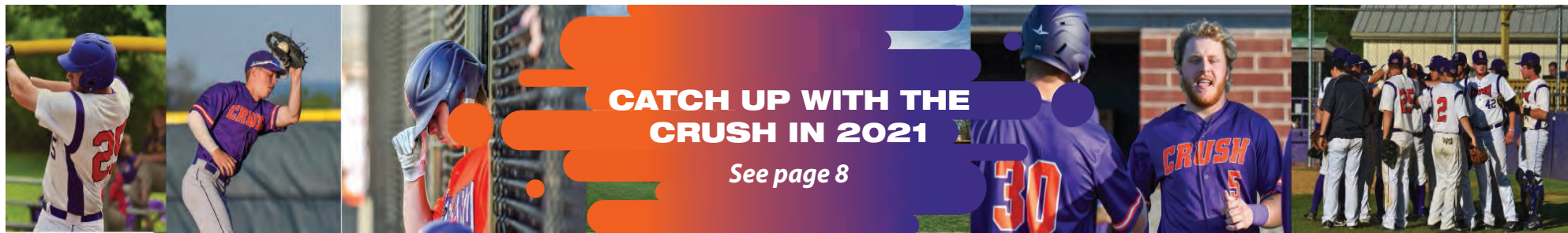


A supplement of the
Cortland Standard
Wednesday, May 19, 2021

SUMMER

Your guide to enjoying
every moment



**CATCH UP WITH THE
CRUSH IN 2021**

See page 8

The road less traveled

What's an introvert to do when the most popular hikes get even more crowded?

By **TODD R. McADAM**
Managing Editor

tmcadam@cortlandstandard.net

We drove north on Route 91 in Truxton, a couple of extra bottles of water, some bug repellent and hats to protect our faces (and my ever-expanding forehead) from the sun.

There was the parking spot for the Labrador Hollow Unique Area, and Tinker Falls, therein. We were considering climbing the hill to the overlook, where hang gliders sometimes launch. The view west over the hollow and Labrador Pond — particularly in the afternoon as the sun descends toward the horizon — is incredible.

So was the crowd at the parking lot. Cars packed close together, people packed even closer.

Skip it, came the consensus from the back seat. And can we still get the celebratory ice cream?

In the 14 months since a little known, little expected pandemic began ravaging the world and everybody's social life, out-of-the-way places opportunities like Labrador Hollow have become a Grand Central Station of the remote recreation set.

Once, my family might casually stroll the trails at Lime Hollow Nature Center, where Executive Director Glenn Reisweber said I was welcome to get my "solitude fix." We're still welcome, but there's no solitude about it. Those dozen miles of trails are as popular as ever.

Find a trail

■ **Finger Lakes Trail interactive map:** tinyurl.com/az2dzbws

■ **CNYHiking.com:** A list and map of good hikes, including two dozen or so in Cortland County.

■ **New York State Department of Environmental Conservation:** www.dec.ny.gov/outdoor/351.html. Features a guide to hikes across the state, including an interactive map, including many hikes in the greater Cortland area.

Not too long ago, we might walk the path around Hope Lake in Virgil, an easy walk on a paved lane in a pretty place with a certain amount of quiet. Lately, we're ducking off to the side to keep socially distanced. We tried Dryden's Rail Trail — beautiful, and we got to watch baby snakes on the trail side. We saw fewer people in downtown Dryden.

So what's an introvert to do? Innovate.

The Finger Lakes Trail has dozens of miles of pathways in Cortland County, and dozens more in Tompkins County as part of its 950-mile length. Cortland also has 18 state forests and unique areas — so many they kind of run together in some places. New paths and trails are opening all the time, and one might get to them before they get

popular.

So, here are some alternatives for otherwise really nice walks:

■ **Tuller Hill State Forest:** The Virgil Mountain Loop on the Finger Lakes Trail in Virgil is beautiful and easily accessible at several different points in and around Kennedy State Forest — the view from the top of Cortland County's tallest peak is worth a walk. But it's popular.

