

Tompkins Weekly

June 26–July 2, 2019

Vol. 14, No. 18

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FREE

LANSING

Program gives summer lunches to kids in need

What if Lansing schoolkids on the free or reduced lunch program during the school year were to get similar help during their summer vacations?

And what if the money used to buy those breakfasts and lunches for those hungry kids went to the Lansing Food Bank to buy more food for the community at large?



LANSING AT LARGE

By Matt Montague

It all fits like the last piece of the puzzle, but if you ask Susan Tabrizi and Linda Pasto, there are a lot of moving parts to bringing free nutritious

breakfasts and lunches to more than 90 Lansing kids this summer.

“Lansing Summer Lunchbox” will provide school students and their siblings monthly boxes of non-perishable food items like cereal, juice, pancake mix, canned tuna and chicken, soup, pasta, rice and beans, snacks and fresh fruit. It runs in tandem with Pasto’s “campership program,” which provides scholarships to the town’s day camps in Myers Park.

Tabrizi became aware of the problem of summer hunger when she and her family began volunteering at the Lansing Food Pantry.

“Talking with the folks there and in our community, we realized that there was a real need right here in our community,” Tabrizi said.

Tabrizi met Nancy Myers at the Lansing Food Pantry and talked with several stakeholders, including R.C. Buckley Elementary School Principal Lorri Whiteman, Lansing Central School District Board of Education member Linda Pasto, Lansing Food Pantry Director Toni Adams and Lansing Public Library Director Susie Gutenberger.

“We came together to see what more we could do for the kids in school,” Tabrizi said. “As a school board member, I wondered what happens during the summer months for the kids on the free or reduced lunch program.”

Pasto secured funds from the Triad Foundation for the program, Tabrizi said.

“These students in need over the summer – there was an opportunity here,” Tabrizi said.

Pasto said that between 25% and 30% of Lansing students are on the

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ITHACA

Happy 10th anniversary, Ithaca Gay Men’s Chorus



Photo by Jessica Wickham

Ithaca Gay Men’s Chorus members (from left to right) Sam Kwan, Stephen Nunley, Jamie Dye, Jonah Hirst, Joshua Bastian Cole and Mark Daniels sing at the Planned Parenthood Pride Block Party June 22.

Group has expanded to include more than just gay men

By Jessica Wickham
TOMPKINS WEEKLY

2019 marks the 10th year for the Ithaca Gay Men’s Chorus, a singing group that brings together people from many different gender identities, ages, races and backgrounds to create unifying music.

Baruch Whitehead, an associate professor of music education at Ithaca College, founded IGMC in 2009 in the tradition of Gay Men’s Choruses throughout the country. President Stephen Nunley said the IGMC is proud to follow in national footsteps and serve an important purpose in the community.

“Part of the reason gay choruses were formed was to just be an outlet for people that want to perform but also a way for people to see a community of men that was part of their community,” Nunley said. “It’s that thing of people sort of getting to know you and then having a different feeling about it because they know you.”

Current director, Sam Kwan, said

that, since its founding, the group’s size has gone down and most of the original cast left, but that does not stop the group from being a welcoming environment for its members. Though the group has kept its name for tradition, it has since broadened to include non-gay and non-male members. There is only one requirement, Kwan said.

“Our goal is to provide a safe space for singers of a variety of identities [that] sing in a tenor and base range,” Kwan said.

Member Jamie Dye, who joined the group in 2017, echoed that sentiment, saying being a part of the IGMC has helped him to feel welcomed and to be a part of something great.

“It’s a chosen family for me,” Dye said. “It’s a place where you can show up exactly as you are and people will be happy to see you and happy to meet you where you are.”

The IGMC members have been a supportive bunch for Dye, he said, allowing the singers to celebrate good times and see each other through emotional hardships. Even though he only joined two years ago, he said he felt like he belonged there and that the group was a safe space he did not have elsewhere.

Nunley agreed the IGMC is a great comradery opportunity. It has

become a group that is accepting of all people, regardless of gender identity or orientation. Membership does not require an audition, so the group encourages anyone with a voice of a tenor to bass range to join.

On April 28, the IGMC held a 10th anniversary concert to commemorate everyone’s hard work over the decade. At this concert, the chorus debuted the AFAB4 quartet – short for assigned female at birth – a group of four trans men within the group, of which Dye is a part.

Kwan said they have enjoyed the chance to lead a group with a strong trans presence, as it is a unique opportunity for them as a director.

“That’s been a really awesome privilege that I get to work with singers that just have a little bit of a different need than your average adult male voice,” Kwan said.

The April 28 concert sought to highlight the group’s vibrant history by including a variety of music genres, all sung a cappella. Nunley, who has been with the group since its inception, said he has seen remarkable progression in the group’s sound quality, to the point that such a complex set was not

See IGMC, on page 7

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New data center to provide economic, environmental benefits, supporters say

By Stephen Kimball
TOMPKINS WEEKLY

The recent announcement of the creation of a data center at the Cayuga Operating Station and the subsequent closing of one of the last two remaining coal power plants in New York state has generated much conversation about transforming a site that relies on old technology into one that will be more environmentally friendly, create a stable tax base and be the biggest industrial project with the largest private investment in the history of Tompkins County.

While all of the final details are still in development, the new data center is estimated to create 30 permanent jobs with the salary range of \$40,000 - \$60,000 and 100 temporary construction jobs.

Tompkins County Area Development President Heather McDaniel explained the scope of what the data center means for Tompkins County.

"The data center will bring \$100 million in private investment for the reuse of that site," McDaniel said. "This project represents the best and highest use this site could be repurposed for. The reuse of this site, new tax revenue and long-term job opportunities are top on the list."

To better understand the significance of this project, it is important to review the plant's history.

The New York State Electric and Gas Corporation built and owned what was originally known as Milliken Station in the late 1950s, and the plant operated without a change until the early 1990s. At this time,



Current view of Cayuga Operating Station.

Photo provided

major renovations to the site and a flue-gas desulfurization system, which was partially funded through a Department of Energy grant, was installed to help reduce SO2 emissions.

In 1999, New York state sought to deregulate utilities and ordered NYSEG to sell off its generation assets. NYSEG sold off its fleet of power plants, and the plant was sold to AES and renamed AES Cayuga. In 2011, AES Cayuga declared bankruptcy. In June of 2012, the shareholders took ownership under the name, Upstate New York Power Producers, and operated as the Cayuga Operating Company. Upstate sold the assets to

Beowulf Energy in May of 2016, and the company is the current owner of the power plant. Even though it is now operating under a new company, the plant is still referred to as the Cayuga Operating Company.

As initial news about the data center spread, it was initially unclear if the new business would be located in the existing power plant or if a new building would be constructed on the site. The plan for the data center involves building a new facility. The current plant will close, and the owners are looking at long-term plans for the site. While the fate of the current plant is yet to be determined, the company has set aside funds

to accomplish this in addition to ensuring any environmental clean-up needs to occur.

According to County Legislator Martha Robertson, it is a good thing to see that the coal plant will be shuttered and the site will be re-used.

"We are very pleased that we can bring in a new business to the county that can provide jobs, a new tax base, and use the assets up at the plant, up at that site—the land uses the interconnections into the grid," Robertson said. "We think this is a very smart proposal that we're happy to support."

A compelling part of the news of the data center coming and the power plant shutting down is the broad spectrum of support it has gathered from both major political parties, environmental groups, organized labor and community members.

"I give this company a lot of credit for taking a hard look at it and trying to not leave this as a stranded asset, and they came up with this idea," said Mike Sigler, Lansing's representative in the county legislature. "All the elements are there, and they've figured out how to utilize those elements to make a profitable business going forward."

Organized labor has also voiced its strong support of the conversion of the power plant to a data center. Greg Lancette, president of the NYS Pipe trades and president of the Central & Northern NY Building Trades Council, said the proposed project is the perfect scenario of the public-private partnerships that

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Vizella Media is located at 3100 N. Triphammer Road, Suite 100 Lansing, NY 14882
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IN BRIEF

First-year student awards

On Monday, June 17, the CTE Center held its award ceremony for the first-year students, and Groton juniors walked away with some of those awards. Alexis Hatfield, Cosmetology, received the Greatest Achiever Award, and Thomas Miller received the Teacher Award.

More outstanding CTE students

Groton students were recognized as outstanding students of the month for May at the Career and Tech Center at the Tompkins-Seneca-Tioga BOCES: Deidre Brame, welding, Brianna Clark, animal science, and Taylor Thompson, nurse assisting and health occupations.

The outstanding students of the month are chosen based on qualities such as character, leadership, citizenship, work ethic and attendance. They must also be compassionate, honest, trustworthy, responsible, respectful and cooperative with peers and adults, eager and motivated to learn and a positive role model. They must display exemplary behavior resulting in a flawless record for the month, be present, on time and prepared for class every day of the month, exhibit exceptional contribution to class or academic improvement in class, demonstrate a positive and helpful attitude toward fellow students and have all assigned work complete for the month.

GrotonCon is here!

The Groton Public Library will be kicking the summer off with its annual "GrotonCon" on Tuesday, July 2 from 10 a.m. to 2 p.m. with pizza, cookies, face painting, Sir James the balloon artist and more.

For the rest of this popular summer reading program, all the performers and events will take place every Wednesday at 2 p.m. at the Groton Memorial Park on Sykes Street under the pavilion near the pool.

You can look forward to seeing Dan the Snake Man, the Ross Park Zoomobile, Merry-Go-Round Theatre and more.

