:30 p.m., Cortland Repertory Theatre Downtown, 24-26 Port Watson St., Cortland. Modern string quartet. Call 800-427-6160 for tickets.

Sept. 13, Rylee Lum, The Prince of Country Music & Band, 2 p.m., Cortland Country Music Park, Route 13, Cortlandville. \$8.

Sept. 17, Trivia Night, 7 p.m., Cortland Repertory Theatre Downtown, 24-26 Port Watson St., Cortland. \$5 per person.

Sept. 17, Joanne Shaw Taylor, 8

to 10 p.m., Center for the Arts of Homer, 72 S. Main St., Homer. See www.center4art.org. British blues.

Sept. 19, Cincinnatus Corn Festival, 10 a.m. to 4 p.m., Cincinnatus.

Sept. 19, Al DiMeola, 8 to 11 p.m., Center for the Arts of Homer, 72 S. Main St., Homer. See www.center4art.org for tickets.

Sept. 20, Nelson Brothers, 2 p.m., Cortland Country Music Park, Route 13 North, Cortlandville. \$8 per person.

Sept. 20, Stone Soup Picnic, 5 to 8 p.m., Court Street, Cortland. Free.

Sept. 23, Sounds of Cortland: Musical History of Cortland County, 5:30 to 9 p.m., Tinelli's Hathaway House, Solon. Call 607-756-6071 for tickets.

Sept. 24, Rickie Lee Jones, 8 to 11

p.m., Center for the Arts of Homer, 72 S. Main St., Homer. See www.center4art.org to find out more.

Sept. 26, September Free Fishing Day, free freshwater fishing in New York.

Sept. 26, Steve Leslie Sings James Taylor, 7:30 p.m., Cortland Repertory Theatre Downtown, 24-26 Port Watson St., Cortland. Call 800-427-6160 for tickets.

Oct. 2, Karaoke Night, 8 to 11 p.m., Cortland Repertory Theatre Downtown, 24-26 Port Watson St. \$5 tickets at the door.

Oct. 3, "My Rise to the Middle: Brad Zimmerman", 7:30 to 9:30 p.m., Cortland Repertory Theatre Downtown, 24-26 Port Watson St. Call 607-756-2627 for tickets. Comedy.

Oct. 10, 6th Annual Greek Peak Hops and Swap, Greek

Peak, Route 392, Virgil.

Oct. 10, Judy Carmichael Swing Time, 7:30 p.m., Cortland Repertory Theatre Downtown, 24-26 Port Watson St. Call 800-427-6160 for tickets.

Oct. 15, Trivia Night, 7 p.m., Cortland Repertory Theatre Downtown, 24-26 Port Watson St.

Oct. 16, Colin Quinn, 8 p.m., Center for the Arts of Homer, 72 S. Main St., Homer. See www.center4art.org for ticket information.

Nov. 6, Karaoke Night, 8 p.m., Cortland Repertory Theatre Downtown, 24-26 Port Watson St.

Nov. 7, Comedian Tim Walkow, 7:30 p.m., Cortland Repertory Theatre Downtown, 24-26 Port Watson St. Call 800-427-6160 for tickets.

Nov. 22, Candlebox, 8 p.m., 72 S. Main St., Homer. See www.center4art.org for ticket information.



Bev & Co.
Shop For Fashion...Leave With Style!

We carry:

VERA BRADLEY PANDORA
JOULES
DYLAN HABITAT
KUT MUCH MORE!

1 S. MAIN ST HOMER - 607.749.2148
ALSO LOCATED - ITHACA . SKANEATELES



BACK TO HEALTH CHIROPRACTIC



Drs. Donna
& Howard
Lieberman

Mon.-Fri.
9:00am-1:00pm

Mon. and Wed.
2:30pm-7:00pm

Fri. 2:30pm-5:00pm

Sat. by Appointment

We treat spinal dysfunction which is often the cause of headaches, neck, back & extremity pain. We use spinal adjustments, Cox Flexion Distraction, exercise & nutrition to help you, help yourself.

