

Cortland Standard

COLLEGE EDITION 2021

Monday, August 16, 2021



SUNY
Cortland

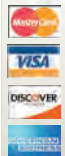
*A Student's Guide to
Cortland and Surrounding Areas*

**TOMPKINS
CORTLAND**
COMMUNITY COLLEGE



**DISCOUNT
LIQUORS**

10AM to 9PM Monday-Thursday
10AM to 10PM Friday-Saturday



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're looking for!

See Our Ad On Page 5

Find us on  Facebook



 @plazadiscountliquor

If you're a fan of food (and aren't we all), THE GRAND TOUR is really filling

By **VALERIE PUMA**

Staff Reporter

vpuma@cortlandstandard.net

As a recent college graduate, I know grocery shopping on a budget can be a challenge even when you're cooking for just one. When I moved to Cortland, the first thing I did after unpacking was a trip to the supermarket. Next shopping day I picked a different store, and a different store the next.

As young adults with limited income, it's good to know where to go to get which products. Here is a list of grocery stores and food markets all within eight miles of SUNY Cortland's campus, and what stood out to me as a consumer.

TOPS Friendly Market, Route 222 and 281, Cortlandville

Just a mile west of campus, TOPS is your typical supermarket featuring fresh produce, international food products, household products like detergents and dishware, toiletries, pet food and

accessories. Since it's the grocery closest to campus and the heart of the city, it might be busy when you stop by. If you don't have a car, the walk is about 25 minutes and if you're only grabbing a few items, carrying a bag or two the mile home isn't so bad — and you always have the option of calling a taxi cab to drive you the five minutes home if you've got more groceries than you can carry.

Price Chopper, Cortlandville Crossing, Cortlandville

Similar to TOPS, Price Chopper offers all the aisle categories you could need, but you might not always find the exact brand you're looking for. The prices are average, but the store offers a loyalty card, as Tops does, that saves you money on select products, and also offers a variety of ways to redeem your rewards points, including sending some funds to chip away at your student loan debt. If there's anything you couldn't

find at the Price Chopper, since it's located around the corner from the Walmart Supercenter you could hop back on Route 13 for a minute and stop by Walmart to get the remaining items and make it back to your car before your frozen thaw.

Aldi, Route 13, Cortlandville

The Aldi in Cortland is on the smaller side, but that doesn't mean it won't have what you're looking for. Vegans and gluten-intolerant customers will find a variety of options. The Aldi brand products are more affordable than a lot of options at supermarkets. You can pretty much get your entire grocery list taken care of at Aldi for a lower price, but you'll have far fewer name-brand options. As for toiletries and household goods, your options are even more limited, but you'll be able to find staple items like soap, toothpaste, menstrual cycle products, and half a dozen types of vitamins and allergy relief.



Todd R. McAdam/Managing Editor

Hannah Slade, left, bags a soft pretzel for Jared Guernsey of Homer at Trinity Valley Dairy and Country Store in Truxton which offers low-temperature pasteurized milk, a selection of local meats and fresh baked goods — the pretzels are a Saturday morning thing.

Save-A-Lot, Route 222, Cortlandville

Similar to Aldi in that it's a discount grocer, trading variety for savings, the Save-A-Lot does offer the full grocery line: meats and produce. It has both brand-name and off-brand products and just a half-mile, 10-minute stroll from campus.

P&C Fresh, Riverside Plaza, Cortland

There are only two P&C Fresh locations left in New York — one in Ithaca and one in Cortland at the Riverside Plaza. This store has pretty much everything you could need — from household items to fresh produce to beer. Many name-brand products are available without the added cost you sometimes see at smaller stores. But there is less brand variety than you would find at supermarkets like Walmart. A good place to shop if you know what you're looking for, but you're not picky about the brand.

IGA Foodliner, Main Street, Homer

Convenience is the hallmark of this store on Main Street in Homer. It's smaller than most general-purpose groceries, but if you're in Homer — maybe you rent there, or just like to hang out — you can get the shopping done for the week.

DESTINATION STORES:

If you've got a bit of time — or a hankering for a specialty product, such as local meats and veggies, organics, niche-brand milk party supplies — these destination stores will give you the busman's tour of the greater Cortland area.

Anderson's Farm Market, Route 281, Homer

If you're looking to shop for fresh produce and baked goods, Anderson's Farm Market in Homer might be your next destination. The market started as a dairy farm more than a century ago and has since been owned and run by the same family for five generations. This fall, it will bring a hot food menu, featuring sandwich wraps and fresh soups for those colder days. The specialty store offers fresh produce of fruits, vegetables and grains — many of which are locally grown. The prices are often similar to name-brand stores like Walmart's produce aisle, but the quality is noticeably better. Stocking up on fruits and veggies is a great way to keep up your energy throughout the school day without emptying your wallet.

DeWitt's Produce, Riverside Plaza, Cortland

A classic mom-and-pop style store can be found in Riverside Plaza in Cortland,

only a mile and a half from campus. DeWitt's Produce is a family-owned shop that offers a variety of fresh products including fruits and vegetables, baked foods, meats and cheeses, along with hanging baskets of flowers and other gardening plants.

The Local Food Market, North Main Street, Cortland

For consumers who cherish their organic produce and aim to buy locally, The Local Food Market is just over a half-mile from campus, going north on Main Street past the KeyBank. It offers local products all year. Their organic options are on the pricier side, but you can trust you're supporting the local economy by buying products from local farms.

Trinity Valley Dairy & Country Store, Route 13, Truxton

The family-run Trinity Valley Dairy farm is known for its natural milk, cheese curds and buttermilk. In particular, this business offers creamline milk — a non-homogenized milk that has gone through a low-temperature pasteurization process. This process ensures that Trinity Valley's milk is safe from contaminants, but doesn't destroy the enzymes needed for better digestion, or the fresher milk flavor. The country store is an eight-mile

See FOOD, page 5



FITNESS FINDER



Tired of the Student Life Center? Here's where to get your sweat on

By **COLIN SPENCER**

Staff Reporter

cspencer@cortlandstandard.net

Working out can have many benefits for your mental health, physical health and is a good way to take a break from school work.

Suppose though you're tired of the facilities at the Student Life Center. Or maybe you just really want to avoid that one guy who always seems to be there the same day as you and gives you weird looks.

You're in luck: Cortland has plenty of gyms and workout

facilities to get your sweat on.

**YWCA,
14 Clayton Ave.,
Cortland**

While not exclusive to women or non-male identifying persons, the YWCA offers a relaxed setting for people looking for a workout but perhaps without the intimidation of hardcore weightlifters.

Fitness classes, workout rooms and a pool are all available for people looking for a change of scenery of the Student Life Center.

Be prepared to come during a weekday: The YWCA is open 7 a.m. to 6 p.m. Monday through Friday.

**YMCA,
22 Tompkins St.,
Cortland**

Just a short walk off Prospect Terrace, the YMCA offers an old-school feel. The Y offers a large fitness room with multiple treadmills, ellipticals and machines, along with separated fitness rooms for arm and back workouts.

Additionally, a pool and

gym are available for cardiovascular workouts.

Weekend warriors be warned, though, because the gym is only open 8 a.m. to 1 p.m. on Saturdays and is closed Sundays.

Monday through Friday, the hours are 5:30 a.m. to 1 p.m., closed for cleaning until 2 p.m., and then 2 to 7 p.m.