Groton student named TST BOCES CTE Student of the Year

The rain and dipping temperatures on Thursday, June 20 were not daunting enough to keep the crowds away from Ithaca High School's Kulp Auditorium, the venue for the Tompkins-Seneca-Tioga BOCES Career and Tech Center's sixth annual completer and awards ceremony.



GROTON ON THE INSIDE

By Linda Competillo

Groton High School was well represented that evening, with 22 out of 141 students there to receive their CTE Completer certificates. There was a plethora of awards and scholarships handed out, with

the crowning touch of glory being the Rotary Clubs of Tompkins County CTE Student of the Year award, which comes with a \$1,000 cash award.

GHS senior Taylor Thompson, a student in the Nurse Assisting and Health Occupations program, was one of five students nominated by their CTE teachers from among the nine component schools within the BOCES to contend for this most distinguished award, but Thompson emerged the winner.

Thompson was nominated by Frances Horner, the NAHO teacher.

"I have had the pleasure of teaching Taylor for the past two years and have watched her grow into a true professional," Horner said. "She is a very caring individual, is honest and shows a lot of integrity. She is motivated and has good attendance. She excels within her clinical practice and in the lab setting."

Thompson has received the Greatest Achiever Award for each of her years in the program, and will be earning a nursing assistant certification, home health aide certification and her phlebotomy certification after completion, as well as nine college credits from Tompkins Cortland Community College. She is also first aid and CPR certified.

During the past two years, Thompson has become a member of Health Occupation Students of America (HOSA) and the National Technical Honor Society. She is currently employed at Groton



Photo by Linda Competillo

TST BOCES Career and Technical Education Center Student of the Year Award recipient, Taylor Thompson, Nurse Assisting and Health Occupations (center), celebrating with her mother, Nicole Thompson (left) and sister, Alyssa Thompson (right).

Nursing Facility as a support aide. She has been on the high honor roll at GHS since ninth grade and received several student-athlete awards for her amazing soccer skills.

Thompson said she entered the CNA program not really knowing whether she would like it. The thought of forming new relationships and branching out from her home school was scary for her.

As it turned out, "It was the best decision I've made so far," Thompson said. Choosing the winner of the CTE Student of the Year is not an easy choice to make for the ad hoc committee that diligently interviews each student, but the real "litmus test" always comes down to who truly had their life turned around as a result of the CTE Center.

Given that criteria, it is easy to see why Thompson rose to the proverbial "top of the heap," and her story bears telling to anyone who may have similar struggles in life.

"High school is certainly difficult enough, but sprinkle depression and anxiety on top, it then makes high school much more difficult," Thompson said. "Ever since the eighth grade, I've struggled with self-esteem issues and having extreme mood changes. Unfortunately, I didn't know how to deal with it. I resorted to self-harm. Sadly, it was the only sense that felt real to me."

Thompson said everything started

to change once she enrolled in the CNA program at TST BOCES.

"This program showed me the reward of helping others," Thompson said. "Making other people feel good made me feel incredible; that's what kept me going."

Thompson also said she has learned that being a CNA is a very demanding job and nobody wants to do the "dirty work" that comes along with it, but people do not ever think about the reward.

"Doing tasks for a person who physically can't do them makes it that much more important that you do," Thompson said. "I love going into the nursing home and helping someone with the simplest of tasks, such as getting dressed for the day or brushing their hair. It was delightful to see how grateful they were for my help. I now appreciate the little things in life such as me being able to feed myself, get myself dressed and being able to get out of bed without any help."

Thompson said she values her CTE program because it has made her a more compassionate person and made her think twice about all the things in life. Many of the people she cares for do not realize how much they are helping her along the way, she said.

"This program helped spark a fire

See BOCES, on page 7

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Sheriff's Office enacts policy for interactions with trans community

By Jessica Wickham
TOMPKINS WEEKLY

The Tompkins County Sheriff's Office recently passed a policy outlining the guidelines for officer interaction with transgender people, which focuses on respect, accountability and safety for everyone involved.

The policy, which applies specifically to road patrol officers, is the first Tompkins County sheriff policy outlining interactions with transgender people. Effective as of April 3, 2019, the policy is a long time coming, said Sheriff Derek Osborne. It is part of the department's efforts to meet what he sees as a growing need to address transgender interaction with law enforcement in an official manner.

"During my campaign, it became very aware to me that we have certain marginalized community members locally that may feel like they can't approach law enforcement when they need help and they also possibly fear that the interaction they receive from law enforcement will be negative," Osborne said. "So, it was just a step forward in trying to build that relationship."

Undersheriff Jennifer K. Olin drafted the policy, modeling it off the transgender interaction policy of the SUNY system. The drafted policy was shared with the Advocacy Center and the LGBTQ+ and Workforce Diversity and Inclusion committees in the county legislature, and those stakeholders provided helpful feedback, Olin said.

The process of creating the policy was meant to include as many stakeholders as possible, Olin said, to ensure the policy met fair standards and provided appropriate guidelines. She said the policy serves several purposes – not just determining how officers are expected to act.

"These policies aren't necessarily always for the officers or the deputies," Olin said. "They're so the community has a belief and awareness of what kind of training, what kind of policies we have so they know what they should expect when they interact with our deputies."

Osborne said the policy was a big educational opportunity for his deputies. Though he said he is confident officers have always tried



Photo by Jessica Wickham

Undersheriff Jennifer K. Olin (left) and Sheriff Derek Osborne (right) helped to create a new policy outlining proper procedures for respectful interactions with LGBTQ people.

to treat those in the transgender community with respect, there is still plenty of room to grow and learn, and his officers have been very receptive.

A big part of the policy is recognizing and respecting somebody's gender identity during all steps of an interaction.

"The Tompkins County Sheriff's Office recognizes and places a high priority on the rights of all people," the policy reads. "All Sheriff's Office personnel are to interact with transgender and gender non-conforming persons and the entire LGBTQ+ community in a manner that is professional, respectful and courteous."

Olin said that, when drafting the policy, she wanted to start with the foundation of the topic, which she sees as the definitions used within the transgender community. The second section of the policy outlines several definitions used to inform officers of LGBTQ+ vocabulary, including "adopted name," "gender identity," "gender expression" and "gender non-conforming."

From there, the policy touches on every step of a patrol officer's interactions with a transgender person, from pulling them over and putting them in a police car to arrest and booking. In addition to the policy,

the Department of Justice issued a 15-minute video covering the policy for officers to watch and learn more about expected practices.

Luca Maurer, head of the LGBTQ Center at Ithaca College and author of "The Teaching Transgender Toolkit," said this policy is a step in the right direction for helping to counteract the mistreatment transgender people have historically received from law enforcement in the country.

"Transgender people, as a group, experience, unfortunately, sometimes targeted harassment and profiling by law enforcement," Maurer said.

A 2015 survey by the National Center for Transgender Equality found a majority of transgender people (57%) are afraid to go to the police when they need help. This policy could help strengthen LGBTQ trust in Tompkins County law enforcement and help to build a positive relationship between deputies and transgender people, Maurer said.

"When there are policies in place that respect the dignity of transgender people, that both provides a roadmap for law enforcement personnel about what the expectations are, and it also potentially in the long term might help reverse these trends," Maurer said.

Osborne said the policy can go a

long way toward transgender people trusting law enforcement personnel enough to actively report hate crimes. The office's hate crime policy itself will be amended in November to include LGBTQ people.

"As sheriff, I'm a conservator of the peace," Osborne said. "It's important that all members of our community feel comfortable contacting law enforcement when they need help and knowing that they'll be treated fairly and respectfully."

In addition to the initial training deputies received, the Sheriff's Office plans to train officers regularly, at least once per year, on this and future policies regarding LGBTQ and law enforcement. Olin said she also tells her deputies to take appreciative briefing time out to practice these behaviors, including asking everyone their preferred name and pronouns.

"Practicing and doing that with everyone you interact with makes it a more comfortable experience," Olin said. "It doesn't necessarily have to be with someone you believe may be a transgender person."

Maurer said regular training is important, as well as ensuring the policy is widely available and understood and there is a system to report mistreatment if someone believes the policy has not been followed.

For now, Olin said there is no public database with the office's policies, so she and others at the office are working to spread the word and put the policy in the hands of stakeholders in the community, like the Advocacy Center. It is important that officers be held accountable to the policy, Olin said, and people can file a complaint with the Sheriff's Office if they believe they were treated unfairly.

This policy is part of Olin and Osborne's continued efforts to improve relations with those in traditionally marginalized groups, and Olin said she hopes to see more changes for the better in the future.

"I'm proud of the progress that law enforcement has made, but I'm naive to think that there isn't more needed," Olin said. "Sheriff Osborne and I are taking some really good stances and some really good training, and hopefully, we can progress each and every day."

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LUNCH

Continued from page 1

“We couldn’t access the programs already in place,” Tabrizi said. “But this gave us the freedom to design things so that they work for us. We came up with the idea of providing staples in a food box for breakfast and lunch for the kids who may be missing those meals.”

Tabrizi said with the funds Pasto secured, they purchased food from the Food Bank to repack into monthly packs for kids, each with breakfast and lunch for 20 days. They also work closely with the food bank to maximize their dollars, such as including oranges in the first pack.

“There will be more things in season when we do the second box - more options,” Pasto said. “And we will have a better idea of what people want and need.”

Running their own program meant writing their own guidelines, Pasto said.

“Someone \$30 over the limit is just as needy as someone just under the limit,” Pasto said. “With our funding, if we feel there is a need, they can come. We leave it to the schools to determine how needy someone is.”