120 Tompkins St., Cortland • 607-753-1884
www.liebermanbacktohealthchiro.com



Building your social network

Having a solid network of friends and acquaintances can be a huge asset when you're living far from home. However, building a social circle isn't always easy. Here are some tips for growing your network.

USE YOUR EXISTING NETWORK

If one of your high school peers is attending the same institution as you, spend time with them and discover the campus together. Or, if they're a year or two

ahead of you, they can be a great source of information about your new campus and introduce you to members of their own network.

JOIN A CAMPUS CLUB

Joining athletic or cultural clubs will allow you to meet people who share your interests. Some institutions also have fraternities and sororities you can join.

If you're an aspiring journalist or photographer, join your student newspaper. In addition to gaining valuable experience, you'll work with people who share your passion, which is a great way to bond.

If there aren't any clubs you want to join, you can always create one.

Get involved in student politics

If you're passionate about working towards making the campus experience better for everyone, you're not alone. Student unions and associations are places where

dedicated people come together to find ways to improve the lives of their fellow students. If you get involved with one, chances are you'll end up becoming friends with some of the people you work with.

TALK TO YOUR PEERS

Most first year students are in a situation similar to your own. If you strike up a conversation with a classmate or someone from your dorm, you'll likely realize they also want to make friends. Don't be too shy to take the first step.

You can also meet new people through parties or social events organized by the institution you're attending.

Starting at a new college or university typically comes with a whirlwind of new experiences, demanding workloads and hard times. Having friends you can count on will make your experience richer and ensure you'll survive the trials ahead.

CORTLAND SELF-STORAGE

Luker Rd. Facility (Next to Builder's Best)

- Cortland's First Climate Controlled Storage
- SELF STORAGE • SECURITY SURVEILLANCE CAMERAS



4 Convenient Locations

- 400 Mini Storage Units
- Commercial/Residential Storage
- Warehouse Storage
- 24/7/365 Access • Monthly/Yearly Leasing
- Credit Cards Accepted

Student Summer Storage

- Climate Controlled 5 ft. x 9 ft. Units
- Convenient Location on Luker Rd (NEAR THE SUNY CAMPUS)
- 24-Hour Security Surveillance

Phone: 607-756-4307 • Fax: 607-756-2180 • www.cortlandself-storage.com

RESIDENCE BASICS

Living in a residence is very different than living at home. Here's what you'll need.

ESSENTIALS

Bring bedding, a small vacuum, a laundry basket and your own detergent. Even if your residence offers detergent, you'll save money by using your own. In addition, keep enough change on hand to do your laundry.

ENTERTAINMENT

Aside from a television, you may wish to bring a small sound system. Make sure it doesn't have a subwoofer or bass speakers, as these are often not allowed.

APPLIANCES AND KITCHENWARE

Bring a mini-fridge as well as small cooking appliances like a rice cooker, slow-cooker, coffee pot and an electric kettle. Make sure to check what's allowed in your residence and that all of your cooking appliances are equipped with an automatic shut-off. Micro-waveable dishes and kitchen utensils are also useful to have.

OTHER ELECTRONICS

While most campuses have computer rooms you can use, bringing your own laptop is a good idea. A network cable is also useful if your residence's Wi-Fi is spotty. You should also invest in high-quality power bars with surge protection.

TOILETRIES

Along with towels and toiletries, bring flip-flops to use in the showers. A dedicated bathroom tote bag will also make your life easier.

EMERGENCY KIT

In addition to a basic first aid kit, you should make sure to have a flashlight with spare batteries, medicine, a thermometer and a facemask and gloves for flu outbreaks.

A PLAN

If you have a roommate, it's a good idea to work out a contract with them specifying things like quiet time and visitor policies. It may feel awkward, but it'll save you a lot of arguments down the road.



Local News.



On your doorstep.

Cortland Standard
Delivered.
Call 756-5665

FALL IS COMING...

HOLLENBECK'S

CIDER MILL

- EST. 1933 -

Watch for details of our

FALL SEASON OPENING!