Tuller Hill, just a couple of miles away — less if one can fly — is much quieter. Park on Clute Road in Virgil and you have a choice: up or down. At 2,500 acres, there's some space to look around.

It has a couple of access roads, and one can access them as easily by foot as by vehicle. Easier, in fact. I'm afraid a low-slung subcompact like I drive would scrape its oil pan. And five miles of the Finger Lakes Trail meanders across the forest's eastern edge.

■ **Morgan Hill State Forest:** Labrador Hollow Unique area in Truxton is an easily accessible trail with a wide variety of challenges. A boardwalk borders part of Labrador Pond and a bit south on Route 91, the trail to Tinker Falls is flat, wide and pays off in a pretty water fall. North of the falls, the trails get nice steep for a good workout with a beautiful view at the end. That's why the family and I decided to skip it.

See TRAVELED, page 3



Todd R. McAdam/managing editor

The Virgil Mountain Loop of the Finger Lakes Trail peaks at the highest point in Cortland County. But, in the background, Tuller Hill State Forest offers good hiking, with fewer people.

A SEASON OF COMFORT

Summer promises a laid back life after a tense 15 months

By COLIN SPENCER

Staff Reporter

cspencer@cortlandstandard.net

It's a beautiful sunny summer day and you're looking to get out of the house, but what do you do?

With COVID restrictions loosening up as more people become vaccinated, opportunities for entertainment this summer are expanding and people are turning their attention to activities in the great outdoors..

"We're definitely seeing peaks in reservations at resorts and campgrounds already," said Kenneth Cohen, an associate professor in the recreation, parks and leisure studies department at SUNY Cortland.

Since most entertainment events were canceled last summer, people became more engaged with the natural world that surrounds them, he said. Being outside at a park can also be a safe way for people to reconnect with each other.

"The freedom to be outdoors and connect on a personal level is something most of us have been savoring," Cohen said.

Other outdoor opportunities, such as sporting events and some concerts, are also coming back to the county.

The Cortland Crush baseball team, for example, is returning this year after losing last season.

Some people will gladly go back to attending pastimes such as a baseball game while others may still be uncertain or worried about close contact with others in those settings. As such, venues have been reducing ticket prices and creating other incentives to return.

The Cortland Repertory Theatre also offers outdoor, socially-distanced performances this summer, said Kerby Thompson, the producing artistic director, said.

A stage will be set up outside at Dwyer Park in Preble with an audience tent 12 feet away from the stage, he said.

Groups of four will be socially dis-



tanced from each other, allowing up to 160 people to attend a show or performance. Attendees will be required to wear a mask at all times except for when consuming refreshments.

"It's going to be brand new for everybody," he said.

Actors will live together as well when they arrive, will be tested routinely and will wear masks during rehearsals, Thompson said.

Some changes due to COVID will be that the season is shorter than normal — running from July to end of August — and cast sizes will be smaller — the biggest show will have six actors.

The shows — including "Goin' to the Chapel" and "A Midsummer Night's Dream," according to the theater's website — will be lighthearted comedies, Thompson said.

"It's going to be a comfort season," he said. "We're just looking at it going to be fun and relaxing" after the stress caused by the pandemic.

Cohen said that however people have fun this summer, they should do so following health guidelines, have a mask with them and be mindful of others.

Getting vaccinated, though, will be a big incentive for people to return to pre-pandemic activities.

"It's the first step in getting back to doing the things we love," he said.

TRAVELED

continued from page 2

Instead, head north a couple of miles on 91, turn east on Route 80, then south on Herlihy Road in Fabius. Drive into the hills for a short way and you'll find a small parking area at the crossing of the Finger Lakes Trail. The forest has 13 miles of trail that eventually connect in the west to Labrador Hollow. Until you get to that point, you'll wander through a scenic follows a creek.