Pasto and Tabrizi want Lansing to know just how many pieces came



Photo by Matthew Montague

From left, Savannah Pasto, Lily Helmer and David Helmer unload part of the six pallets of food designated for the Lansing Summer Lunchbox program.

together to make this program happen. Lansing Market provided the boxes and has offered more, Andy and Rosemary Sciarabba at The Rink provided free space to store the materials and pack the food boxes, and Toni Adams at the Lansing Food Pantry provided guidance and worked with the Southern Tier Food Bank.

In addition, Gutenberger offered the distribution site, Cayuga Lake Seido Karate’s Robin McColley and Gail Lajoie will have their 30 students packing the boxes, Whiteman

and school Superintendent Chris Pettograsso made connections, and the Parent Teacher Student Organization is the overarching nonprofit providing an official framework.

“The school’s social workers are the front-line workers for the project – Megan Hildreth, Melanie Towner, and Amber Alberta,” Tabrizi said. “Amy Frith, professor in public health at Ithaca College, was a big help in guiding the construction of the program to protect privacy. She will help with program analysis.”

Shante’ Tranchant of the Food Bank of the Southern Tier helped with programming and outreach, Tabrizi said.

“At 30%, we are talking about roughly 1 in 3 kids need help,” Tabrizi said. “The kid who sits next to my kid should not be hungry.”

You can offer your support for the Lansing Summer Lunchbox by emailing lansingsummerlunchbox@gmail.com. To donate, make checks out to the Lansing PTSO with “Summer Lunchbox” in the memo line.

IN BRIEF

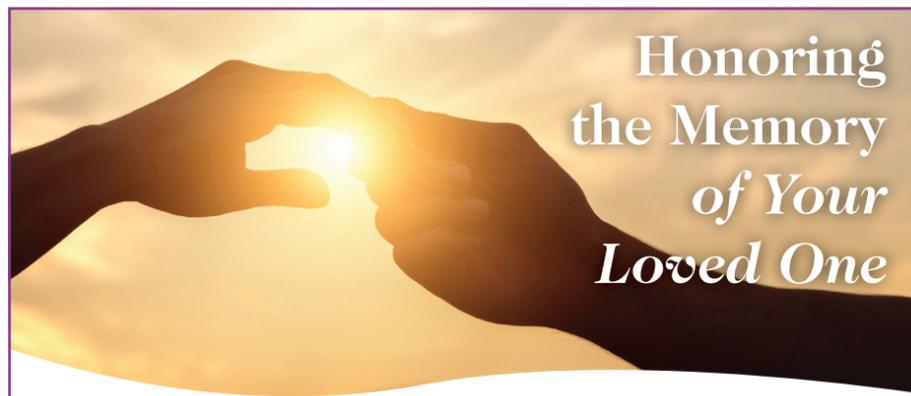
Free Community Garden Share

There will be a free community garden share where you can leave your extra garden flowers, herbs, fruit and vegetables for others to enjoy at the East Shore Christian Fellowship, 2049 E. Shore Dr.. The stand will be open every day from July 7 until September.

For more information, contact Lisa Campbell at 533-7818 or Denise Moore at 533-4229.

Summer story time in the park

Join us for a Lansing reading tradition all summer long. Find us at the gazebo in Myers Park Mondays July 8, 15, 22, and 29 at 10:30 a.m. and find us at the Ludlowville gazebo Mondays on August 5, 12, 19, and 26 at 10:30 a.m. Stories from guest readers and music by Lansing’s beloved Mr. Keefe make for a fun get-together for all ages.



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IGMC

Continued from page 1

hard to learn and practice.

“It’s fun because we can pick up music pretty quickly and get a nice sound out of it without a whole lot of rehearsal,” Nunley said.

The First Baptist Church on Cayuga Street in Ithaca hosts the IGMC for free and has served as its home since its founding in 2009. Nunley said he and the rest of the group are forever grateful to the church for its help.

“We made that connection with our first director and the pastor of the church,” he said. “They’ve really made it available for us, which is really fantastic. So, we’ve been able to exist without a big budget.”

The IGMC receives funding through the Community Arts Partnership, donations, fundraising and its nonprofit status under Affiliated Choruses of Ithaca, but Nunley said they continuously look for more resources to be able to pay professionals like Kwan.

Nunley recalls many endearing memories in his 10-year tenure in the IGMC, including singing at the 30th anniversary celebration of the Rochester Gay Men’s Chorus and “wowing” everyone there.

“We were on such a high after that concert,” Nunley said. “We sang our little hearts on our own, and we got just a fantastic response.”

On Saturday, June 22, the group



Photo provided by Ithaca Gay Men’s Chorus
From left to right, Jonah Hirst, Jamie Dye, Joshua Bastian Cole and Mark Daniels debut their AFAB4 quartet on April 23, 2019.

performed at Planned Parenthood’s 2nd Pride Block Party, which also featured performances from local drag royalty and burlesque dancers, food from local food trucks and vendors and a drag queen story hour. It was the group’s last performance of the season until August.

Many members agreed that they are always looking for more singers. The group can only perform if at least one person from each voice part is present, and with only eight members, meeting that requirement can be tricky.

“I would love if we could attract more singers,” Kwan said. “That’s my main vision for the group, is that we’re a larger, more well-known chorus in town.” Dye is eager for new members, too, as he looks forward to

helping others experience what he has found as a singer in the group.

“It’s been lovely to step into a group that has some history,” Dye said. “10 years is a long time and also not very long.”

Nunley said he hopes the group will get a chance to play at more venues in the future and travel farther from Ithaca.

“[We] get to sing. That’s the main thing,” Nunley said. “Hopefully, [we] continue to do what we’re doing. ... It’s a fun group to hang with, and that feeling after performing is always nice.”

Rehearsals are at the First Baptist Church every Tuesday from 6:30 to 9 p.m. Anyone is encouraged to come and join the decade-old chorus.

Our question,
your answers

Street Beat

BY JESSICA WICKHAM

What is your favorite thing to do when it’s raining?



“Play with my daughter.”
Jala Bayo, Ithaca



“I like to run, as long as it’s raining and it’s above 65.”
Russ, Ithaca



“Paint.”
Rosemary, Washington, D.C.

“Go to a museum.”
Ross, Washington, D.C.



“Dance. Just enjoy it because there’s nothing you can do about it.”
Jennifer, Baldwinsville

BOCES

Continued from page 4

inside of me that will never be extinguished,” she said. “I think back to my dark times, when I hated being with myself, when I avoided looking in the mirror, and I think of how far I’ve come. I’ve learned how to juggle dealing with mental health issues, working 16 hours a week, and still managed to make it on high honor roll for the past two years and becoming a member of National Technical Honor Society.”

In addition, she has played varsity soccer for the past four years and was the first team all-star for three of those years. Thompson said she feels amazing for her win.

“I am so proud of her and all her

accomplishments,” her mother, Nicole Thompson, said. “I am just so happy for her.”

Scholarship winners

Other awards and scholarships were in abundance at the ceremony, and these Groton students were among the recipients: Sebastian Mikula, culinary arts, received the Teacher Award, while both Nicholas Côté, welding, and Taylor Thompson, nurse assisting and health occupations, were each awarded the Greatest Achiever Award in their respective classes.

One student from each CTE program is selected to receive the Greatest Achiever Award for their class. This student must attain an overall average of at least 90%,

have excellent attendance and demonstrate class leadership.

Similarly, one student per program is selected to receive the Teacher Award for their class. That student must have a strong work ethic and excellent attendance record and have been an active class participant throughout the year.

Mikula was also the recipient of the Anthony R. Dilucci Scholarship. Katelyn Sill, nurse assisting and health occupations, was awarded the Teachers’ Association Scholarship, and Thomas McDougal, auto technology, received the Rotary Club of Groton Scholarship.

Groton on the Inside appears weekly. Submit news ideas to Linda Competillo, lmc10@cornell.edu or 607-227-4922.

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News around Trumansburg

Gently used backpack collection for Tompkins County foster care children

Gently used backpacks are being collected at the Trumansburg United Methodist Church and the Trumansburg Shur Save through Sunday, July 7. According to the Tompkins County Department of Social Services, gently used backpacks and duffle bags are perfect for kids on the move. Questions can be directed to Ronda Ketchum, Trumansburg United Methodist Church Mission and Outreach Program, (607) 387-4369.



TRUMANSBURG CONNECTION

By Elaine Springer

Ulysses Philomathic Library News

Book Club Bar Crawl lives on for Adult Summer Reading Program in July at the Silver Line Tap Room. On Tuesday, July 30 at 7 p.m., join the discussion of *The Life-Changing Magic of Tidying Up* by Marie Kondo. The Library has two Empire Passes available for check-out. Each pass



Photo provided

Be a part of creating festival magic! Fill out a GrassRoots volunteer application, grassrootsfest.org/be-a-volunteer.

will admit one car to any park in the New York State Parks system; carpool with your friends or family for maximum fun efficiency. You can use the Empire Pass for entry to local parks including Taughannock Falls and Watkins Glen, as well as many, many more parks, beaches, lakes and trails all over the state from Niagara to Long Island. Passes are loaned for one week and cannot be held or renewed.

Summer Reading registration

is underway! The library is now offering a variety of days and times to participate in the Summer Reading Program. The calendar can be found on its website, <https://trumansburglibrary.org>. Reading goals, reading log bookmarks and prizes will run through August. Summer reading programs are available for kids, teens and adults.