**Vine Health and Fitness,
20 N. Main St.,
Cortland**

If you're looking for a gym with a modern feel but a smaller

See **FITNESS**, page 16

CORTLAND PERFORMING ARTS INSTITUTE



*Training for students Ages 2 to Adult
Establish confidence & self worth developing skills
A supportive and nurturing environment*

**Ballet, Pointe, Intro to Dance,
PreBallet, Jazz, Tap, Modern, Hip-Hop,
Theatre Dance, and Acro**

Summer Musical Theatre and Dance programs

For Information Contact:
Kevin Halpin or Cindy Halpin, Artistic Directors
607 299-4343 or misscindy@cortlandperformingarts.com
www.cortlandperformingarts.com



Leigha Galor of Homer works out July 30 at The Fitness Gap in Cortland.

Colin Spencer/Staff Reporter

Welcome Back Students & Faculty!

**SUPER CREAM
DAIRY BAR**

**FOOTIE'S
FREEZ**

75 N. West St., Homer
(607) 749-3348

296 Tompkins St.
(Route 13), Cortland
(607) 753-0590

**Special Good August 16-20
BANANA SPLITS
\$4.99**

**Order an Ice Cream
Cake Today!**

Follow Us for Weekly Specials,
New Items & Giveaways!



We Accept Credit Cards

52 Soft Flavors
(Can Be Made Using
Yogurt or Ice Cream)
28 Hard Flavors

When you're jonesin' for a taste of home - or at least home-made



By **KEVIN CONLON**
City Editor
kconlon@cortlandstandard.net

You are cramming for exams and start to long for cannoli from your neighborhood bakery in Brooklyn.

Or you roll out of bed late on a Saturday morning and your sweet tooth needs a fix from cookies at that shop near your home in Rochester.

But you are a student at

SUNY Cortland or Tompkins Cortland Community College, and a long way from home. What do you do?

There are some options in Cortland and nearby Homer

that might do the trick — and bring back memories of home in the process. These shops each have their own specialties and ambiance.

Here are a few suggestions:

Frosted

133 Main St., Cortland

The bakery downtown, just south of Tompkins Street, offers a wide assortment of cookies, cupcakes, brownies, cheesecake, pies and other treats.

Asked which characteristic of a treat would be appealing to a college student, owner Margaret Gucwa-Natoli said: "Super sugar does it."

There is indoor seating at the shop and some tables outside.

Suggestion:
Chocolate Brownie



Kevin Conlon/City Editor Lydia Sujkowski, 18, of Cortland, an employee of Frosted bakery on south Main Street in Cortland, prepares for the arrival of customers on July 30.

Bru 64

64 Main St., Cortland

Located at the corner of Main Street and West Court Street at the foot of the college hill, Bru is many things to many people: a specialty coffee shop, tavern and internet cafe with an industrial decor.

There are many tables for customers to eat inside.

Suggestion:
Breakfast Flatbread

East Side Bakery
122 Elm St., Cortland

Several blocks from Main Street and in the city's traditional Italian section, the bakery specializes in Italian and other cookies and pastries, Italian specialty pizzas, meats, cheeses, fresh bread and pasta. There are also meals to go.

But you have no choice about going, because it offers no indoor seating.

Suggestion:
Holiday Cookies

See HOME, page 12



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!

COMING SOON:
**CFCU branch on
SUNY Cortland's
campus!**

800-428-8340 mycfcu.com/student

*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.

**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.

FOOD

continued from page 2

drive from campus and offers more than just dairy products, but also baked goods, canned goods, local meats, jams, local honey and more.

CP Cash & Carry, Owego Street, Cortland

The store supplies a number of restaurants, so expect large packs of products that a restaurant may need. But it's just

down the block from a number of student housing neighborhoods south of campus, and offers the larger containers that can bring savings, and a number of prepared foods, supplies and other party essentials.

Mexican grocery stores, South Main Street, Cortland

Two Mexican grocery stores set up shop on south Main Street Cortland. You can shop a variety of Mexican and Latin Ameri-

can products. Last year, Garcia's Mexican Restaurant opened La Guadalupana Tienda next door. It's small, with an almost convenience-store feel to it. Prices are handwritten on brightly colored cards, and you can pick up some fresh grains and leafy greens while you're there. Across the street is the Rincon Hispano, which offers freshly made meals and international products alike. You can pick up fresh produce and an order of hot empanadas while you're there.

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) 

Welcome Back Students

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



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 



DISCOUNT LIQUORS

Area's Largest Selection of Imported & Domestic Wine & Liquor

Stop in today and let our experienced and knowledgeable staff help you find what you're looking for!




MasterCard DISCOVER
VISA

1112 Groton Ave. Plaza, Cortland (behind Burger King)

607-753-8575

@plazadiscountliquor 10AM to 9PM Monday-Thursday • 10AM to 10PM Friday-Saturday

Roberta Bain, owner - SUNY Cortland Class of '88

WELCOME BACK



DISCOUNT LIQUORS

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 9/30/21



DISCOUNT LIQUORS

15% OFF

WINE Purchase

MUST PRESENT COUPON (Excludes Boxed Wines)
NOT TO BE COMBINED WITH ANY OTHER SALE OR DISCOUNT EXPIRES 9/30/21

Show your COLLEGE ID for DISCOUNTS YEAR 'ROUND... NO COUPON NEEDED!

PLUS "GREEK" DISCOUNTS ON QUANTITY ORDERS!



Find us on  Facebook



Kitchen Basics

What to cook when you have few pots and pans

By TODD R. McADAM

Managing Editor

tmcadam@cortlandstandard.net

The parental units didn't provide much for the college experience, but it was surprisingly useful: two really cheap pots, a cast-iron Dutch oven, an old frying pan, a baking sheet, a 9- by-13-inch baking pan, one knife, a large spoon, and a slotted spoon.

And a Betty Crocker cookbook.

This was in the days before the internet, and I was trying to feed myself for \$10 a week. (Here's a clue: You can't.) Even at \$20, the options were limited.

But a lot of the problem was the lack of cooking equipment. No mixing bowls, no cutting board, no microwave egg cooker (that's a thing?) or bagel guillotine.

So realizing you may not have a lot of cooking equipment, many burners or easy access to esoteric ingredients, here are some recipes that you can make with just a couple of pots, a baking pan and a few utensils.

SPANISH RICE

- 1 cup rice
- 1 small onion
- 4 cloves garlic
- 2 cups water or stock
- 1 pound ground beef, cooked
- 2-3 cups beans (rehydrated, if they're dried)
- 1 green pepper (about 1/2 cup, chopped)
- 1 small jalapeno or other hot pepper
- 1/2 cup corn
- 1 cup tomato sauce
- 1 cup chopped fresh tomatoes
- 2 tsp. chili powder
- 1/2 tsp. ground roasted cumin
- Salt and pepper to taste
- Chopped cilantro to taste
- 1 cup cheddar or jack cheese, grated

What you'll need:

13- by 9-inch baking dish; 10-inch skillet; large spoon

Saute rice, onion and garlic in a small amount of oil in a skillet until rice browns slightly and onions and garlic soften.

Add remaining ingredients except the cheese (you'll want a large skillet). Heat to a boiling, then simmer until rice is cooked. (About 25 minute for white rice, 45 minutes for brown.)

Pre-heat oven to 325 degrees. When rice is cooked, transfer to a baking dish, top with cheese and place in the oven until cheese melts, about 10-15 minutes.