* **Geese Whiz Rail Trail:** I haven't even seen it (yet), and don't know much about it. The trail stretches from the village of McGraw to Stillwell Road in Solon and a social media announcement said it offers about five miles, round-trip, of hiking, running and snowshoeing (which I think I'll wait until winter for).

The social media post said the trail follows the old rail from McGraw to Cincinnatus. And if that's the Erie and Central New York Railroad, later the Delaware, Lackawanna

and Western Railroad, that largely parallels Route 41. But, I've never been there, so I'll need to explore.

But it might well be similar in experience to Dryden's extremely popular Rail Trail and its attached Jim Schug Trail, or the Lehigh Valley Trail at Lime Hollow Nature Center. Those trails are largely straight and flat, easy walks for families (like mine) with a wide range of physical ability.

And maybe, just maybe, we'll get there ahead of the rush.



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How to choose a kayak

If you want to purchase a kayak to paddle along lakes, rivers or the ocean, here are some things to consider.

USE

There are different types of kayaks available, and each is designed with a specific environment in mind. For this reason, you should first determine where and how you plan to use your boat. Will you be taking long trips on the ocean or short excursions on small lakes and rivers? If you plan on fishing, some kayaks come equipped with additional features such as rod holders and accessory mounts. If you'll be kayaking with a partner, a tandem model could be a good choice.

SEAT

There are sit-in and sit-on-top kayaks. The sit-in ones have an open cockpit inside the hull, and once you get in, you have to slide your legs under the deck. This helps keep cold breezes and water out of the boat. Conversely, sit-on-top kayaks have an open cockpit which makes them more stable. This also makes getting on and off them easier.

DIMENSIONS

The kayak's length, width and depth will affect its speed and maneuverability. Shorter models are easier to carry, but longer ones are faster and have more storage space. The depth and weight of the kayak should suit your build and accommodate the equipment you want to carry.

TRANSPORTATION

It's important to remember that you'll have to transport your kayak to the water. Rigid kayaks are heaviest but more durable, folding kayaks are lighter but lack speed, and inflatable kayaks are great for casual use but take more time to set up.

Once you've narrowed down your options, take the time to sit in a few different kayaks. This way you'll ensure the one you choose is comfortable.

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Happy CAMPERS

Enjoy all nature has to offer during Great Outdoors Month this June and beyond with these tips!



For nature lovers, perhaps nothing is more enjoyable than packing up the camping gear, traveling to a favorite campsite and getting away from it all while sleeping under the stars. Such an experience can be transformative, turning first-time campers into lifelong enthusiasts.

The opportunity to turn youngsters into nature enthusiasts who can't wait to spend time outside may be one reason why so many families go camping. A 2018 report Kampgrounds of America found that 52 percent of campers have children, making camping among the most popular and family-friendly ways to enjoy the great outdoors.

Camping with youngsters can help families make lasting memories. Parents who have never before taken their children camping may benefit from employing a few strategies to make the trip as fun as possible.

• **Make a trial run in the backyard.** A night camping in the backyard won't be exactly the same as a night in the woods, where wildlife, and particularly insects, may be less welcoming hosts. But a backyard camping night can ac-

climate children to their sleeping bags and their tents. A fun night sleeping under the stars in the backyard also may make kids more enthusiastic about an upcoming camping trip in the woods.

• **Go over safety early and often.** Use every opportunity to explain camping safety measures to youngsters in advance of your trip. Emphasize the importance of staying together in the woods, and teach youngsters how to identify potentially harmful plants like poison ivy, making sure they know to avoid coming into contact with these and other poisonous plants. Contact your local parks department, or the campground where you will be staying, for some additional advice on camping safety.

• **Let kids help when choosing camping equipment.** Youngsters may be more excited about camping if they're allowed to choose certain equipment, including their sleeping bags and tents. Before visiting your nearby camping retailer, explain to kids that tents come in various styles because they're designed to protect campers from certain elements that may be more common in certain areas than others.

Such an explanation can make it easy to explain to youngsters why you're purchasing certain items, even if those items weren't kids' top choices.