Salsa Dance at the Trumansburg

Conservatory of Fine Arts

Join instructors Rick Lightbody and Carol Johnson (www.exploradance.com) on July 1 from 7:30 to 9:00 p.m. for a structured lesson, then the remainder for practice to recorded music, with guidance from the instructors. Salsa, arguably the most popular Latin partner dance in the world, is done to exuberant music with complex, captivating rhythms. It allows for endless creative expression, yet it is quite accessible for beginners, and it can also be a great "gateway" to further partner dance exploration. Come out and dance! \$10 per person per lesson.

Finger Lakes GrassRoots Festival Seeking Volunteers

Come join the GrassRoots Festival and help create festival magic! Volunteers are needed from setup to breakdown and everything in between. Earn your wristband, meet new friends and become part of the festival family! Volunteer application can be found online at grassrootsfest.org/be-a-volunteer.

See AROUND, on page 10

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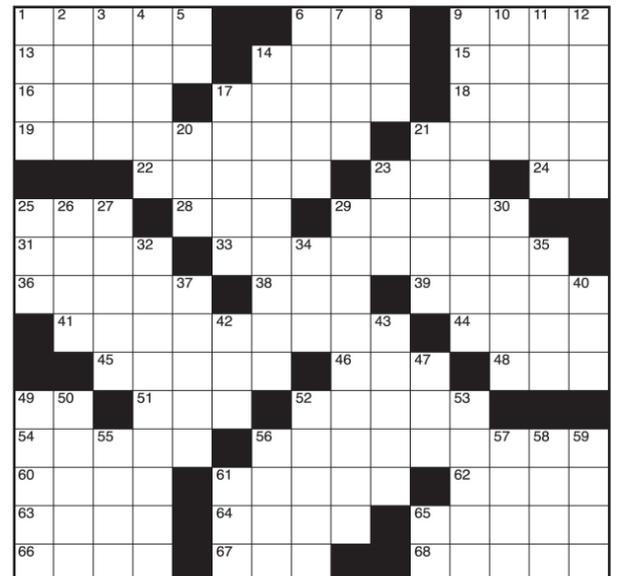
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CLUES ACROSS

1. Stores
6. Worthless entertainment
9. Where scientists work
13. Pretty flower
14. A way to act
15. Double-reed instrument
16. Type of acid
17. Famed astronomer
18. Smooth, shiny fabric
19. Profited from
21. Secret clique
22. Infections
23. Crony
24. Teens go here every day (abbr.)
25. Suitable
28. Fresh Price of ___ Air
29. Ancient city of Egypt
31. Basketball move
33. Polished
36. There's a north and a south
38. Egg of a louse
39. Once-ubiquitous department store
41. Portray precisely
44. Thick piece of something
45. Period between eclipses
46. Indicates near
48. Investment account
49. England, Scotland, N. Ireland, and Wales (abbr.)
51. Beak
52. Void of skill
54. Walked back and forth
56. A display of passion
60. Geological times
61. Type of restaurant
62. Spacious
63. Edible seaweed
64. Utah city
65. Tropical tree
66. Nervous tissue compound
67. Body part
68. Muscles and tendons



CLUES DOWN

1. Draw out wool
2. Give someone a job
3. Chemical and ammo manufacturer
4. Footsteps
5. The Palmetto State
6. Books have lots of them
7. Diverse Israeli city
8. It's mightier than the sword
9. Confines
10. First month of the Jewish ecclesiastical year
11. Idaho's highest peak
12. Prevents from seeing
14. Determine time
17. Father children
20. Tab on a key ring
21. Dog genus
23. Peter's last name
25. Request
26. Walk heavily
27. Allowances
29. English football squad
30. Fish-eating aquatic mammals
32. South Pacific island region
34. Unaccounted for
35. Small taste of whiskey
37. Ventilated
40. Helps little firms
42. One of means
43. Fencing swords
47. Inches per minute (abbr.)
49. Turn upside down
50. S. African semi desert
52. Dutch names of Ypres
53. Instruct
55. Oily freshwater fish
56. Italian river
57. Sneaker giant
58. The men who man a ship
59. Some need glasses
61. Body part
65. Indicates position

County palliative care programs need education

By Jessica Wickham
TOMPKINS WEEKLY

When many people first hear about palliative care, they associate it with hospice – the end-of-life, interdisciplinary care program that has been around for decades. Those involved in palliative care, however, are working to change that misconception and help educate the people that need it about the care system for those diagnosed with a serious illness.

Anna Rosenblatt, coordinator for the Finger Lakes Geriatric Education Center, said palliative care and hospice are similar in their goal of improving a patient's quality of life while suffering from a debilitating illness but differ in some important ways.

"Both hospice and palliative care are about quality of life at the end of the day," Rosenblatt said. "The difference is truly that hospice is meant to address psychosocial and physical symptoms that are present at end of life."

Palliative care involves an interdisciplinary team of service providers in the physical, social, emotional and spiritual health communities, similar to hospice. Hospice, though, is reserved specifically for patients with a medical prognosis of six months or less. Palliative care does not have such a requirement, as it can apply to people at any age and at any stage of an illness.

Palliative care is centered around care for those suffering from a severe illness, like Parkinson's disease or multiple sclerosis, that may be causing the patient a lot of pain or mental distress on a daily basis, making it difficult to care for themselves.

"If they have a symptom burden, they feel like they're going to many doctors, that no one's really able to see the whole picture, that's where a palliative care provider might be able to step in and really look more holistically at the care," Rosenblatt said.

In addition, whereas hospice requires a patient to forgo curative treatments and largely involves in-

Palliative Care	Both	Hospice Care
<ul style="list-style-type: none"> • Can pursue curative treatment • Any age, at any stage of serious illness • Administered in hospitals, extended care facilities, nursing homes, and the person's home 	<ul style="list-style-type: none"> • Improve quality of life for patients with serious illnesses • Provide emotional, spiritual, physical, and social support to effectively manage symptoms 	<ul style="list-style-type: none"> • Must forgo curative treatment • Requires medical prognosis of six months or less • Administered by family and visiting nurses in the person's home
<p>Note: Hospice includes palliative care resources, but palliative care doesn't necessarily include hospice.</p>		

Graphic by MacKenna Weakland

home care, palliative care does allow patients to undergo curative and other treatments and can be provided both in and out of the home. Palliative care applies to hospitals, homes, nursing homes and other locations, said Kim De Rosa, executive director of Hospicare and Palliative Care Services.

"Palliative care can be provided anywhere as long as you have the program that can support that," De Rosa said. "So, the more places you go, the more resources you need."

One of the biggest reasons palliative care and hospice are so often confused is because palliative care only became a recognized medical specialty in 2006, said Elizabeth Bergman, associate professor and aging studies department chair at Ithaca College. De Rosa said this has led to a lack of understanding from both doctors and patients.

"Even in the medical community, there are a lot of medical providers that need that education because if they don't understand, how are they educating their patients?" De Rosa said.

Rosenblatt said this has led to a patchwork of availability of palliative care services throughout the state and county depending on funding, which is generally lower than it needs to be. This can influence how familiar community members are with the program.

funding for palliative care services.

The Ithaca College Gerontology Institute Center for Palliative Care and the Tompkins County Palliative Care Collaborative recently created a brochure that outlines palliative care services in the county, and Bergman hopes to use it to spread the word around. Bergman said this and other education efforts are needed to help support the program.

"Part of the way that we build palliative care in this community is to spread knowledge and encourage people to ask their provider for it and generate the demand for it that actually exists," Bergman said. "We just need to get people better educated about what it is."

PATH, which is free to patients who use it, currently depends on donations and grants since its current lack of medical providers on staff prevents it from qualifying for insurance.

Hospice, on the other hand, is covered by most private insurers and Medicaid. De Rosa and Gabriel said they are working to educate possible funders so they see palliative care is also a worthy cause to support.

"My goal is that palliative care isn't a luxury to people, that it's a standard part of health care for those that are living with serious illness," De Rosa said. "Everybody should have the option to have palliative care as part of their support network."

"That's a different way of accessing it, and thus, you would have a different point of reference for what a palliative care program can look at depending on where you live," Rosenblatt said.

Hospicare's Palliative Approach to Health program (PATH) is in its infancy, De Rosa said, requiring more education and funding to move it to the next step and meet the untapped demand. Jennifer Gabriel, director of development and community relations at Hospicare, said it is a careful balancing act.

"Putting too much information out there right away is going to create a demand that we might not necessarily be able to sustain right now," Gabriel said.

To both generate demand and be able to meet it, Gabriel said Hospicare is focusing on one step at a time.

"Educating the medical community is step one in helping the community understand that this is a program they could benefit from, and the second is community outreach and education,"

Gabriel said. "And we have big hopes and dreams on that end because I think there's a lot that can be done within the community to promote both hospice and palliative care."

Right now, Hospicare is focusing on community outreach programs, educating providers and increasing

Hospice Myths & Facts

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On road to Green New Deal

By Francis Vanek

The idea of “We’re moving in the right direction, but we’re not moving fast enough” is commonly heard when discussing our current situation with the effort to counteract climate change and the rise of the Green New Deal (GND) and the Sunrise Movement. But how do we know we are moving in the right direction? What would “moving fast enough” look like? It helps to have some quantitative benchmarks and milestones on the road to the post-carbon economy. I will discuss two measures in this article, “peak carbon” and the “target-to-actual ratio.” (All my data come from the U.S. Energy Information Administration website.)