[f HollenbecksCiderMill.com](https://www.facebook.com/HollenbecksCiderMill.com) [i](https://www.instagram.com/HollenbecksCiderMill.com)

WELCOME BACK STUDENTS

We're Conveniently Located Near SUNY Cortland

LUBE-OIL-FILTER

\$22.95

Most Vehicles
Up to 5 quarts of oil

With Student I.D. Exp. 9/30/20

N.Y.S. INSPECTION

\$15.00

With Student I.D. Exp. 9/30/20

(607) 756-7559

50 Groton Ave., Cortland
Mon.-Fri. 7:30AM-5:30PM,
Sat. 8AM-2PM

www.TallmadgeTire.com



Keeping Central New Yorkers Safely on the Road Since 1932.

JOIN US @ GRACE CHRISTIAN FELLOWSHIP!

CHURCH ONLINE & IN PERSON



1250 FISHER AVE.
CORTLAND, NY

LIVESTREAM
gfcortland.org
[Facebook.com/GFCortland](https://www.facebook.com/GFCortland)

Area Houses of Worship



REAL-WORLD REFLECTIONS!

We are worshipping online until it is safe to meet in person.
Please email christcommunitychurchcortland@gmail.com for information about our Zoom services.

JOIN US — SUNDAYS AT 10:30 AM



1093 Route 13, Cortlandville • 607-756-1710
christcommunitychurchcortland.net



The building is accessible and we welcome everyone – regardless of economic class, racial/ethnic group, gender, marital status, sexual orientation, education or any other social distinction.

First Church of Christ, Scientist

9 Clinton Avenue, Cortland

(607) 756-7626 www.christiansciencecortland.com



Sunday Services: 10:30AM

and Sunday School

Wednesday Evenings at 7:30PM:

Themed Readings, Discussion and Testimonies of Healing

Check the Website for Reading Room Availability



St. Anthony's and St. Mary's Catholic Churches welcome you and your family to Cortland. Please join us in the Celebration of Mass.

St. Anthony's: Sundays at 9:30AM

St. Mary's: Saturdays at 4:00PM

Sundays at 8AM and 11:30AM

Pre-Registration Required Weekly from Wednesday–Saturday Noon.

Go to: <https://form.jotform.com/STASTM/reg>

No internet? Call 607-756-9967 and follow instructions.

When you can't be with your family, come and be with ours...

Rev. Joseph Zareski, Pastor

Rev. Nathan Brooks, Parochial Vicar

St. Mary's

St. Anthony's

46 N. Main St., Cortland

50 Pomeroy St., Cortland

St. Anthony's and St. Mary's Parish Center: 756-9967

Faith, Hope, Kindness

***Never out of Style**



Sunday Chapel (casual) – 9:00 AM

Sanctuary Worship – 10:30 AM

Our 10:30 Sunday Worship is broadcast live at www.unitedpresbyterian.net & archived for later viewing.



United Presbyterian Church

25 Church St., Cortland

Rev. David Johnson, Pastor

Campus resources for your mental health

Attending a college or university for the first time involves contending with an array of challenges and stresses. Unsurprisingly, approximately one-third of students will experience a mental health disorder over the course of their academic career. Trying to manage such issues without support can be crippling, but there's an array of on-campus resources that can help. Here are a few of them.

COUNSELING SERVICES

If you're feeling overwhelmed, one of your first steps should be to seek out the counseling services offered by your campus. They usually provide individual counseling but may also point you towards other resources depending

ACCORDING TO ONE SELF-REPORT SURVEY, WHICH REVIEWED FIRST-YEAR STUDENTS IN 19 COLLEGES ACROSS EIGHT COUNTRIES, OVER 30 PERCENT OF RESPONDENTS SCREENED POSITIVE FOR A MENTAL HEALTH DISORDER.

on your needs.