• **Plan the family menu in advance.** Plan the menu in advance so you can ensure everyone will continue to eat healthy. But make sure to include a few kid-friendly camping classics, like s'mores, in the meal plan as well.

• **Prepare a camping-friendly first-aid kit.** Bandages and topical antibiotic creams are part and parcel of any first-aid kit, regardless of where you're going. But the elements pose a different set of challenges that require a more extensive first-aid kit. When designing a first-aid kit for your camping trip, be sure to include all the usual items but also over-the-counter medications that can treat pain, allergies, constipation, and diarrhea. An extra gallon or two of water also makes for a wise addition to campers' first-aid kits.

Family camping trips can instill a lifelong love of the great outdoors in youngsters. A few simple strategies can help parents make such trips safe and memorable.

How to build a campfire

Sitting around a roaring campfire with friends and family is one of the best parts of camping. Here's what you need to do to build the perfect fire.



1. Gather everything you need including a lighter or matches, newspaper, fire starter, kindling and firewood.

2. Crumple up a few pieces of newspaper and place them in the firepit.

3. Place a fire starter or a few twigs on top of the crumpled newspaper.

4. Arrange the kindling in a cone shape over the nest of newspaper and twigs. Leave enough room for air to circulate.

5. Light the newspaper or fire starter in several spots using a match or lighter.

6. Build up the fire with logs using your method of choice once you have a steady flame.

In some campgrounds, you're not allowed to gather wood directly on site. Instead, you must purchase it from a reception desk or local store. If you're allowed to collect firewood at your campsite, make sure to only gather it from dead or fallen trees.

Finally, be careful to not pitch your tent too close to the firepit. If there's no designated firepit, make sure your campfire isn't near any low-hanging branches or bushes.

Avoid Lyme disease

• **Recognize where ticks live.** The CDC reports that blacklegged ticks cause Lyme disease and that such ticks live in moist and humid environments. In addition, the Lyme Disease Association notes that ticks are most likely to be in certain areas, including woods, areas where woods meet lawns and where lawns meet fields.

• **Wear insect repellent.** The CDC recommends wearing insect repellents registered with the Environmental Protection

Agency. The EPA even has a tool that can help people choose the right products for them at www.epa.gov/insect-repellents/find-repellent-right-you.

• **Check for ticks every day.** Ticks can be found anywhere on the body, and the CDC recommends checking for ticks every day. Pay particular attention to underarms, in and around the ears, inside the belly button, the back of the knees, in and around all head and body hair, between the legs, and around the waist.

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Summer takes flight

Kites come in a variety of shapes and colors as well as different price points. However, any model can provide hours of fun. Here's what you need to do.

CHOOSE A KITE

When kite shopping at a specialized store, the salesperson can usually help you make an informed decision. They'll be able to tell you about any unique features and suggest models that suit your height, experience, preferences and budget.

Kite frames and fabrics can be made of various materials, and each type has its advantages. The combination of materials you should choose depends on how you plan to fly your kite. If you have experience and want an extremely responsive model, an acrobatic kite with two or even four lines is a must. For a beginner or

young child, a single-line kite will be much easier to maneuver.

FIND A GOOD SPOT

Once you've found the perfect kite, you'll probably want to get it up in the air as soon as possible. However, you must first find a spot that meets the following criteria:

- ◆ The ground is fairly flat
- ◆ There are no large obstacles, such as buildings, that block the wind
- ◆ There's plenty of open space, such as in a park or at the beach
- ◆ There are no trees or power-lines nearby

Once you've got a kite and found the perfect spot, all you have to do is wait for a windy day to try it out.



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Fall in love with trail running

Trail running can be demanding, but many people enjoy it. Also, it's simply fun. It can be freeing to let yourself trample through dust, mud and puddles. If you don't mind getting a little dirty, head out and explore the trails in your area this summer.

Here are a few reasons this activity is becoming increasingly popular.