“Peak carbon” is the historical high-water mark for annual greenhouse gas emissions, after which the quantity declines as we move away from carbon; it is also the peak year. If you want to eventually get to zero carbon, you first need to turn a corner and start moving in the right direction. U.S. CO₂ emissions fell from 6 to 5.1 gigatonnes of CO₂ per year between 2007 and 2017, so hopefully 6 Gt in 2007 represents the U.S. peak carbon point. Unfortunately, emissions started rising again in 2018. As a bare minimum objective, to make peak carbon in 2007 “stick,” we need

to prevent a return to 6 Gt and continue to drive emissions lower.

To address climate change, achieving global peak carbon is what really matters. World CO₂ has not reached peak carbon yet. As a first baby step, CO₂ emissions stayed on a plateau around 35 Gt between 2013 and 2016. From 2017 on, they continued rising. Having individual countries pursue national peak carbon is a way to slow this trend. The problem is that, if some countries reach peak carbon and others do not, it will be very hard to reduce overall world emissions. Therefore, we need to add a step to the GND. We not only need to reduce our own emissions as a community, as the state of New York or as a country. We need to use our example to strongly encourage and challenge our peers to do the same. We could expect that they will bring the same pressure to bear on us.

The need for faster emissions reduction brings up the second metric, namely the target-to-actual ratio for energy transition. It is the ratio of how fast we need to move to reach a future target to the rate at which we are actually moving. To create an example, I will go back to the year 2016 so that I have full data about the U.S. energy market available.

Suppose we start in the year 2016 with the objective of phasing out electricity from fossil fuels by 2030, as in the GND. Total electricity con-

sumption in the U.S. has hovered around 4 trillion kWh per year since 2005, so let us assume that it stays at this amount through 2030. Of the total, about 2.6 trillion kWh came from natural gas and coal and a small contribution from fuel oil. With 14 years until 2030, you would need to add new renewable generation equivalent to 186 billion kWh/year to meet the target.

The actual increase in solar and wind for 2016-17 was around 50 billion kWh. Therefore, the ratio value is 3.7, meaning that we need to be moving 3.7 times as fast to hit the GND target. You could also flip the metric around and treat the actual rate as a percentage of what we need to achieve. If a 100% score represents being on track to meet the GND target, then we are at a score of 27% by this calculation.

To conclude, I offer two observations about the metrics. First, the target-to-actual ratio backs up and quantifies the intuition at the beginning: We are indeed moving too slowly. In the year 2019, this is a sobering assessment, especially since it does not take into account the transition in liquid fuels for transportation or use of natural gas for heating and industry, where things are moving even more slowly.

In addition, in the past five years, the rate of solar panel installation has been growing, but the rate

of wind installation has actually slowed. The U.S. wind industry had its best years in 2009 and 2012 in terms of new installations, and no year since then has been as good.

Second, and on a more positive note, the target-to-actual ratio can empower us going forward. Armed with this metric, we can redouble our efforts as individuals and communities to increase our use of renewable energy. We can also lobby our political leaders to implement policies that make the transition go faster.

After all, many of these leaders are already on board with accelerating the change, whether through the GND, renewable portfolio standards, the Energy Innovation and Carbon Dividend Act or some other mechanism. Whatever the policy, we should be able to get on track to phase in renewables at a sufficient rate. Once we get on track, we can make sure we stay there. Eventually, if the U.S. joins with enough other countries and all start moving fast enough, we should reach global peak carbon – the sooner, the better.

Francis Vanek is a Senior Lecturer in Civil & Environmental Engineering at Cornell University. He is lead author of the textbook “Energy Systems Engineering: Evaluation and Implementation (3rd Edition)”, published by McGraw-Hill in 2016.

AROUND

Continued from page 8

Little Blue Raiders Cheerleader Fundraiser

The Little Blue Raiders Cheerleaders will be hosting a car wash with lunch on Saturday June 29 at the Maguire Cadillac just behind the Triphammer plaza from 10:30 a.m. to 2:00 p.m. Have your car washed while you grab a bite to eat. Hot dogs, hamburgers, chips and soda will be available for a donation. Pay what you feel for the food and wash and drive away full in a clean car.

Lakshmi Living Arts

Tensegrity, Sundays, June 30, July 7 and July 14 at 10 a.m. Thanks to the anthropological work of Carlos Castaneda and his discovery of magical passes, which are bodily movements discovered in dream states by warrior-seers in central and southern Mexico thousands of years ago, we have a collection of movements, now called “Tensegrity,” available to us for the enhancement of our health and well being. Join Jordan Puryear, a level-one Tensegrity instructor in training, and Lissa Farrell for an introductory series of three classes devoted to learning Tensegrity and Magical Passes.

They will also explore the art of tracking and recapitulation, which is an integral part of Tensegrity as a

way of being. The classes will last for approximately 90 minutes. Donations will be accepted for Lakshmi Living Arts, but the classes are free of charge. It is suggested to wear comfortable clothing and bring a notepad, but nothing else is required. The movements are not strenuous, and any and all are welcome to participate. For more information on Tensegrity, please visit: www.cleargreen.com, and if you have questions and would like to speak to somebody, please call: Lissa Farrell at 607-592-5590.

Open meditation, led by Rich Goldman, Wednesdays July 3 through 31, 5:30 to 6:15 p.m. This is a donation-based offering. Rich will offer wisdom on the benefits of meditation, tips on how to be comfortable in your seat

and some guided meditation leading into open meditation time. There will be time for questions. Beginners and seasoned meditators alike are welcome. Please direct questions to info@Lakshmilivingarts.org.

Full Moon Shamanic Journey, Tuesday July 16, 7 to 9 p.m. with Anne Sierigk. By donation, suggested \$10-20. This recurring series is woven around the time of the full moon. This cyclical marker is ripe for setting intentions and clarifying goals. Explore the specific meanings and richness of this special blue moon. Anne’s clarity of vision and caring insight serve as guides in the direction of your own contact with deep wisdom.

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POWER

Continued from page 3

everybody in the government has been discussing.

“You have a great business partner that is willing to invest a tremendous amount of money in our communities and that will give the trades an opportunity here to continue the pathways to prosperity with our apprenticeship programs where they can learn while they earn building this project,” Lancette said. “We really encourage the smart growth and the smart energy policy, and we welcome this opportunity to continue a great relationship with Beowulf and the community.”

In addition to the wide range of support, closing the power plant and creating the data center will be very environmentally beneficial. As County Legislator Anna Kelles explained, one of the issues is the powerplant emissions, which is why the powerplant will be shut down.

“The infrastructure already exists—meaning the electrical wiring and all that infrastructure, which would allow the data center to plug in without the construction of new infrastructure,” Kelles said.

Another issue, Kelles said, is its position close to the water, which was used as the coolant system.

The data center will use the same coolant system, but the impact will be significantly less.

“The other thing is they will be using a technology, which is a filtration system on the pipes so that it will prevent damage to flora and fauna life in the lake, which was really important to me,” she said. “And while it won’t be down to zero, it will be a notable reduction.”

The Sierra Club has also voiced its support for this project, especially given the use of onsite solar that will be constructed and utilizing hydropower to meet the energy needs of the facility. Lisa Dix of the Sierra Club said New York has adopted regulations to permanently phase out coal by 2020, and the owners of the plant came up with a proposal that works well from an environmental standpoint.

“Getting those plants to move away from coal just from an environmental

health, air quality and water quality standpoint is really important,” Dix said. “The proposal that the company came up with was to take these plants, these sites, into the next century where there would be high tech data centers.”

In addition to positive environmental impacts the closing of the power plant will have, there are also very important economic impacts.

The power plant has been operating on a Payment In Lieu of Taxes (PILOT) agreement, which is a payment made to compensate a government for some or all of the property tax revenue lost due to tax-exempt ownership or use of real property. The payments under the existing PILOT agreement have been decreasing every year. Sigler explained that good leadership in Lansing has allowed them to adjust it.

“Our last county administrator and some other people were able to

put us on a slope that we could do an offramp with it,” Sigler said. “But if we can bring a piece of property back on the tax roles and increase the value substantially—then that’s a win for Lansing.”

No formal determination has been made as to whether the data center will operate under a PILOT agreement or a traditional assessment structure. However, according to those interviewed, it is most likely to operate under a new PILOT. The final structure of this will be developed as the project moves forward.

Finally, as Jerry Goodenough, vice president of development for Heort Power management (a subsidiary of Beowulf Energy), explained, these sites will continue to offer opportunities that will have continued and long-term positive economic impacts on our community.

“These data centers, in essence, can be an energy storage device, almost like a reverse battery, that when the electric need is high, these data centers can power down,” Goodenough said. “We are just going to continue to grow, and this is just step one.”

SOLUTIONS TO PUZZLES

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Republican Green New Deal

I've heard a lot about Green New Deals lately, nationally, from the county and from the city of Ithaca.



THE REPUBLICAN VIEW

By Mike Sigler

They are all long on promises but sadly short on solutions. I said at a meeting recently that if you believe that humans are the cause of global warming, as a majority of people in the country do, then the solution is simple: stop burning fossil fuels. That's why

I like "Fossil Free Tompkins." Their message is simple. I don't agree with their solutions, but I like that they've distilled the problem down to a simple, albeit unattainable, solution.

Every "Green New Deal" sets goals. New York state is now four years past meeting its 2015 emission goals. The setting of goals is more political cover today than achievements. Setting goals is a chance for politicians to say, "see, we're doing something" without implementing the hard policies and making the tough decisions necessary to make those goals a reality. Solutions will be the focus of any Republican Green Deal. Some of these solutions you may agree with, some not, but they are realistic and will get the nation closer to carbon neutrality than the plans being praised for "brave" goal setting.