POT ROAST

- 1 3-pound chuck roast
- 1 tsp. kosher salt
- 2 tsp. cumin
- 5-6 cloves garlic, crushed
- 1 8- to 10-ounce jar prepared horseradish
- 1 cup tomato sauce or puree
- 1/3 cup cider vinegar
- 1 large apple, peeled, cored and diced.
- 1 cup chopped green olives

What you'll need:

Cast-iron Dutch oven

Preheat oven to 200 to 225 degrees. Place an all-metal, cast iron Dutch oven on high heat for two minutes. While it heats, rub both sides of meat with salt and cumin.

When the pan is searing-hot, brown meat on both sides and remove from pan. Add just enough vegetable oil to coat bottom, then add garlic and stir until garlic softens. Add the tomato, vinegar, olives and apple. Bring to a boil and reduce by half.

Add roast and coat with horseradish. Spoon pan liquid over roast and cover. Roast in oven for 3 to 3 1/2 hours until the roast is fork tender. Slice thin and serve with sauce.

IMPERIAL SENATE BEAN SOUP

- 8 cups chicken stock
- 1 pound small red beans
- 1 large smoked ham hock
- 1 large russet potato, peeled
- 1/2 cup milk
- 2 Tbs. butter
- 1 to 1 1/2 cup carrot, diced
- 1 to 1 1/2 cup peas
- 3 cloves garlic, minced
- 1/2 tsp. hot pepper
- 1/4 cup fresh parsley, chopped
- Salt and pepper to taste

What you'll need:

Large bowl; soup pot, potato masher

Put the beans in a large bowl and cover 3 quarts cold water. Soak overnight.

Drain the beans and transfer to a large pot or Dutch oven. Add the chicken stock, hot pepper and ham hock. Bring to a simmer over medium heat, then reduce the heat to low and cook until the beans are tender, 90 minutes to two hours. Remove the hock to cool, then pick the meat from the boat and return it to the pot.

Boil the potato and simmer until it's fork tender. Drain it, then mash it with milk until smooth.

Add the mashed potato to the bean soup and stir until combined.

Melt the butter in a large skillet over medium heat. Saute the carrot and garlic. Add the peas and parsley and cook until the vegetables are translucent, 5-7 minutes. Add the vegetables to the soup, reduce the heat to low and cook 1 hour, adding up to 2 more cups stock or water if the soup is too thick. Season with salt and pepper.

**Want more?
See KITCHEN, page 10**

RED DRAGONS FALL ATHLETES RETURN TO COMPETITION

By **FRAN ELIA**

Contributing Writer

The SUNY Cortland fall athletics teams are just a couple of weeks away from the start of competition. With the 2020 season canceled due to the COVID-19 pandemic, most of the Red Dragons' fall sports are nearly two years removed from their last competition.

FOOTBALL

Perhaps the most anxious Red Dragon is football head coach Curt Fitzpatrick, who came to Cortland from Morrisville State in February 2020 and is still waiting to roam the sideline for his first official Cortland game. The Red Dragons open the season Sept. 4 at Wittenberg University in Ohio, and Cortland's home opener is Sept. 18 versus Buffalo State.

Cortland was the Empire 8 co-champion in 2019, although Brockport earned the league's NCAA automatic berth by virtue of an overtime win at Cortland. The Red Dragons begin league play against Fitzpatrick's former team, Morrisville, on the road Oct. 2. The regular season wraps up with a non-league game against Ithaca on Nov. 13 in the annual Cortaca Jug game in Cortland.

The Red Dragons will look to replace a lot of its offensive production from 2019, with a few of the key returners senior offensive linemen Michael Bailey and Travis Alvarez, the latter an All-Empire 8 selection, and tight end Ricky Chenard. Tommy Heuer was the Red Dragons' backup quarterback in 2018 (19-of-31, 288 yards, four TDs) and 2019 (10-of-13, 99 yards, 1 TD).

Key defensive returners include two all-league selections, defensive lineman Devin Smith (56 tackles) and linebacker Dylan Dubuque (83 tackles), safety Stone Murray (63 tackles, four interceptions), linebacker Paul Imperiale (74 tackles) and defensive back Josh Cordero (32 tackles). Also back is all-league punter Liam Casey (38.4 yards/punt).

WOMEN'S SOCCER

Cortland, led by 18th-year head coach Heidi Axtell, enters the 2021 season as the defending State University of New



Cortland's Jake Smith (4), right, brings down a pass for a 58 yard touchdown pass while defended by Morrisville Deondrade Wells (29) during SUNY Cortland's opening drive in 2019.s

York Athletic Conference champion. The Red Dragons finished 12-6-2 in 2019, including a 1-0 overtime win at Geneseo in the conference final and a 3-1 NCAA first-round loss to Tufts.

Forward Jaden Galluzzo, who scored the game-winning goal in the SUNYAC final, finished the 2019 season with 10 goals and six assists and saw both all-region and All-SUNYAC honors. Midfielder Alannah O'Shea was also an all-league honoree after registering seven goals and two assists, while other key returners include midfielders Katrina Klammer and Bryn Thompson.

The Red Dragons open the season Sept. 1 at Russell Sage. Ithaca comes to town Sept. 8 for Cortland's home opener, and SUNYAC play begins at home Sept. 24 versus Potsdam.

MEN'S SOCCER

Cortland battled through an injury-plagued 2019 campaign to finish 8-7-3 and advance to the SUNYAC tournament semifinals, ending a streak of three straight NCAA tournament appearances. Tenth-year head coach Steve

Axtell's team will be led by defender Blake Aronson, a first team All-SUNYAC and second team all-region honoree, as well as all-league forward Anthony Ruggiero, who led the Red Dragons with seven goals in 2019. Goalie Braden Melveney started nine games two years ago and registered a 4-4-1 record, a 1.01 GAA and two shutouts, and defender Nick Pfeiffer played in 15 games, 11 as a starter. Among the team's newcomers is graduate student midfielder Lukas Rubio, who played in 2019 at the University of New Hampshire and in 2017 and 2018 at Syracuse University.

Cortland travels to the University of Rochester for its season opener Sept. 1, and the Red Dragons host Stevens Institute and U.S. Merchant Marine Academy on Sept. 4 and 5, respectively. SUNYAC play begins Sept. 24 at Potsdam.

FIELD HOCKEY

The Red Dragons came tantalizingly close to a SUNYAC title and NCAA berth in 2019, losing 4-3 in double overtime at Geneseo in the conference finals.

Cortland finished the season with a 16-4 record that included a 9-0 record in overtime games before the loss in the league title game.

Forward Lily Fox was a second team All-SUNYAC selection in 2019 after recording seven goals and one assist. Forward Annie Kase scored four goals that season, while midfield/back Alanie Genter and midfielder Abbie Mayone each started all 20 games.

Sixth-year head coach Tiffany Hubbard's squad begins its season Sept. 1 at home versus Russell Sage. The Red Dragons host Oneonta to start SUNYAC action Sept. 22.

WOMEN'S VOLLEYBALL

Cortland, led by third-year head coach Erin Glickert, looks to build on its 2019 season in which the Red Dragons finished 24-11 and advanced to the SUNYAC tournament semifinals for the first time since 2015.