Physical health

On top of the usual benefits of running, trail running challenges your balance, coordination and agility. Running up and down hills, along winding trails and over uneven ground forces you to adjust your pace and stride to suit the terrain. Not only is it more challenging, but the movements are less repetitive, reducing the risk of injury. In addition, the ground is softer than asphalt, which limits the impact on your joints.

Mental Health

Running over uneven terrain requires intense concentration. This increased focus helps you stay present instead of thinking about your worries and concerns. Plus, the benefits of spending time in nature and breathing in fresh air are well known. For these reasons, running outdoors can help relieve stress and keep your mind sharp.

Sense of Nature

What's more, the beautiful scenery helps you focus less on your performance and more on enjoying yourself. In particular, it encourages you to slow down and admire your surroundings. There's nothing like reaching your destination and being rewarded with a stunning view and a sense of accomplishment.

Reservations begin at Adirondack trailhead

By AARON CERBONE

Adirondack Daily Enterprise

ST. HUBERTS — Hikers looking to summit mountains from the St. Huberts parking lot, owned by the Adirondack Mountain Reserve, must now get a reservation.

May 1 was the first day of the parking reservation pilot program. State Department of Environmental Conservation Deputy Commissioner of Natural Resources Katie Petronis was at the popular trailhead along with mountain reserve General Manager John Schuler, asking hikers about their experience with the new system.

Schuler said reservations were full, but the parking lot was not. He thinks the sudden return of winter weather Friday contributed to the no-shows. While there were a few inches of snow in Lake Placid and Saranac Lake that morning, the parking lot was sunny and snow-less. Ice remained on the peaks though.

Hikers pulled in and showed evidence of their reservation to the staff.

If people showed up without a reservation, an AMR staff member or forest ranger gave them a card directing them to Marcy Field, where front-country stewards from the town of Keene pointed them toward other hikes. The card also explains how to obtain a reservation.



Aaron Cerbone/Adirondack Daily Enterprise

Adirondack Mountain Reserve General Manager John Schuler, left, and Katie Petronis, state Department of Environmental Conservation deputy commissioner of natural resources, stand recently in the St. Huberts parking area.

tion.

Petronis said officials are focusing on education over enforcement, adding that she wants to keep a positive experience. Schuler said staff had to turn away around eight groups that morning.

Petronis said the DEC has seen increasing rates of illegal roadside parking on Route 73 and hiker drop-offs at the parking lot in St. Huberts, creating dangerous conditions for both pedestrians and

drivers. The 70-spot reservation system is not meant to limit the use on the trails, she said, but increase public safety.

Schuler said in the seven years since he started work at the AMR, he's seen exponential growth in hikers. In 2014, the entrance saw around 25,000 hikers. Last year, he said 35,000 people passed through its gates.

Last month, the DEC closed off parking areas near the trailhead, but Schuler said

with the added lot parking there are now more spaces available than there were with the roadside parking.

Parking for rock climbers ascending the Beer Walls on Route 73 will still be available, and Petronis said she hopes those spaces will open more to climbers because they will not need to compete with AMR hikers.

How it works

The reservation is for a parking spot. It is also needed for hikers who are dropped off at the lot or who park elsewhere and walk over to use that trailhead.

Schuler said 3,000 reservations have been made already, including 400 in the next few weeks. If a group cancels, the spot will open to others.

The reservation times are not specific, Schuler said. Someone who makes a reservation for 3 p.m. can show up at any time that day. The times are to space out arrivals to keep traffic from backing up, but reservations are for the whole day.

Petronis said this means hikers won't have to wake up at the crack of dawn to get a parking spot. There are also overnight reservations.

Since the program was first announced, she also said the DEC has expanded the

See RESERVATIONS, page 12

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RESERVATIONS

continued from page 11

number of people allowed per reservation from six to eight to accommodate groups in shuttle vans.

What the future holds

The DEC has been monitoring social media comments and Petronis has seen opposition. She said when people are accustomed to entering the peaks one way, it's hard to ac-

cept that there's another layer of planning.