Solutions

1. We have power upstate, but we need to move it downstate. Gov. Andrew Cuomo wants to move power from hydro in Canada to New York City. It is not the time for "not in my backyardism." This can be done. The

path is down the Hudson. New York gets 80% of its renewable power from hydro, mostly from Niagara Falls. We can capitalize on other hydro sources, including micro hydro. There's a lot of moving water in upstate New York. Tompkins County has 88 megawatts of mostly untapped hydro. The county uses 100 megawatts of power. We'd be close to carbon neutral, at least for electricity generation, with hydro alone. Heating our buildings and running our cars is another story.

"Any type of 'Green New Deal' will require sacrifice and trade-off."

2. NYC should set up garbage incinerators near the city. Sweden does this, sending almost zero garbage to landfills. We fought an incinerator in the Finger Lakes and won because, why ship it upstate? Why bring in waste and burn it where the power isn't needed and it would negatively impact our area? This can be done cleanly. It will not be carbon neutral, but if not burned, it will break down, releasing that carbon and methane into the atmosphere.

3. Nuclear power needs a renaissance. It's carbon zero power. We need one federal design so that the price of construction and siting goes way down. There are designs that cannot melt down and that produce minimal waste. It's not 1970, and we can do that now. The little waste that's left would have to be buried, but would you prefer the waste from power generation in the atmosphere? With more people working in nuclear fission, we should be able to make more advances in nuclear fusion. Fusion is always the technology that's 30 years away. The

fusion reactor in France may be the first in history to produce net energy, maybe within a decade, but even if it does, it will be kilowatts. It's still a huge leap, but decades from being a practical energy source.

Nuclear power has been left out of many Green New Deals. That is a mistake. Our electric grid is set up for large generation facilities. If it's not nuclear, it will be carbon producing plants like natural gas. You doubt this? The last decade of natural gas power plant building proves the point.

4. Local building codes should require new buildings of more than four units use heat pumps. The expense reaches a savings much quicker than with new or retro-fit single homes. The argument can be made that a builder should be able to use what they like, but again, if this is the challenge of our time, then the building code should reflect that.

5. We should switch to electric cars and natural-gas-driven cars and trucks when appropriate. It will be hard to have an electric powered snow plow. There should be more electric charging sites. You can't have reliable electric cars and trucks without filling stations. This is something we're doing at the county. While electric cars sound like a solution, it's a solution of the future as the power still has to come from somewhere and right now, a lot of that is from fossil

fuels.

6. Upgrade natural gas infrastructure to stop leakage. It's not the burning of natural gas that's the main concern, but the escape of methane into the atmosphere. Stop it from escaping. We will be using natural gas for decades. Let's fix what we know is a problem. We simply won't be able to shift to heating our homes and buildings and advance industrial production without natural gas. It will be hard to even open a new restaurant without natural gas.

Any type of "Green New Deal" will require sacrifice and trade-offs. That's a realization that's lacking in the current crop of "New Deals." These solutions are a good start.

The Democratic View will be published in the first edition of each month.

Tompkins Weekly
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Photo by: Tyler Shaw Derby Photography

The Ithaca League of Women Rollers provides a hard-hitting atmosphere and a drive to provide an opportunity for women to compete in a competitive sports.

ROLLER

Continued from page 16

players as she can and end the jam before the other jammer catches up and scores any points. Jammers score a point for every opposing players' hips they pass. Players have to have a strong mental and physical game and are constantly switching from offense to defense.

MS: This sport takes a lot of practice. What is a typical session like?

JG: We practice three days a week for two hours. ... We have two league practices and one team practice per week. One league practice and our individual team practices are where we work on skills and strategy, while the other practice is a full league scrimmage. Our local referees, non-skating officials (NSOs) and volunteers also attend these scrimmages for practice as well.

MS: How would you like to see roller derby grow in the Ithaca area?

JG: We are always recruiting skaters, refs and NSOs. ILWR was founded in 2008 with the SufferJets, followed by the BlueStockings and our junior league in 2010. In that

time, roller derby as an international sport has grown, with nearly 400 leagues in existence across the globe. Roller derby has gone from a fringe hobby to a legitimate, full-contact sport where power, athleticism and sportsmanship take center stage. It is also unique in that we are a member-owned and -operated nonprofit, meaning there are countless roles within the league for anyone interested in being part of a fun, empowering local league, no skates required.

MS: How important is it to provide a roller derby experience for youth through ILWR's junior derby?

JG: Our juniors are literally the future of roller derby, and roller derby is one of the few full-contact sports that caters explicitly to female and female-identifying athletes. The youth involved with Ithaca League of Junior Rollers obviously learn the athletic skills, but it's the non-skating skills like teamwork, sportsmanship, conflict resolution and accountability as a part of the team.

The ILWR hosts its home bouts at Cass Park in Ithaca and is preparing for the remainder of the home schedule. The SufferJets will next play host to the State College Area Roller Derby on Saturday, July 13.



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Soccer slips, success, Yankees

We're not invincible

The U.S. women's team ran into a Spanish team that gave it a test unlike what it has faced in quite some time. The U.S. breezed its way through its pre-tournament friendlies and the group stage, and the lack of competition caught up on Monday afternoon.



WHAT CAUGHT MY EYE

By Mark Shelley

The U.S. played sloppily and looked ill prepared for a matchup with a solid Spain roster. Although it was far from a beautiful performance, the biggest takeaway is that the U.S. can still prevail even when lacking in effort.

The top teams in the world will take advantage of another performance like that. As for Spain, I think I know who is my favorite in four years when that young team is mature and ready for the 2023 World Cup.

A step in the right direction

The U.S. men's team is taking over the television screens of American households on the off days for the women's team, and it put on a much better performance than we saw in the lead-up games to the CONCACAF Gold Cup. While Guyana was not exactly a challenging opponent, the blowout of Trinidad & Tobago definitely signified signs of better days for U.S. soccer. The team that I saw win 6-0 is a team that still may not be ready to openly defeat Mexico but can certainly hang with the best in CONCACAF.

Bombs away!

The Yankees keep on hitting homeruns. It's that simple. The Bronx Bombers are living up to their name and taking advantage of the slightest mishap by an opposing pitcher. Oh, and did I mention that this is a lineup that has two of the best homerun hitters in baseball back and healthy? The long ball is the way for the modern era of baseball, and I, along with almost every baseball fan, can't get enough.



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1 Person	2 Person	3 Person	4 Person	5 Person	6 Person
\$35,280	\$40,320	\$45,360	\$50,340	\$54,420	\$58,440

Unit Size	Occupancy	# of Units	Rent
1-bedroom	Min. 1/Max. 2	9	\$726
2-bedroom	Min. 2/Max. 4	15	\$829
3-bedroom	Min. 3/Max. 6	18	\$959

80% Limits
Income Cannot Exceed:

1 Person	2 Person	3 Person	4 Person	5 Person	6 Person
\$47,040	\$53,760	\$60,480	\$67,120	\$72,560	\$77,920

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2-bedroom	Min. 2/Max. 4	3	\$1121
3-bedroom	Min. 3/Max. 6	2	\$1039
3-bedroom	Min. 3/Max. 6	2	\$1239

- All information on income provided by applicants must be verified before occupancy. This qualification and certification process must also be completed annually upon renewal.
- Tenant is responsible for payment of gas and electric bills. Water, Sewer and Trash included. Off street parking, Energy Star appliances and fixtures, Washer/Dryer hookups, porches, and all homes are located on or near a public bus line.
- Standard security deposits have been established and are equal to one month's rent.
- Applications are being accepted June 9th, 2019 through July 9th, 2019. A lottery will take place at 10:00am at the Lansing Town Hall located at 29 Auburn Road, Lansing, NY 14882. After the lottery applications will be accepted with a date and time stamp when received.

Please return all completed applications with photo ID, social security card(s) and birth certificate(s) to 16 Cinema Drive Ithaca, NY 14850.

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Email miltonmeadows@rcqitd.net
The project is posted online at www.NYHousingSearch.gov

Wednesday, June 26

■ Science on Tap

WHERE: Casita Del Polaris, 1201 N. Tioga St., Ithaca
TIME: 7 to 9 p.m.
MORE INFO: Free and open to the public and all ages, "Science on Tap" is aimed at making science accessible and exciting to everyone. We will bring a diverse set of speakers studying a range of scientific topics from Cornell into the community who will strive to present their research in an authentic, engaging and understandable way.

■ World Picture: Travel Imagery Before and After Photography

WHERE: Hirshland Exhibition Gallery, Carl A. Kroch Library, Level 2B, Cornell University, Ithaca
TIME: 9 a.m.
MORE INFO: Drawing from Cornell's Rare and Manuscript Collections and the Herbert F. Johnson Museum of Art, this exhibition examines how published travel imagery created and transmitted geographical knowledge during the nineteenth century, a period of rapid and extraordinary change in how people travelled, represented, and understood the world.

■ Pajama Storytime & Music with Miss Angie

WHERE: Southworth Library, 24 W. Main St., Dryden
TIME: 6 p.m.
MORE INFO: A foot stompin', hand clappin' pajama storytime for all ages! Learn more about the 1000 Books Before Kindergarten program and receive a free book.