All-region and first team All-SUNYAC outside hitter Hannah Southcott returns after leading the Red Dragons with 374 kills and placing second on the team with 461 digs in 2019. Libero Car-

ly Haegele earned third team all-league recognition and was the SUNYAC Rookie of the Year after totaling 577 digs, while outside hitter Maya Owens finished with 198 kills and earned a spot on the SUNYAC all-tournament team.

Cortland starts its season Sept. 1 at Ithaca before hosting the Red Dragon Classic Sept. 3 and 4. Cortland will play three matches during its home tournament, and the Red Dragons begin SUNYAC play Sept. 14 at Oswego.

CROSS COUNTRY

The cross country squads, led by 14th-year head coach Steve Patrick, begin their 2020 campaigns Sept. 4 in a meet scheduled for Dwyer Memorial Park at Little York Lake. The site is also the schedule location for the SUNYAC Championships Oct. 30, hosted by Cortland. The remainder of the schedule is on the road, including the traditionally strong Lehigh University Paul Short Run on Oct. 2.

Some of the top returners for the men's program include Mike Verde, Clayton Santiago and Hunter Braun, each of whom was

among the Red Dragons' top seven finishers at the 2019 SUNYAC Championships. Cameron Szabo is also among the program's top runners entering the season, while Homer High product Jed Swayze is expected to join the team this fall.

For the women, Cat Zamroz is back after finishing 22nd at the 2019 SUNYAC Championships. Other Red Dragons battling for top spots on the squad include Marlee Angus, Vanessa Burkard, Rachel Castello, Sydney Smith and Khalifah Tracey.

Cortland's men placed fourth in the SUNYAC and 13th out of 43 schools at the NCAA regionals in 2019, while the women were third in the SUNYAC and 15th of 38 at regionals.

WOMEN'S TENNIS and WOMEN'S GOLF

Unlike the other Cortland fall teams, the women's tennis and women's golf squads haven't had to wait two years to compete. Both programs were able to have spring-only seasons earlier this year, and both will have combined fall-spring schedules in 2021-22.

Cortland's top five players return from the spring. Abby Madigan was a first team All-SUNYAC singles player as a freshman in the fall of 2019. Logan Streety played number one singles most of the spring as a freshman — she's also a member of the Red Dragons' women's basketball team. Also back are Vyda Van Denburg, Isabella Bonapace and Katie Barber, who played at third, fourth and fifth singles, respectively, under the guidance of 16th-year head coach Tom Spanbauer.

Cortland opens the season Sept. 3 at home versus three-time defending league champion New Paltz. The Red Dragons will play five SUNYAC matches during the fall and two more in the spring, with the league semifinals and finals scheduled for April 29 and 30 in Binghamton.

The women's golf team is led by Mike Discenza, the program's head coach last spring as well as

See RETURN, page 11



Shred, grind and groan!

Cortland offers the gamut of bicycling experiences

By CASEY AUSTIN

Contributing Writer

The bike boom has happened in a big way as adventurers everywhere began looking for things to do during the pandemic.

If you were lucky enough to get

a bike, the greater Cortland area offers a multitude great places to ride. From long lunch rides, to epic gravel rides, to thrilling downhill mountain biking, Cortland and Tompkins counties have it covered.

For The Gravel Grinder

With so many state parks and forests in the area, it's no wonder that gravel biking is becoming so popular in Cortland. For some great gravel close to Cortland, check out Tuller Hill State Forest in Virgil. The forest offers miles of dirt roads a stone's throw from Cortland.

If you're riding out of campus, you can climb Page Green Road and enter Tuller Hill's gravel paradise at Vinnedge Road. If you're driving out, it's recommended to park at one of the two official parking areas on Clute Road.

For The Road Warrior

If you're leaving from campus, head to Homer and beyond. Cyclists

See SHRED, page 13



- Appetizers
- Sandwiches
- Burrito Bowls
- Salads

Try Our Fresh Made Sub Rolls & Daily Specials

101 Main Street, Cortland • 607-344-3229

www.gorgers.com

@gorgerssubs



CROWN CITY CINEMAS

- Now Open for general admission
- Tickets only \$7 with Student ID
 - Private Screenings and Screen Rentals Available

BUY TICKETS & CHECK SHOWTIMES ONLINE

VISIT: www.crowncitycinemas.com



1130 NY - 13 Cortland, NY • 607-753-6300

WELCOME BACK STUDENTS!



ALL AMERICAN FOOD®

883 ROUTE 13, CORTLAND, NY

607-756-2021

Open 7 days a week - 10:30 AM - 9:30 PM

Hollywood
Bar & Grill

27 Groton Ave., Cortland, NY

607-753-3242



Country Peddler
CLOTHING • TOYS • JEWELRY
SHOES • HOUSEWARES

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



Twice Read Book Store

We have some great reads! 1000's of Volumes - New Titles Arriving Daily

24 State St., Tully • 315-696-4681 • Mon., Tues., Fri. & Sat. 9-1



- Indoor and outdoor mini golf
- Paintball target shooting
- Check out Capt'n Jack's Ice Cream Shack for Concession Foods & Ice Cream
- Arcade Games & More!

\$2.00 OFF
with College I.D.!



Located at 759 State Route 13
Cortland, NY 13045

(607) 758-8585

GORNHOLE TOURNAMENT
COMING IN SEPTEMBER!
Check Facebook for Details & Signups!

Find out how **where you bank** can help **you** reach your **goals.**



Visions Cares about your **finances now** and in **the future.** Let us help you with the money you need, the money you use, and the money you save – all with the **kind of education** and **support** you'll only get from Visions.

VISIONS

FEDERAL CREDIT UNION

visionsfcu.org

New York | New Jersey | Pennsylvania

Federally insured by NCUA.

KITCHEN

continued from page 6

CARROT SOUP

- 2 pounds carrots, washed and diced
- 1 large potato, peeled and diced
- 3 cloves garlic, sliced
- 4 cups chicken stock
- 1 cup heavy cream
- 1 bay leaf
- 1 Tbs. coriander, ground
- 1 tsp. white pepper
- Salt to taste
- 2 Tbs. butter

What you'll need:

Dutch oven or large soup pot; blender
Melt butter in a Dutch oven. Saute carrots until sugars begin to caramelize. Add garlic and potato and sauté 1 minute longer. Add broth, bay leaf and coriander. Simmer 40 minutes to an hour, until carrots are soft. Remove bay. Puree the mixture. Return to pot. Add cream, white pepper and salt and re-season.

TURKEY TETRAZZINI

- 4 Tbs. (1/2 stick) butter
- 4 cloves garlic, minced
- 1 pound white mushrooms, quartered
- 1 cup dry white wine
- 1/2 tsp. salt, plus more
- 1/2 tsp. black pepper, plus more
- 1/4 cup flour
- 4 cups turkey or chicken stock, plus more if needed
- One 8-ounce package cream cheese
- 3 cups cooked turkey, shredded or diced
- 1 1/2 cups frozen green peas
- 1 cup grated Monterey Jack cheese
- 1 cup finely chopped black olives
- 1/2 cup grated Parmesan
- 4 slices bacon, fried and chopped
- 12 ounces spaghetti, broken in half and cooked
- 1 cup panko

What you'll need:

13- by 9-inch baking pan, large pot to cook pasta and saute mushrooms
Preheat the oven to 350 degrees F. Melt the butter in a large pot over medium heat and add the garlic. Add mushrooms, wine, salt and pepper, and cook, stirring occasionally, until the liquid reduces by half, 3 to 4 minutes. Mix flour with a small amount of milk or cream, then stir to combine. Pour in the broth, stir and thicken, 3 to 4 minutes. Mix in the cream cheese. Add the turkey, peas, Monterey Jack, olives, Parmesan and bacon. Add salt and pepper to taste. Add the spaghetti and stir to combine. If the mixture is too thick, add 1/2 cup of broth. Pour into a large casserole dish, cover with panko breadcrumbs and bake until the crumbs are golden brown, 20 to 25 minutes.