"I would say, I understand. Change is hard," Petronis said. But with the recent change in visitation numbers to the peaks, and especially this lot, the DEC has to change its stewardship management plans, too.

"We've loved to see our wil-

derness being loved to death, now we want to love it to live," Schuler said.

"We are not alone in thinking about this issue," Petronis said. National parks like Yosemite, Zion and Rocky Mountain are re-introducing reservation systems brought in last year for COVID-19 to prevent overcrowding this summer.

The AMR reservation system will run until Oct. 31 and continue for at least the next two years. In October, AMR and DEC will see how, and if, this new system changed things.

Petronis said this is a pilot program but not a model. There are no plans to replicate it elsewhere in the High Peaks she added it's not a prede-

cessor to a High Peaks hiking permit.

The AMR parking lot is unique in being a busy lot on private land with a lot of wilderness access, she said, making it perfect to experiment with.

Schuler said he's "thrilled" to be a guinea pig. He's talked with the DEC about making parking at that site safer for years.



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Time to celebrate live events

By **KATIE KEYSER**

Living and Leisure Editor

living@cortlandstandard.net

Life in Cortland County is starting get normal as music, theater and social events start to come back after a year of shuttered or limited events due to the COVID-19 pandemic.

The Cortland Repertory Theatre plans an outdoor season at Dwyer Memorial Park while the Center for the Arts of Homer is starting to host indoor concerts in June. A reverse dairy parade is in the works and breweries can again announce live music. Enjoy what Cortland County has to offer.

Really Free Market, 5:30 to 7 p.m. May 18, 181 S. Main St., Cortland. Free food, including produce, clothes, personal care items. Sponsored by Cortland County Mutual Aid. Takes place the 2nd and fourth Tuesday of every month.

All Black Everything Festival, May 19 to 22. Virtual event. Register at www.abeartsfestival.org. Takes place in Ithaca.

Virtual Bingo, 6:30 p.m., May 25, sponsored by Cortland Free Library. Contact 607-753-1042 or reference@cortlandfreelibrary.org for information and zoom link to attend.

Dryden Town Historical Society Open House, 10 a.m. to 1 p.m. Saturdays through October, 14 North St., Dryden. Free. Also, on display, Betty Hurst paintings, silver display and more.

Chuck D'Imperio talk on his book, "35 Historic Upstate New York Homes," hosted by the Dryden Town Historical Society, 7 p.m. May 20, Dryden Village Hall, George and South streets, Dryden. The Southworth Homestead in Dryden and 1890 House in Cortland, are featured in the book.

Attendance will be limited and registration is required. Call 607-898-3461 to register.

Aiken Starmer Brothers, 5:30 to 8 p.m., May 21, Summerhill Brewing, 14408 Route 90, Locke.

The Ampersand Project, 5 to 8 p.m., May 22, Summerhill Brewing, 14408 Route 90, Locke.

Cortland County Hall of Fame Induction Ceremony, 1 p.m. May 22, CNY Living His-



Cortland Standard file photo

Live shows are back this summer at Cortland Repertory Theatre.

tory Museum, Route 11, Cortlandville. Inducting Sgt. Llewelyn Norton, John Forshee, Nellie Randall, William J. Dwyer and Francis "Fritz" Mullen.

Composter Webinar, noon, May 26, with master composter Jared Popoli from Cortland Soil and Water Conservation District. Online. Register at bit.ly/3tbBw8x for confirmation email with directions to join. Also, call the Cortland Free Library at 607-753-1042 or email director@cortlandfreelibrary.org to sign up.

"Ordinary Days" musical by Cortland High Theater, 7 p.m. May 27, Crown City Cinemas, Tompkins Street, Cortlandville. Red carpet-style movie premiere. Crown City has donated two theaters that will each hold 50 people. Masks are required. \$7 tickets will be sold at the door. Proceeds go to Cortland High Theatre and Cortland Video Club. Tickets must be reserved by 10 p.m. May 26 by emailing Ben Wells at Bwells@cortlandschools.org. Show can be seen online through the school's website.