ACADEMIC SUPPORT

Many first-year students are caught off guard by the heavy workload involved. This can lead to procrastination, which makes it exceedingly difficult to manage competing deadlines. Some students fall so far behind that they become overwhelmed, and the resulting stress can provoke de-

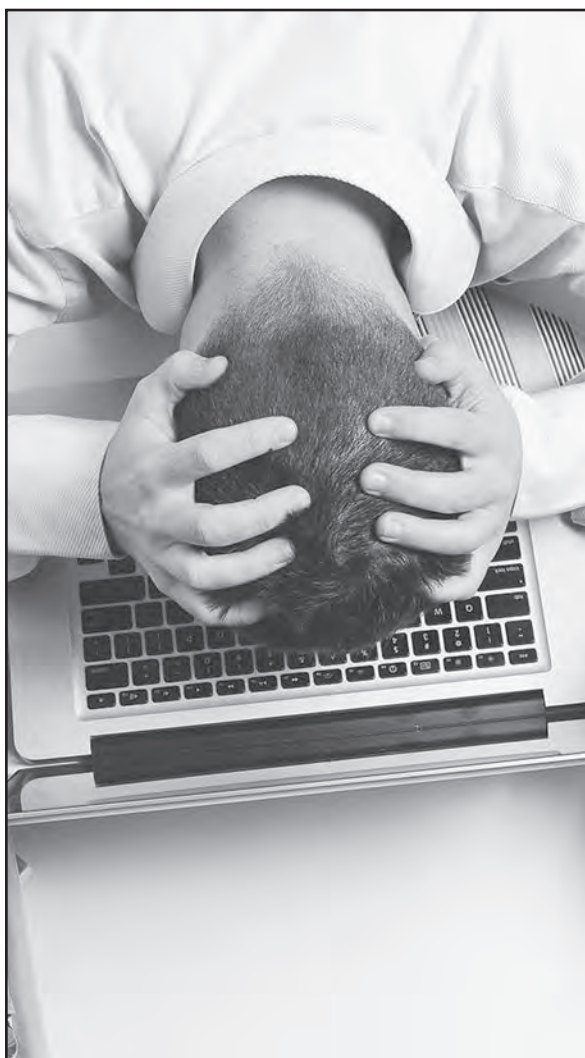
pression, anxiety and other mental health disorders.

Fortunately, many campuses offer group workshops and mentoring programs. This helps students develop the time management skills required for managing academic workloads.

SAFE SPACES

If you're struggling with feeling marginalized for any reason, talking to other students in a similar situation can make a huge difference. Many student associations maintain safe spaces where you can share your experiences and attend friendly social gatherings and events. In addition, make sure to report any instance of discrimination or harassment to the office of the ombudsperson.

Signs and symptoms of mental illness



Mental health issues can present in a variety of ways. Be sure to consult with a doctor and reach out for the support you need if you experience any of the following:

- Consistently feeling sad or down
- Withdrawal from friends and activities
- Confused thinking
- Reduced ability to concentrate
- Excessive fears or worries
- Extreme feelings of guilt
- Extreme mood fluctuations
- Significant tiredness, low energy or problems sleeping
- Detachment from reality, delusions, paranoia or hallucinations
- Inability to cope with daily problems or stresses
- Alcohol or drug abuse
- Major changes in eating habits
- Excessive weight loss or weight gain
- Excessive anger, hostility or violence
- Suicidal thinking

If it's happening in YOUR community
it's in the
Cortland Standard.

WWW.NAPAONLINE.COM WWW.NAPAONLINE.COM

NAPA WELCOME BACK STUDENTS!

BUY ONE HOUSE KEY GET ONE FREE! 

Good through September 30, 2020

KELLOGG AUTO SUPPLY

NAPA AUTO PARTS

LOCALLY OWNED SINCE 1921

CORTLAND
West Rd. (Rt. 281)
753-9671

WWW.NAPAONLINE.COM WWW.NAPAONLINE.COM

Welcome Back Students



BOTTLE REDEMPTION

EVERY WEDNESDAY



7¢



For **EVERYTHING**
ALL CANS & BOTTLES

— DON'T FORGET —

We Encourage

**College Dorms • Off-Campus
Pick-up Service • School Fund Raising**

See Store for Details

**Bag Your Returns and
We Will Count Them for You.**

T&T Bottle Redemption - Riverside Plaza
Hours: Mon. - Fri. 10 am - 6 pm Saturday 9 am - 4 pm Sunday CLOSED

How students can confront returning to campus

The world's response to the outbreak of the COVID-19 virus left no aspect of life untouched. People from all walks of life had to make sacrifices to prevent the spread of the potentially deadly virus, and college students were no exception.