TUNA-SEAFOOD CASSEROLE

- 24 ounces Kluski or egg noodles
- 1 5-ounce can tuna, drained
- 2 tilapia or other white fish filets, cut up
- 8 ounces scallops cut up
- 12 ounces mushrooms, sliced
- 3 cloves garlic
- 1/4 tsp. celery seed
- 2 stalks celery, sliced thin
- 4 ounces pimientos
- 1 cup frozen peas
- 2 1/2 cups sour cream
- 1 1/2 cups milk
- 2 Tbs. sherry
- 1 cup Parmesan cheese
- salt and pepper to taste
- 2 Tbs. butter
- 2 Tbs. flour
- 1/2 cup bread crumbs
- 1/2 cup Parmesan cheese


What you'll need:

13- by 9-inch baking pan; pot to cook pasta and saute vegetables
Cook noodles and drain, removing to a baking dish. Add pimientos and peas. Saute garlic, celery, mushroom and celery seed 2 minutes in oil over medium-high heat. Reduce heat to medium-low, add fish, scallops and sherry, season with salt and pepper and continue cooking, until seafood is cooked, but not tough. Stir in tuna. Add to noodles. Combine milk, sour cream and any leftover liquid from the vegetables and fish. Stir in 1 cup Parmesan. Melt butter in pan, whisk in flour and cook briefly to make a roux. Gradually pour in milk mixture, stirring constantly, until smooth. Stir into noodles. Mix 1/2 cup Parmesan and bread crumbs, top casserole. Heat in a 350-degree oven until hot, about 50 to 60 minutes.

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

REAL-WORLD REFLECTIONS!

We are using a hybrid of in-person and online services at this time.

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.

Come Worship With Us in an Inclusive Congregation!

HOMER AVENUE UNITED METHODIST CHURCH




We'd Like to be Your Church Away from Home
30 Homer Ave., Cortland, NY 13045
Elevator Entrance on Maple Avenue Side

SUNDAY WORSHIP: 11:00AM
SUNDAY SCHOOL: 10:00AM

Rev. Stephanie Brown, Pastor
(607)756-7222
www.facebook.com/homeraveumc/
homeraveumc@gmail.com

Virgil United Methodist Church



Pastor Steph Brown
Come worship with us in an inclusive country setting!
9:30 AM Every Sunday
We'd like to be your church away from home.

1194 Church St., Virgil (Just follow Owego St. for 5 miles into Virgil) • (607) 835-6662

RETURN

continued from page 7
 six seasons from 2007-12. Cortland has won four straight conference titles, claiming Empire 8 crowns in 2017 and 2018 and Northeast Women's Golf Conference trophies in the fall of 2019 and the spring of 2021.


Alivia Waldron is a two-time NWGC all-league golfer after tying for sixth place in the league championship tournament last spring and placing seventh in 2019. She was also

the 2019 NWGC Rookie of the Year. Amanda Gaffney earned all-league honors in 2019 with a fifth-place showing, and barely missed repeating as all-league in 2021 when she tied for ninth place — the conference honored only seven golfers in 2021 compared to 10 in 2019. Gaffney also plays for Cortland's women's ice hockey team.

Also returning are Rachel Curatolo and Kira Graves, who each competed at the league champi-

onships last spring as freshmen. Cortland starts the season Sept. 4 and 5 at the St. Lawrence Invitational, and the Red Dragons will co-host the Cortaca Northeast Invitational with Ithaca College Sept. 25 and 26. The NWGC Championships will be Oct. 9 and 10, and the spring schedule culminates with the NCAA Division III Championships May 10 to 13 in Houston.


Fran Elia is the sports information director at SUNY Cortland.



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
www.unitedpresbyterian.net



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

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

Rev. Joseph Zareski, Pastor

Rev. Daniel Caughey, 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

WELCOME STUDENTS & FACULTY!

We are an Evangelistic Discipling ministry that reveals Jesus to the world and reveals who the world is in Christ.

Our Mission:

Equip, position, and launch followers of Jesus into God's dreams for their lives

Our Vision:

We build churches that discover purpose in Jesus.

Our Purpose:

We exist to love Jesus with all our heart, mind, soul, and strength. The greatest purpose in life is to love Jesus and be loved by Him.



VISION CHURCH
 Revealing Jesus

49 Greenbush St., Cortland
(607) 218-7060
www.visionchurch2020.com



*Follow us for Sunday Worship
 Times, Encounter Nights and More!*



Grace & Holy Spirit Church

an Episcopal and Lutheran community of faith
 13 Court St., Cortland, NY 13045 • 607-753-3073



Sundays - In Church and Zoom services - 8 & 10:15
 Wednesday service at 12:10 on Zoom

Join us at 13 Court St. across from Cortland Beer Co.
 Check for live-streamed services on Facebook

Sat. night Cafe church to begin in late Fall

*Masks are required for unvaccinated individuals
 and CDC guidelines will be followed*

Like us on Facebook 

HOME

continued from page 4

Sinfully Sweet

17 S. Main St., Homer

Located across from the Homer Green in downtown Homer, the shop's offerings include a wide variety of treats, such as cookies, cheesecake, fudge and cakepops.

Owner Stacey Pryor said she recently completed

training as a chocolatier and plans to expand the treats portion of her shop.

Its treats are also sold at other stores in the area.

The business is also expanding this fall into space in the same building to offer seating for customers. There are now a couple of tables outside.

Suggestion: Cheesecake

Origins

95 Clinton St.
(Route 41), Homer

The shop, under the same ownership as the local Coffee Mania chain, is located at the corner of Routes 281 and 41 a short drive north of Cortland.

It offers pastries, bagels, sandwiches and coffee.

Coffee Mania roasts its own coffee beans at a building on

South Avenue in Cortland and sells whole bean and ground coffee, as well as fresh treats, at its own stores and others in the area, including drive-through kiosks on Route 222 in Cortlandville and Port Watson Street in Cortland.

The shop does not currently offer seating inside but there are a couple of tables outside.

Suggestion: Scones and Muffins



Display Case at Frosted bakery on south Main Street in Cortland,

WELCOME BACK STUDENTS!



**"THE FINEST COURSE
IN CENTRAL NY"**
"Garden Atmosphere" • 18 Holes

**SPECIAL RATES FOR SCHOOLS,
ORGANIZATIONS AND CHURCHES**

CORTLAND MINIATURE GOLF

Junctions Route 281 & 13 Next to A&W Restaurant

753-1398 • Open Daily at 10AM

WELCOME BACK STUDENTS

We're Conveniently Located Near SUNY Cortland

LUBE-OIL-FILTER

\$28.95

Most Vehicles
Up to 5 quarts of oil

With Student I.D. Exp. 9/30/21

N.Y.S. INSPECTION

\$15.00

With Student I.D. Exp. 9/30/21

(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

No Perfect People Allowed!
gfcortland.org
Facebook.com/GFCortland

www.cortlandhousing.com



**Luxury
Off-Campus
Housing**

607-756-4804

Information@CortlandHousing.com

SHRED

continued from page 8

will find lots of rolling hills with some steep, punishing climbs just off the beaten path. If the weather is good, check out Health Camp Road into Corl Hill Road just north of Homer, and take Route 13 back into Cortland. Your legs will thank you when the agony is over.