Janet Batch, 6 to 8 p.m. May 29, Summerhill Brewing, 14408 Route 90, Locke.

Kipani, 2 to 5 p.m., May 30, Summerhill Brewing, 14408 Route 90, Locke

Longwood Jazz Project, 7 p.m. June 5, Cortland Beer Co., 16 Court St., Cortland.

St. Anthony's Festival Curbside Sales, 11a.m. to 2 p.m., or until gone, June 12, July 10, Aug. 14, Sept. 11, St. Anthony's Church Parking Lot, at 50 Pomeroy St., Cortland. Check

church website for procedure.

Reverse Dairy Parade, 6:30 p.m., June 1, Main Street, Cortland. Stationary floats will be positioned down south Main Street to Valley View Drive.

Cortland Farmers Market, 8 a.m. to 2 p.m., opens June 1 and runs Tuesdays and Saturdays through October.

Farm-to-Table Dinner, Concert, 5 to 9 p.m. June 3, Center for the Arts of Homer, 72 S. Main St., Homer. Features PeoplePeople, John Brown's Dream and The Local Farmer's Union and local dinner. Tickets at www.center4art.org.

Cortland Breakfast Rotary Ride, June 5, out and back from CNY Living History Center, Route 11, Cortlandville. For motorcycles, motorists, runners, walkers. Weather permitting. No rain date. Riders and motorists meet at 10 a.m. Walkers and runners meet at 11 a.m. Gathering afterward. Call 607-749-7770 with questions.

Muriel Anderson, 8 p.m. June 5, Center for the Arts of Homer, 72 S. Main St., Homer. First concert in the theater by the guitarist, harp-guitarist.

Lynn Koch, folk musician, 3 to 4:30 p.m. June 6, parking lot of United Presbyterian Church, 25 Church St., Cortland, a benefit concert for Cortland County Council of Churches and the Interfaith Association. Rain date: June 13.

Sister Hazel, 8 p.m., June 26, Drive In Concert, Dwyer Memorial Park, Preble.

"Walk for Victory over Marfan Syndrome", noon to 3 p.m., June 26, Dwyer Memorial Park

in Preble. In memory of Blaise Dafoe of Little York. A benefit for Marfan Foundation in Upstate New York. See marfan.org to find out more.

"Pirate Schmirate!" July 8 to 11, Cortland Repertory Theatre show at Little York Pavilion in Preble. Adults \$10, 12 and under, \$7. Bring your own blanket and picnic for intermission. Call box office at 800-427-6160 or see www.CortlandRep.org for tickets.

"Close to You: The Music of the Carpenters," 7:30 p.m. July 9 and 10, Cortland Repertory Theatre show at Little York Pavilion in Preble. Call box office at 800-427-6160 or see www.CortlandRep.org for tickets.

"The Honky Tonk Angels," July 15 to 23, Cortland Repertory Theatre show at Little York Pavilion in Preble. Call box office at 800-427-6160 or see www.CortlandRep.org for tickets.

"Stories in the Park 2021 – The Wizard of Oz," July 16, 17, Cortland Repertory Theatre show at Little York Pavilion in Preble. Call box office at 800-427-6160 or see www.CortlandRep.org for tickets.

Lynn Koch folk musician, July 17, town park in Freetown during Freetown Yard Sales.

Asleep at the Wheel, 8 p.m., July 20, Dwyer Memorial Park Drive in Show, off Route 281, Preble. See www.center4arts.org for tickets, which must be ordered in advance.

The Adam Lee Decker Trio, 7:30 p.m. July 24, Cortland Repertory Theatre show at Little York Pavilion in Preble. Call box office at 800-427-6160 or

see www.CortlandRep.org for tickets.

"The Complete Works of William Shakespeare (abridged)," July 27 to 31, Cortland Repertory Theatre show at Little York Pavilion in Preble. Call box office at 800-427-6160 or see www.CortlandRep.org for tickets.