Thursday, June 27

■ Mid-Day Ecocruise on Cayuga Lake

WHERE: Allan H. Treman Marine State Park, 1000 Allan H. Treman Park Rd., Ithaca
TIME: 12:30 p.m.
MORE INFO: Join Discover Cayuga Lake aboard the MV Teal. This narrated cruise covers nearly 20 miles of Cayuga shoreline and 300 years of history. Our narrators focus on the interests of their audience and are happy to lead all-ages lake study activities for those interested. A great cruise for a picnic lunch!

■ CFCU Summer Concert Series Presents: August First

WHERE: Bernie Milton Pavilion, 198 N. Tioga St., Ithaca
TIME:
MORE INFO: August First is a New England based project creating their own unique take on stringed music through their originals and covers, while celebrating the many musical incarnations of Jerry Garcia. All concerts in this series are free, all ages and family friendly.

Friday, June 28

■ Ithaca Kitty-Thon!

WHERE:
TIME: 9:30 a.m. to 12:30 p.m.
MORE INFO: Part of the Henry N. Hinckley Series, join us to sew and stuff kitties for fundraising as Phyllis Smith-Hansen

EDITOR'S CHOICE: JUNE BERRY FESTIVAL



Thursday, June 27

■ Juneberry Festival

WHERE: Juneberry Orchard, 6960 First St., Willard
TIME: 5 to 7 p.m.
MORE INFO: Guy Lister, owner of the Juneberry Farm, joins with Seneca County CCE to host a Juneberry Festival, where visitors can pick Juneberries, tour the farm, and enjoy delicious Juneberry baked goods.

EDITOR'S CHOICE: REGGAE FEST



Saturday, June 29

■ Ithaca Reggae Fest

WHERE: Stewart Park, Gardner Parkway, Ithaca
TIME: 11 a.m. to 10 p.m.
MORE INFO: The main event in Ithaca's historic Stewart Park features performances from legendary Grammy award winning Jamaican recording artists Mykal Rose with Sly & Robbie alongside Giant Panda Guerilla Dub Squad, Kevin Kinsella, Double Tiger, Cha Cha & The Medicinals, Dub Apocalypse, E.N Young and The Analogue Sons.

shares the historical backstory, answers questions and supervises production.

■ Into The Woods

WHERE: Hanger Theatre, 801 Taughan-nock Blvd., Ithaca
TIME: 8 p.m.
MORE INFO: This modern twist on classic fairy tales begins with characters you know and love, like Cinderella and her wicked stepsisters, Rapunzel and The Witch, Jack and his beleaguered mom, Little Red Riding Hood and The Wolf, and other favorites. What will they discover when they venture away from home and into the scary, wild, often unpredictable woods? It's a soaring musical about the power of wishes—and what really happens when they come true.



Saturday, June 29

■ International Mud Day

WHERE: Cass Park, Rt. 89 (Taughan-nock Blvd), Ithaca
TIME: 1 to 4 p.m.
MORE INFO: Since International Mud Day began in 2008 in Nepal, thousands of children all over the world have celebrated their connection to the great outdoors by sliding and splashing through the mud on this special day in June. In Ithaca, the Garden celebrates the mud that provides shelter and food to birds and insects and nutrients for the plants that grow in the Garden. ICG's International Mud Day celebration is free, open to the public, and fun for all ages. Come early and help the Ithaca Fire Department flood the Hands-on-Nature Anarchy Zone, and stay for slipping, sliding, tossing, building, and painting. Bring a few dollars for snacks, a towel or change of clothes, and a bundle of laughter to enjoy this afternoon of summertime play.

■ Historic Ithaca's 2019 Walk and Talk Tour Series - The Byway in the Hamlet of Forest Home

WHERE: The Byway, Forest Home
TIME: 11 a.m.
MORE INFO: Take a guided walk of The Byway in the Hamlet of Forest Home with Forest Home historian Bruce Brittain. Learn about Forest Home's early mill history.

Sunday, June 30

■ Celebratory Concert

WHERE: First Baptist Church in DeWitt Park
TIME: 4 p.m.
MORE INFO: Russell Posegate will perform a selection of classical and gospel music reflecting the history of First Baptist Church in Ithaca.

■ The Ithaca Sociable Singles Group picnic

WHERE: Email for information
TIME: 12 p.m.
MORE INFO: The Ithaca Sociable Singles Group (ISG) is a social group for single adults above age 50. ISG would like to invite non-members who might be interested in learning more about the group to join us and meet some of the members. Cost will be \$10 for the picnic lunch; if you decide to join ISG at that time, we will offer a \$5 discount on an annual membership to ISG (\$23 versus \$28). Please email us at ithsinggrp@gmail.com for additional details.

Monday, July 1

■ Intro to Salsa Lessons

WHERE: Trumansburg Conservatory of Fine Arts, 5 McLallen St., Trumansburg
TIME: 7:30 to 9 p.m.
MORE INFO: Salsa, arguably the most popular Latin partner dance in the world, is done to exuberant music with complex, captivating rhythms. It allows for endless creative expression, yet it's quite accessible for beginners, and it can also be a great "gateway" to further partner dance exploration. Come out and dance!



Tuesday, July 2

■ Mary Mack + Tim Harmston: The "Happy" Camper Comedy Tour

WHERE: Six Mile Creek Vineyard & Distillery
TIME: 7 to 10 p.m.
MORE INFO: THE "HAPPY" CAMPER COMEDY TOUR W/ Mary Mack, Tim Harmston & their dog Dingo will be stopping at Six Mile Creek Vineyard for a small and intimate night of fun and laughs! \$15 Pre-sale, \$20 at the door All Ages - 21+ to drink

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HISTORY OF TOMPKINS COUNTY



Photo provided by The History Center of Tompkins County

This image of the Newfield Covered Bridge was taken ca. 1905. Thought to be one of the oldest covered bridges still in use today in New York, this bridge was built in 1853.



LEGAL NOTICES

Notice of Formation of a Limited Liability Company InnerVision Wellness LLC filed its Articles of Organization with the NY Secretary of State (NYSS) on 05/13/2019. The office location is Tompkins County. The NYSS has been designated as the agent upon whom process may be served. NYSS shall mail any process for the LLC to 709 N. Wood Rd., Freeville, NY 13068. The purpose of the LLC is to engage in any lawful purpose. 5/22, 5/29, 6/5, 6/12, 6/19, 6/26.

Notice of Formation of a Limited Liability Company Free Cipher LLC filed its Articles of Organization with the NY Secretary of State (NYSS) on 05/14/2019. The office location is Tompkins County. The NYSS has been designated as the agent upon whom process may be served. NYSS shall mail any process for the LLC to 213 Tioga Street, P.O. Box 105, Ithaca, NY 14851. The purpose of the LLC is to engage in any lawful purpose. 5/22, 5/29, 6/5, 6/12, 6/19, 6/26.

Notice of Formation of a Limited Liability Company TR DOES IT, LLC filed its Articles of Organization with the NY Secretary of State (NYSS) on 04/23/2019. The office location is Tompkins County. The NYSS has been designated as the agent upon whom process may be served. NYSS shall mail any process for the LLC to 322 Smith Rd, Groton NY 13073. The purpose of the LLC is to engage in any lawful purpose. 5/22, 5/29, 6/5, 6/12, 6/19, 6/26.

Notice of Formation of a Limited Liability Company Dreams to Destinations Travel LLC filed its Articles of Organization with the NY Secretary of State (NYSS) on 12/21/2018. The office location is Tompkins County. The NYSS has been designated as the agent upon whom process may be served. NYSS shall mail any process for the LLC at 147 Pleasant Valley Rd, Groton NY 13073. The purpose of the LLC is to engage in any lawful purpose. 5/22, 5/29, 6/5, 6/12, 6/19, 6/26.

Notice of Formation of a Limited Liability Company Triphammer Holdings, LLC, a domestic Limited Liability Company (LLC), filed with the Sec of State of NY on May 13, 2019. NY Office location: Tompkins County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail a copy of any process against the LLC served upon him/her to Davies Law Firm, P.C., 210 E. Fayette St., Syracuse, NY 13202. General Purposes. 5/22, 5/29, 6/5 6/12, 6/19, 6/26.

Notice of Formation of a Limited Liability Company Brookton Falls LLC filed its Articles of Organization with the NY Secretary of State (NYSS) on 5/17/2019. The office location is Tompkins County. The NYSS has been designated as the agent upon whom process may be served. NYSS shall mail any process for the LLC to 573 Brooktondale Rd, Brooktondale, NY 14817. The purpose of the LLC is to engage in any lawful

purpose. 6/5, 6/12, 6/19, 6/26, 7/3, 7/10.

Notice of Formation of a Limited Liability Company Growing Family Tree Farm, LLC filed its Articles of Organization with the NY Secretary of State (NYSS) on 5/27/2019. The office location is Tompkins County. The NYSS has been designated as the agent upon whom process may be served. NYSS shall mail any process for the LLC to 674 Fisher Settlement Rd., Spencer, NY 14883. The purpose of the LLC is to engage in any lawful purpose. 6/12, 6/19, 6/26, 7/3, 7/10, 7/17.

Notice of Formation of a Limited Liability Company MRMoore, LLC filed its Articles of Organization with the NY Secretary of State (NYSS) on 6/03/2019. The office location is Tompkins County. The NYSS has been designated as the agent upon whom process may be served. NYSS shall mail any process for the LLC to Carbonaro Law Offices, P.C., 110 Genesee Street, Suite 310, Auburn, NY 13021. The purpose of the LLC is to engage in any lawful purpose. 6/12, 6/19, 6/26, 7/3, 7/10, 7/17.