Those with access to a car would be well advised to take a road bike out to the Finger Lakes area. Skaneateles Lake in particular isn't too far from campus and offers breathtaking views with cyclist-friendly communities. A popular starting point for a lap around the lake is Thayer Park just north of the lake, but for a shorter drive try parking at Andrew R. Fuller Park on the south end of the lake.

For The Shred-Thirsty Mountain Biker

Mountain biking is getting a lot of attention in the greater Cortland area. For a wide range of cross-country style riding, check out Shindagin Hollow State Forest outside of Ithaca and Chenango Valley State Park in Port Crane. These areas offer a mix of beginner-friendly trails with some great climbs and descents.

Those who can handle lots of

climbing with technical features and roots should consider Morgan Hill State Forest near Truxton. Morgan Hill really puts the mountain in mountain biking and is recommended for more experienced riders.

For the rider who believes up-hill pedaling is unnecessary, there is lift access riding up at Greek Peak Mountain Resort in Virgil.

For more information on mountain biking in Central New York, visit www.cycle-cny.com for a treasure trove of trail maps and information.

Casey Austin is the information technology manager at the Cortland Standard.



**YOUR ONE STOP
AUTO ACCESSORY WAREHOUSE**

1134 NYS Route 13, Cortland
(607) 756-1756

Monday-Friday 8:30AM-5:00PM
Closed Saturday & Sunday

www.aftermarketeffects.com

*Serving the Cortland Area Since 1999!
We specialize in auto accessories for your car or truck,
remote starters, car audio, snowplows
and much much more.*

Installation is available on most products!
Products from Westin, Luverne, Trail FX, Auto Ventshade,
Weather Tech, Boss Snowplows, Western Plows, Husky
Liner, Access, Downey, and much more.



**ASTHMA & ALLERGY
ASSOCIATES P.C.**

AllergistDocs.com 1-800-88-ASTHMA
3533 State Highway Rte. 281, Suite B, Cortland, NY 13045

- ✓ Pediatric & Adult Allergists
- ✓ Hay Fever/Asthma/Sinus/Food
- ✓ Coughing/Sneezing/Wheezing
- ✓ Ears Popping/Red Watery Eyes
- ✓ Drippy, Stuffy Nose/Itching/Insects



Mariah Pieretti,
M.D.



Rizwan Khan,
M.D.



Joseph Flanagan,
M.D.



Julie McNairn,
M.D.



Stella Castro,
M.D.

WELCOME STUDENTS & FACULTY!

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 Student Summer Storage

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

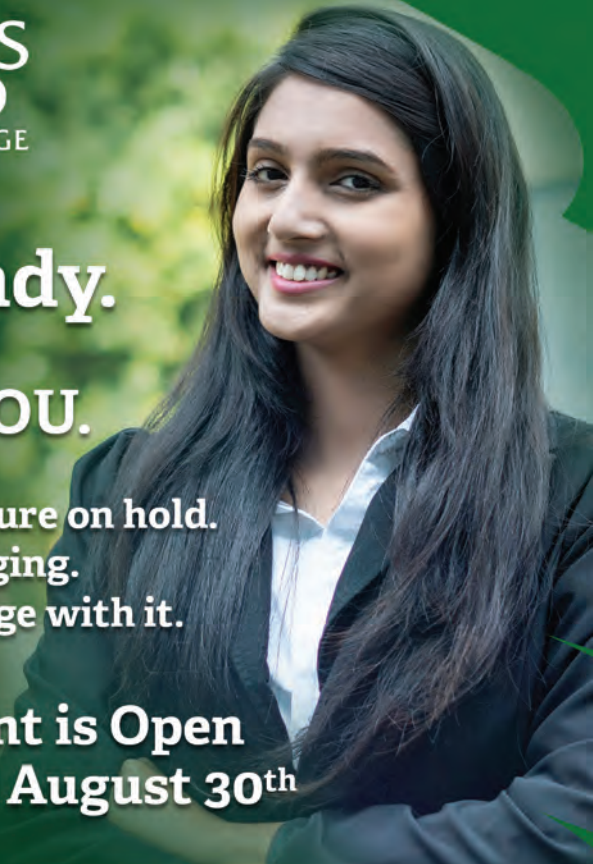
**TOMPKINS
CORTLAND
COMMUNITY COLLEGE**

**We're Ready.
All that is
missing is YOU.**

Don't put your future on hold.
The world is changing.
Be **READY** to change with it.

**Fall Enrollment is Open
Classes Begin August 30th**

Learn more at
www.mytomkinscortland.edu/standard



SUNY CORTLAND FALL 2021 SPORTS SCHEDULES

FIELD HOCKEY

September				
1	Wed.	vs	Russell Sage	5 p.m.
4	Sat.	vs	Montclair State	3 p.m.
8	Wed.	vs	Rochester	7 p.m.
11	Sat.	vs	Misericordia	1 p.m.
15	Wed.	vs	Ithaca	TBA
18	Sat.	vs	William Smith	1 p.m.
22	Wed.	vs	Oneonta	4 p.m.
25	Sat.	vs	Geneseo	1 p.m.
29	Wed.	vs	St. Lawrence	5 p.m.
October				
2	Sat.	vs	Brockport	1 p.m.
6	Wed.	vs	Hartwick	5 p.m.
9	Sat.	vs	New Paltz	1 p.m.
13	Wed.	vs	Morrisville State	4 p.m.
20	Wed.	vs	St. John Fisher	4 p.m.
27	Wed.	@	Oswego	4 p.m.
30	Sat.	vs	Skidmore	1 p.m.

FOOTBALL

September				
4	Sat.	vs	Wittenberg	12 p.m.
11	Sat.	vs	The College of New Jersey	12 p.m.
18	Sat.	vs	Buffalo State	2 p.m.
October				
2	Sat.	vs	Morrisville State	1 p.m.
9	Sat.	vs	Brockport	12 p.m.
16	Sat.	vs	Hartwick	1 p.m.
23	Sat.	vs	Utica	1 p.m.
30	Sat.	vs	Alfred	1 p.m.
November				
6	Sat.	vs	St. John Fisher	1 p.m.
13	Sat.	vs	Ithaca	12 p.m.

WOMEN'S TENNIS

September				
3	Fri.	vs	New Paltz	3 p.m.
4	Sat.	vs	Plattsburgh	1 p.m.
10	Fri.	vs	Brockport	3 p.m.
11	Sat.	vs	Fredonia	1 p.m.
17	Fri.	vs	Alfred	3 p.m.
18	Sat.	vs	Oswego	1 p.m.
27	Mon.	@	Hartwick	
30	Thu.	vs	Misericordia	3:30 p.m.
October				
5	Tue.	vs	Houghton	3 p.m.