"Goin' To The Chapel," Aug. 5 to 13, Cortland Repertory Theatre show at Little York Pavilion in Preble. Call box office at 800-427-6160 or see www.CortlandRep.org for tickets.

"How Sweet It Is!" Steve Leslie Sings the Music of James Taylor, 7:30 p.m. Aug. 14, Cortland Repertory Theatre show at Little York Pavilion in Preble. Call box office at 800-427-6160 or see www.CortlandRep.org for tickets.

"A Midsummer Night's Dream" by William Shakespeare, Aug. 19 to 21, adapted and directed by Bill Kincaid, Cortland Repertory Theatre show at Little York Pavilion in Preble. Call box office at 800-427-6160 or see www.CortlandRep.org for tickets.

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 open, free, dawn to dusk. Visitor center and bathrooms closed.

Tour CNY Living History Museum by appointment Tuesdays and Wednesdays and 10 a.m. to 5 p.m. Thursdays through Saturdays, at 4386 Route 11, Cortlandville. 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.

Women Swimmin' fundraiser for Hospicare & Palliative Care Services, which serves Cortland and Tompkins Counties, Aug. 14, an actual swim across Cayuga Lake in Ithaca, or "Go the Distance" challenge of any type, now through Aug. 14. See WomenSwimmin.org for details.

Walter Trout, 8 p.m. Oct. 15, Center for the Arts of Homer, 72 S. Main St., Homer. American blues guitarist, singer and songwriter. Call 607-749-4900 or see www.center4art.org for details.



The different ways to golf

Playing golf is a fun way to spend time out-doors with friends and family members. However, there's more than one version of this sport that can be enjoyed. Here are some of the different ways golf can be played.

Golf

Traditional golf has been played since the 15th century, and you don't have to be a professional athlete to enjoy it. If you're looking for an activity that will challenge your mind and stretch your legs, golf is a great option.

Mini golf

Playing mini golf is a fun and quirky way to improve your putting skills. Mini golf courses come in all shapes and sizes and can be located both indoors and outdoors. No matter what your age or skill level, you're sure to have a blast.

Disc golf

If you're a fan of playing Frisbee, you'll probably enjoy disc golf. It's played much like traditional golf, but instead of hitting a ball into a hole, you throw a disc into a raised basket. The goal is to get the disc into the basket in as few throws as possible, which is easier said than done.



Activities to enjoy solo

Being alone doesn't mean you can't have fun. Here are five solo activities you may want to try this summer.

Visit a museum

You can choose which exhibits you want to explore and not worry about being rushed or taking too long.

Go to a movie

You can visit either a theater or drive-in. Once the movie starts, it won't matter if you're there alone. Sit back, relax and enjoy the show.

Relax at the park

Take some time to read, do yoga or picnic at a nearby park.

Attend an outdoor show

Once you're there, you'll be swept up in the festive atmosphere and probably won't need anyone to talk to.

Eat at a restaurant

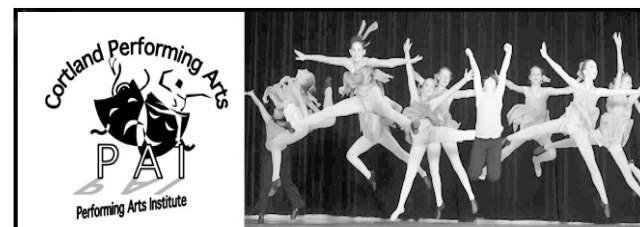
Take the opportunity to enjoy a delicious meal without having to worry about making conversation.

This summer, don't deprive yourself of doing things you like just because you're alone. Instead, make the most of the season and be open to trying new things.



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Whether you plan to travel by yourself, with a partner or with your family, there's no shortage of destinations. Keep an eye out for monuments, parks, art galleries, museums, public markets, entertainment venues and other local attractions to explore.

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