Notice of Qualification of a Limited Liability Company Wing Feather, LLC filed its Application for Authority with the NY Secretary of State (NYSS) on 05/09/19. The jurisdiction of organization is Indiana, filed 4/05/19. The office location is Tompkins County. The NYSS has been designated as the agent upon whom process may be served. NYSS shall mail any process to the LLC at

Wing Feather, LLC, 11711 N. College Ave., Suite 146, Carmel, IN 46032. The LLC is in existence and the address of the office maintained in Indiana is 11711 N. College Ave., Suite 146, Carmel, IN 46032. The LLC purpose is to engage in any lawful purpose. 6/12, 6/19, 6/26, 7/3, 7/10, 7/17.

Notice of Formation of a Limited Liability Company MARIA T HOLDEN PSYD LLC filed its Articles of Organization with the NY Secretary of State (NYSS) on 3/08/2019. The office location is Tompkins County. The NYSS has been designated as the agent upon whom process may be served. NYSS shall mail any process for the LLC to 109 S Albany St., Ithaca, NY, 14850. The purpose of the LLC is to engage in any lawful purpose. 6/19, 6/26, 7/3, 7/10, 7/17, 7/24.

Notice of Formation of a Limited Liability Company WrenRow Farms LLC filed its Articles of Organization with the NY Secretary of State (NYSS) on 6/13/2019. The office location is Tompkins County. The NYSS has been designated as the agent upon whom process may be served. NYSS shall mail any process for the LLC to Jerry R. Myrick, 248 Harford Rd., Brooktondale, NY 14817. The purpose of the LLC is to engage in any lawful purpose. 6/26, 7/3, 7/10, 7/17, 7/24, 7/31.

Notice of Formation of a Limited Liability Company WrenRow Properties LLC filed its Articles of Organization with the NY Secretary of State (NYSS) on 6/13/2019. The office loca-

tion is Tompkins County. The NYSS has been designated as the agent upon whom process may be served. NYSS shall mail any process for the LLC to Jerry R. Myrick, 248 Harford Rd., Brooktondale, NY 14817. The purpose of the LLC is to engage in any lawful purpose. 6/26, 7/3, 7/10, 7/17, 7/24, 7/31.

Notice of Formation of a Limited Liability Company Liquefied LLC filed its Articles of Organization with the NY Secretary of State (NYSS) on 6/13/2019. The office location is Tompkins County. The NYSS has been designated as the agent upon whom process may be served. NYSS shall mail any process for the LLC to Jerry R. Myrick, 248 Harford Rd., Brooktondale, NY 14817. The purpose of the LLC is to engage in any lawful purpose. 6/26, 7/3, 7/10, 7/17, 7/24, 7/31.

Notice of Formation of a Limited Liability Company ATHENA HOMES, LLC, a domestic LLC, Articles of Organization were filed with the SSNY on 05/23/19. Office location: Tompkins County. SSNY is designated as agent upon whom process against the LLC may be served. SSNY shall mail process to: ATHENA, LLC, 617 West Buffalo Street, Ithaca, NY 14850. Purposes: General Purposes. 6/26, 7/3, 7/10, 7/17, 7/24, 7/31.

Notice of Formation of a Limited Liability Company The Bloomwell, LLC filed its Articles of Organization with the NY Secretary of State (NYSS) on 6/04/2019.

The office location is Tompkins County. The NYSS has been designated as the agent upon whom process may be served. NYSS shall mail any process for the LLC to 213 Park Place, Unit 1, Ithaca, NY 14850. The purpose of the LLC is to engage in any lawful purpose. 6/26, 7/3, 7/10, 7/17, 7/24, 7/31.

Notice of Formation of a Limited Liability Company WrenRow Construction LLC filed its Articles of Organization with the NY Secretary of State (NYSS) on 6/13/2019. The office location is Tompkins County. The NYSS has been designated as the agent upon whom process may be served. NYSS shall mail any process for the LLC to Jerry R. Myrick, 248 Harford Rd., Brooktondale, NY 14817. The purpose of the LLC is to engage in any lawful purpose. 6/26, 7/3, 7/10, 7/17, 7/24, 7/31.

Notice of Formation of a Limited Liability Company Ithaca Made LLC filed its Articles of Organization with the NY Secretary of State (NYSS) on 6/12/2019. The office location is Tompkins County. The NYSS has been designated as the agent upon whom process may be served. NYSS shall mail any process for the LLC to Jerry R. Myrick, 248 Harford Rd., Brooktondale, NY 14817. The purpose of the LLC is to engage in any lawful purpose. 6/26, 7/3, 7/10, 7/17, 7/24, 7/31.

Tompkins Weekly SPORTS

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BASEBALL

Storied career ends for Valesente

Seasoned Ithaca College baseball coach retires

By Mark Shelly
ESPN ITHACA

After a career of 41 seasons and more than 1,000 victories that culminated in two national championships, legendary Ithaca College baseball coach George Valesente has announced his retirement from coaching.

From the early days of his college search, Ithaca College was a perfect match for a young Valesente, who spent time watching baseball at the college before becoming a member of the team prior to graduating in the class of 1966.

From his playing days as a student at Ithaca College, Valesente took to the professional ranks, reaching the AAA level of professional baseball before moving into the coaching aspect of the game.

After 13 years away from the program, Valesente returned to Ithaca and began one of the most legendary coaching careers in NCAA Division III history during the 1979 season. The success did not take long for Valesente and his teams, as the 1980 season was punctuated with the program's first national title. The second would follow not long after, as Ithaca was once again the top team in the nation in 1988.

Fast forward to 2012, and Valesente was recording his 1000th career game, having spent time coaching three other schools prior to leading the Bombers. In 2015, he achieved that goal yet again, but this time reaching 1000 wins in his Ithaca career.



Photo by: Ithaca College Athletics

George Valesente (right) poses with his son and Wells College Head Coach David Valesente (left) during a meeting of the two sides in 2017.

"The challenge of being here and being successful every year is everything that I could have ever imagined," said Valesente, looking back on his ability to maintain a winning culture. "The quality of athlete and the dedication were as good as I'd hoped and as dedicated as I was."

After his more-than-four-decade-long career in coaching, Valesente amassed a 1196-547-8 record, with 1136 of those wins coming as the head man for the Bombers. His overall record has solidified his legacy as the seventh winningest coach in NCAA

Division III history.

With a resume that will not soon be forgotten, Valesente was not exactly prepared to hang up his coaching hat, but he knew it was right.

"My wife and I had been discussing this, on and off, for a couple of years, but it just seemed like the time was right," he said. "I think the program needs to move in a new direction, a younger more progressive thinking [coach]."

The new coach, whoever it will be, will certainly have large shoes to fill, not just on the diamond but also in the community and in the lives of the

young men who come through the program. Many of those young men who have worn the Ithaca College logo under Valesente's leadership have been "homegrown" players from all over Tompkins County.

"When a good player, particular a local player, chooses your program, it's an honor and a humbling experience," he said

Beyond the local players that have been a part of his team, Valesente gives a nod to the Ithaca College community for his longevity with the program and the success that he had.

"Ithaca is a wonderful place to raise your family and settle down," he said. "Ithaca is a vibrant place to live, and with the college and the town, it's natural; it's comfortable."

There is very little doubt of the impact that Valesente's career with the Bombers has and will have on the program's success and the drive by local baseball teams and players to achieve greatness.

There were ups and downs along the way to his storied career, but Valesente said that no matter what challenge, he loved what he was doing.

"In the 41 years that I've been here, there isn't one day that it felt like I was going to work," he said, reflecting on his motivations for coaching. "I got to deal with young people every day, and we had a mission and a goal for them to get better, mature, graduate and hopefully win some championships along the way."

As the search for a new coach of the Bombers' program begins, there is no question that

Valesente and his love for coaching and Ithaca College have set the bar for excellence.

ROLLER DERBY

Ithaca roller derby looks to expand its reach

By Mark Shelly
ESPN ITHACA

In the American hierarchy of sports, roller derby is one of many smaller, lesser-known sports often overlooked or forgotten about entirely. The Ithaca League of Women Rollers (ILWR) is hoping to break that mold and bring the sport into the local spotlight.

While the sport may be fighting an uphill battle against the established culture of American sports, the pride and determination of the members of the ILWR are second to none.

In an effort to not only grow the roller derby's popularity but also

encourage more women to give the sport a try, one of the members of the ILWR, Juliana Garcia, gave an in-depth look into roller derby and the impact it has on the women's community in Ithaca.

MS: To someone who has never watched roller derby, what can they expect when they arrive?

JG: You can expect a wild ride and a bit of a learning curve. At first glance, it seems like a jumbled mess of women skating and banging into each other. However, once you start to pick up on some of the basic rules of the game, the plays start making

sense.

Roller derby consists of five skaters from each team on the track for each jam. There are four blockers and one jammer. The jammer has a star on her helmet and can score a point for every opposing team blocker she passes. The blockers play both offense and defense by trying to get their jammer past the opposing team's blockers while simultaneously stopping the opposing team's jammer from passing through.

MS: A common misconception is that a roller derby is just a more physical version of a lap-race. How much more of a strategic team game does the sport

become in each jam?

JG: Modern-day roller derby is less of a race and more strategy based. There is an emphasis on coming together as a team to positional block an opposing jammer rather than acting as a lone wolf and trying to go for big hits.

Jams can last up to two minutes; however, you will see teams strategically decide how long to run a jam based on the score. If the score is close and your team's jammer is the lead jammer, then you want her to get to the pack, pass as many opposing

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