WOMEN'S GOLF

September				
4-5	Sat.-Sun.	vs	St. Lawrence Invitational, Canton	TBA
11-12	Sat.-Sun.	vs	Hamilton Invitational, New Hartford	TBA
25-26	Sat.-Sun.		Cortaca Northeast Invitational, Ithaca (Sat.) and Cortland Country Club (Sun.)	TBA
October				
2-3	Sat.-Sun.	vs	Williams Invitational, Williamstown, Mass.	TBA
9-10	Sat.-Sun.	vs	Northeast Women's Golf Conference Championship, Colonie	TBA

MEN'S and WOMEN'S CROSS COUNTRY

September				
4	Sat.		Cortland/SUNY ESF Meet, Dwyer Memorial Park, Preble	TBA
11	Sat.	vs	Hamilton Short Course Invitational, Clinton	11:30 a.m.
18	Sat.	vs	Rochester Yellowjacket Invitational, Rochester	11 a.m.
25	Sat.	vs	Roberts Wesleyan Harry F. Anderson Invitational, Rochester	10:30 a.m.
October				
2	Sat.	vs	Lehigh Paul Short Run, Bethlehem, Pa.	10 a.m.
9	Sat.		@ St. Lawrence Ronald C. Hoffmann Invitational, Canton	TBA
16	Sat.	vs	Rowan Inter-Regional Border Battle, Glassboro, N.J.	11:30 a.m.
22	Fri.	vs	Cornell John Reif Memorial Run, Ithaca	4:30 p.m.
30	Sat.		SUNYAC Championships, Dwyer Memorial Park, Preble	10:30 a.m.
November				
13	Sat.		NCAA Division III Region 3 Championships, Castile	TBA
20	Sat.		NCAA Division III Championships, Louisville, Ky.	11 a.m.



MEN'S SOCCER

September				
1	Wed.	vs	Rochester	7 p.m.
4	Sat.	vs	Stevens Institute	2 p.m.
5	Sun.	vs	Merchant Marine Academy	2 p.m.
11	Sat.	vs	Rutgers-Camden	2:30 p.m.
12	Sun.	vs	Stockton (game in Camden, N.J.)	4:30 p.m.
15	Wed.	vs	Hobart	7 p.m.
18	Sat.	vs	Ithaca	1 p.m.
21	Tue.	vs	St. Lawrence	4 p.m.
24	Fri.	vs	Potsdam	4 p.m.
25	Sat.	vs	Plattsburgh	1 p.m.
October				
1	Fri.	vs	Fredonia	4 p.m.
2	Sat.	vs	Buffalo State	4 p.m.
8	Fri.	vs	Geneseo	4 p.m.
9	Sat.	vs	Brockport	1 p.m.
16	Sat.	vs	Oswego	1 p.m.
22	Fri.	vs	Oneonta	3 p.m.
23	Sat.	vs	New Paltz	1 p.m.

WOMEN'S SOCCER

September				
1	Wed.	vs	Russell Sage	4 p.m.
4	Sat.	vs	Nazareth	1 p.m.
8	Wed.	vs	Ithaca	4 p.m.
12	Sun.	vs	RPI	TBA
15	Wed.	vs	Misericordia	4 p.m.
17	Fri.	vs	Clarkson	7 p.m.
24	Fri.	vs	Potsdam	4 p.m.
25	Sat.	vs	Plattsburgh	1 p.m.
October				
1	Fri.	vs	Fredonia	4 p.m.
2	Sat.	vs	Buffalo State	1 p.m.
8	Fri.	vs	Geneseo	4 p.m.
9	Sat.	vs	Brockport	1 p.m.
16	Sat.	vs	Oswego	1 p.m.
22	Fri.	vs	Oneonta	3 p.m.
23	Sat.	vs	New Paltz	1 p.m.

WOMEN'S VOLLEYBALL

September				
1	Wed.	vs	Ithaca	7:30 p.m.
3	Fri.	vs	Arcadia (Cortland Red Dragon Classic)	5 p.m.
3	Fri.	vs	St. Lawrence (Cortland Red Dragon Classic)	7 p.m.
4	Sat.	vs	Nazareth (Cortland Red Dragon Classic)	2 p.m.
10	Fri.	vs	Montclair State	7 p.m.
11	Sat.	vs	Kean	12 p.m.
11	Sat.	vs	NYU (Game in Union, N.J.)	2 p.m.
14	Tue.	vs	Oswego	6 p.m.
17	Fri.	vs	Russell Sage	8 p.m.
18	Sat.	vs	Skidmore (game in Schenectady)	2 p.m.
18	Sat.	vs	Union	4 p.m.
24	Fri.	vs	Buffalo State	6 p.m.
25	Sat.	vs	Fredonia	1 p.m.
October				
1	Fri.	vs	Brockport	6 p.m.
2	Sat.	vs	Geneseo	1 p.m.
6	Wed.	vs	Misericordia	7 p.m.
9	Sat.	vs	Stockton (game in Radnor, Pa.)	1 p.m.
9	Sat.	vs	Cabrini	3 p.m.
15	Fri.	vs	New Paltz	6 p.m.
16	Sat.	vs	Oneonta	1 p.m.
19	Tue.	vs	RIT	6 p.m.
22	Fri.	vs	Plattsburgh	6 p.m.
23	Sat.	vs	Potsdam	1 p.m.
27	Wed.	vs	Ithaca	7 p.m.

Get beyond downtown to see more of Cortland

AUG. 20

Deadline for Annual Regional Photography Show

At Cortland Free Library (October). Three categories are: Silhouettes, Purple, and Patterns in Nature. Two other categories are included: Collage (using Photoshop or other software), and Open, (taken within the past three years). Minimum print size is approximately 8 by 10 inches. Framing should be of professional quality, with a minimum size of 11 by 14 inches.

Entry fee is \$20 for up to two photos. Email by Aug. 20 as JPG, GIF or PDF files with your first initial and last name, which category you would prefer, and the titles to Culturalcouncil3@gmail.com.

Ongoing

Tour 1890 House

37 Tompkins St., Cortland, 11 a.m. to 5 p.m., Thursday to Saturday, Noon to 4 p.m. Sunday. Fee.

Hike Lime

Hollow Nature Center

338 McLean Road, Cortlandville. Trails along 430 acres of woods, wetlands, fields, ponds and streams are open, free, dawn to dusk. A 1.1-mile trail allows dogs on Lehigh Valley Trail Extension off Gracie Road, Cortlandville, across from Gracie Pond.

Tour CNY - Living History Museum

4386 Route 11, Cortlandville. 10 a.m. to 5 p.m. Tuesdays through Saturdays See Brockway trucks, Tractors of Yesteryear and Homeville Museum artifacts from Ken Eaton's military and local history collection. Last tour is at 4 p.m.

Really Free Market

181 S. Main St., Cortland. Second and fourth Tuesdays of the month, 5:30 to 7 p.m., Free produce, clothing, personal care items and canned goods by Cortland County Mutual Aid. Search for more information on Facebook.

Thursdays, 7 p.m., Tommy Tornado

Cortland Beer Co., 15 Court St., Cortland.

By KATIE KEYSER

Living and Leisure Editor
living@cortlandstandard.net

Cortland County boasts free hiking at Lime Hollow Nature Center, a professional stage at Cortland Repertory Theatre, an ice skating rink at the J.M. McDonald Sports Complex and stellar musical entertainment coming from the Center for the Arts of Homer.

AUG. 20 • 5:15-6:30PM

Public Ice Skate

J.M. McDonald Sports Complex, off Route 11, Cortlandville. Register. See www.jmmcomplex.com. Fee. Wear a mask.