Many colleges and universities abruptly canceled in-person classes in mid-March 2020, forcing students to finish their coursework via remote learning. That response had a significant impact on the 2019-20 school year, and the virus figures to affect the upcoming school year just as much. In fact, many colleges and universities are beginning the coming school year early in the hopes that students can continue their educations on campus but be safely back home by late November, when many scientists are anticipating a second wave of COVID-19 infections will arrive.

Schools that are reopening this summer insist that it is safe to do so, and have even indicated their intentions to implement new practices to ensure their campuses are safe and healthy environments in which to learn. For example, the University of North Carolina at Chapel Hill is reconfiguring in-person course instruction to include physical distancing provisions. Small classes will meet in larger spaces, while lectures may

be delivered remotely.

Despite such measures, some students may still be hesitant to return to campus at a time when so much about the COVID-19 virus remains a mystery. The following are some ways students can confront any nervous feelings they may have about returning to campus for a new school year.

■ **Determine your options.** While many colleges and universities are returning to campus, some may be allowing students to learn remotely. For instance, students with preexisting conditions that make them vulnerable to COVID-19 may be allowed to continue learning from home. Many schools' roadmaps to returning are fluid, so students concerned about returning to campus likely have options that do not require them to sit out the semester.

■ **Learn about residential life.** Many college students live in dorms that feature double or even triple occupancy rooms. Such an environment will compromise students' ability to practice social distancing. Some schools, including Binghamton University in New York, are converting triple occupancy rooms into double occupancy. Both Binghamton and UNC Chapel Hill also are designating one

residential hall as temporary housing for students who test positive for COVID-19. In addition, some schools may be designating certain residential facilities for at-risk students. Students who want to avoid the dorms should inquire about off-campus, single-person housing.

■ **Ask about testing.** Students have a right to know about COVID-19 testing

protocols and should not hesitate to ask what those protocols will be. Due to the fluid nature of schools' roadmaps to return, testing policies may not yet be set in stone, and are likely to evolve as the school year progresses. Students should look into the testing policy specifics and ask if they have any recourse if they feel the testing policy is inadequate.

LITTLE ITALY PIZZERIA

We accept SUNY Cortland Connections Card
We deliver to SUNY Cortland Campus
and the City of Cortland



EVERY DAY SPECIALS

Special #1 - \$34.50

Sheet Pizza • 20 Buffalo Wings • 2-Lt. Soda

Special #2 - \$23.70

Large Pizza • 10 Buffalo Wings • 2-Lt. Soda

125 S. Main St., Homer • 749-2344
Tuesday-Saturday 11-9
Sun. Noon-8 • Monday Closed



Study hard.
Bank easy.



CFCU welcomes you with
our simple and rewarding accounts!

Simply Checking: No monthly fee if you are under 25.**

Transformation Checking: Earn **REWARDS** for using your Debit Card.*

Free Digital Banking and access to over 55,000 ATMs worldwide!

*Transformation Checking: The account must have an average daily balance of at least \$5,000 OR have at least 12 debit card transactions per month; otherwise, a monthly fee of \$8 will be assessed. Debit card transactions must post and settle to the account to be included in the monthly count. ATM transactions are not included. Minimum opening deposit \$25. Membership eligibility requirements apply. Federally insured by NCUA.

**Simply Checking: The account must have direct deposit at least once per month OR at least 12 debit card transactions per month OR the primary account owner is under 25 years old; otherwise, a monthly fee of \$3 will be assessed. Debit card transactions must post and settle to the account to be included in the monthly count. ATM transactions are not included. Minimum opening deposit \$25. Membership eligibility requirements apply. Federally insured by NCUA.

800-428-8340
mycfcu.com/checking