AUG. 19-21

"A Midsummer Night's Dream"

By William Shakespeare, adapted and directed by Bill Kincaid, Cortland Repertory Theatre show at Dwyer Park in Preble. Call box office at 800-427-6160 or see www.CortlandRep.org for tickets.

AUG. 20 • 5-9PM

Cortland Country Music Park Spaghetti Dinner Dance

Fundraiser, Route 13, Cortlandville. Large dance floor, food, country music.

AUG. 20-29

"The Merry Wives of Windsor"

Shakespeare in Suggett Park, Cortland, **6 p.m.**, Aug. 20 to 22, 27 to 29, **2 p.m.**, Aug. 21, 22, 28 and 29.

AUG. 27 • 8PM

Max Creek

Outdoor concert at Dwyer Memorial Park, Little York. Call 607-749-4900 or visit www.center4art.org for tickets. All ages.

AUG. 29 • 8PM

The Wailers

Center for the Arts of Homer, 72 S. Main St., Homer. Call 607-749-4900 or visit www.center4art.org for tickets. Reggae band that was part of Bob Marley and The Wailers.

AUG. 31 • 7PM

Henhouse Prowlers of Chicago

Rose Hall, 19 Church St., Cortland. Get tickets at www.RoseHallCortland.org.

There is life beyond the Dark Horse, Red Jug Pub and Brix. Explore Cortland's history, whether at the 1890 House on Tompkins Street, at the three-museums-in-one at CNY Living History Center or at the Cortland County Historical Society, one of two museums in America that has the revolutionary woman's bloomer costume.

Experience Cortland on Main Street, the county's tourism office, has a geocache trail for people who

love to search. Find out more at its website.

Artists on campus can enter work in Cortland Arts Connect's regional photo exhibit, which is seeking submissions now, and the Cortland Arts Challenge's competition of any genre on the theme of change.

And in the winter, there are several ski slopes nearby for snow boarding or skiing: Greek Peak in Virgil, Labrador Mountain in Truxton and Song Mountain in Preble.

SEPT. 11

St. Anthony's Festival Curbside Sales

St. Anthony's Church Hall, 50 Pomeroy St., Cortland. Italian food. Cash only. Drive through. Benefit for the church.

SEPT. 12

42nd Woman of Achievement Luncheon

Honors SUNY Cortland's Jamie Dangler, recently retired sociology professor, of Homer, at Tinelli's Hathaway House in Solon. Call 607-423-2124 for tickets.

SEPT. 19 • 8PM

Watkins Family Hour

Center for the Arts of Homer, 72 S. Main St., Homer. Call 607-749-4900 or visit www.center4art.org for tickets. Sara and Sean Watkins from Los Angeles play bluegrass and folk.

SEPT. 22 • 8PM

Toad the Wet Sprocket

Center for the Arts of Homer, 72 S. Main St., Homer. Call 607-749-4900 or visit www.center4art.org for tickets. Alternative rock.

SEPT. 26 • 8PM

Dispatch

Center for the Arts of Homer, 72 S. Main St., Homer. Call 607-749-4900 or visit www.center4art.org for tickets. Boston roots band.

SEPT. 29 • 8PM

Five for Fighting

Center for the Arts of Homer, 72 S. Main St., Homer. Call 607-749-4900 or visit www.center4art.org for tickets. Features singer songwriter John Ondrasik.

OCT. 15 • 8PM

Walter Trout

Center for the Arts of Homer, 72 S. Main St., Homer. American blues guitarist, singer, songwriter. Call 607-749-4900 or visit www.center4art.org for tickets.

OCT. 24 • 8PM

Ana Popovic

Center for the Arts of Homer, 72 S. Main St., Homer. Call 607-749-4900 or visit www.center4art.org for tickets.

Nov. 1

Cortland Arts Challenge

Deadline for poetry, stories, music, theater, dance, photos, two and three dimensional art on the theme of "change." See www.CortlandArtsChallenge.org to find out more.

Nov. 3 • 8PM

Samantha Fish

Blues guitarist, Center for the Arts of Homer, 72 S. Main St., Homer. Call 607-749-4900 or visit www.center4art.org for tickets.

Nov. 12 • 8PM

The Lone Bellow

Center for the Arts of Homer, 72 S. Main St., Homer. Call 607-749-4900 or visit www.center4art.org for tickets.

DEC. 14

Squirrel Nut Zippers Holiday Caravan Tour

Center for the Arts of Homer, 72 S. Main St., Homer. Call 607-749-4900 or visit www.center4art.org for tickets. New Orleans jazz musicians play holiday hit classics and music from the band's album, "Christmas Caravan."

FITNESS

continued from page 3

size, Vine Health and Fitness might be the way to go.

Tucked along North Main Street, the gym offers machines for all kinds of workouts, along with health and fitness classes.

Once you've finished your workout, make sure to grab a cold eucalyptus towel.

Vine is open from 4 a.m. to 11 p.m. daily with keycard access.

The Fitness Gap, 4292 Fairgrounds Drive, Cortlandville

Branching out to just north side of the city, The Fitness Gap, inside the J.M. McDonald Sports Complex, offers a workout experience with a close knit community, said owner Harold White.

Machines and equipment of different athletic varieties are available for use.

There are no workout classes, White said, so if that's what you're looking for, you have to go elsewhere.

But if you're a workout anytime kind of person, The Fitness Gap might be your place to go. It's open 5 a.m. to 11 p.m. every day of the year. Entry ends at 10:30 p.m.



Planet Fitness, 156-160 Clinton Ave., Cortland

Do you like having space when you work out? Then Planet Fitness in the Riverside Plaza might be your gym of choice beyond the confines of SUNY Cortland.

With plenty of machines and room to exercise, you won't have to worry about people breathing — or sweating — down your neck.

While walkable, taking a car may be the more convenient route as it is a little over 1.5 miles away from campus.

The gym is open 24 hours a day, Monday through Thursday, noon to 9 p.m. on Friday, and 7 a.m. to 7 p.m. Saturday and Sunday.

Jazzercise Fitness Center, 1099 Route 222, Cortlandville

You like jazz? OK, Jazzercise may not actually play jazz but if you want to break a sweat while busting a move, Jazzercise Fitness Center in Cortland might be the way to go.

The center combines dance with other workouts like yoga and pilates and strength training, according to the Jazzercise website.

In-person and live streamed classes are offered to suit your preference. To view the schedule for classes, visit www.tinyurl.com/2a73ev7s.

COPY CORNER
41 PORT WATSON ST.
CORTLAND, NY 13045
(607)344-3044

—SELECT LEVEL OF AWESOMENESS—

1. PC REPAIR
2. PRINTING
3. COPYING
4. LARGE FORMAT PRINTING
5. SIGNS & BANNERS
6. PHOTOGRAPHY & VIDEOGRAPHY
7. LAMINATING
8. DIGITAL DESIGN
9. 3D ANIMATION
10. SMALL ELECTRONICS REPAIR
11. SCAN & EMAIL
12. BROCHURES
13. WEBSITES

-->

Copy Corner is a new “*maker shop*” in Cortland. We also repair PCs, and electronics. In addition, we custom design and create a number of items. For more information on our extensive array of services please visit our website or email us.

www.copycorners.com

mail@copycorners.com



\$10 MINIMUM ON ALL PRINTING PROJECTS.

YUP... WE CAN MAKE THAT!

