

Tompkins County Health Department Has a New Address

By Theresa Lyczko, Director, Health Promotion Program, Public Information Officer

*The scenery has changed
The address is new
And we continue to do our best
To bring public health services to you!*

We've all received (or sent) *witty* announcements from friends and family who've moved to a new home. They often arrive with appreciation for all who helped and relief that the long, long process of planning, packing, and moving is over.

That's how the staff at the Tompkins County Health Department (TCHD) feel as they settle into their new building at 55 Brown Road near the Ithaca Tompkins Regional Airport. On July 16th, the Tompkins County Health Department closed the doors to its offices on 401 Harris B. Dates Drive, once a tuberculosis hospital for children. Following a number of studies, it was determined the building no longer adequately served the program needs of the department. Renovations would be costly, and the County Legislature decided that a new location was necessary. After the Brown Road location was identified, there were many construction and renovation delays. (The initial move was slated for early 2009.)



The building at 55 Brown Road was completely renovated and is expected to be LEED certified with Silver status – an internationally recognized green building certification system. Certification is based on metrics such as energy savings, water efficiency, and improved indoor environmental air quality, among others. The building was vacant for several years; Cornell University Alumni Affairs and Development was the previous occupant.



When asked what they like most about the new building, staff's first response is about the ease and efficiency of delivering services to the community. Karen Bishop, Supervising Community Health Nurse, said that her team is able to schedule more appointments simultaneously because there are more patient rooms available. Clients in need of a rabies shot, a child immunization, and a pre-natal care appointment can receive care at the same time; in the old building, only one patient room was available.

David Warmbrodt is Vitals Deputy Registrar (birth and death certificates). He notes that 55 Brown Road is a more convenient location for many of his customers. People from the University in need of a copy of a birth certificate, find TCHD easily accessible. He also said that the birth and death records that TCHD is required to store are now in a

much more secure and safe location and are in less danger of water damage or destruction than they were at the Dates Drive location.

The Children with Special Health Care Needs (CSHCN) division is also able to accommodate its clients better. The program now has an evaluation room on site for those times when it is not appropriate to evaluate children in their own home. Sylvia Allinger, Director of CSHCN appreciates the conference room that is available to meet with parents and the "lending closet" of therapeutic toys and equipment available to therapists. Andrea Smith, WIC Program Director, notes that WIC clients benefit from a separate waiting area that is more comfortable for parents and children. WIC also has better facilities for child health evaluations.

The Environmental Health (EH) Division now has a room dedicated to important files and records, allowing efficient storage and retrieval. Summer is a busy time in EH. Now there is room and computer access for temporary staff that assist with rabies control, temporary food permits, and sewage prints during that time of year. The Division now has a separate area to process rabies specimens and water samples; that work was previously done in a kitchen area in the old building. Liz Cameron, the

Director of Environmental Health, said that the new facility provides easier customer access and there are safety and security improvements that are beneficial.

Emergency preparedness is now part of the business of public health. The new location has the space, security, and access that the old location did not provide. For example, TCHD is now able to hold emergency immunization clinics that can accommodate a large number of people efficiently. It also has improved computer and telephone capability essential in times of emergencies.

Except for a few finishing touches, such as room signs and bulletin boards that need to be hung, the move is complete. Many thanks to the Facilities Division for the smooth transition, and to IT staff who worked over the weekend to have our phones and computers ready to go when we arrived for work on Monday, July 19th.

Be Aware. Be Prepared!

By Beth Harrington, Assistant Director, Department of Emergency Response

September marked National Preparedness Month—a time to promote awareness of simple steps that people can take to prepare for emergencies in their homes, businesses, and communities. Emergency preparedness is everyone's responsibility, for emergencies of any type, large or small, can happen at any time, any place and to anyone. Preparedness can save lives and minimize the impacts of an emergency on those involved. Emergencies and disasters always begin locally and end locally.

Only about 57% of Americans report that they have readiness items set aside in their homes for use in a disaster, less than half of the population have a family or business emergency plan, and yet 42% of that same population say they would need help in an emergency. Preparedness activities can be grouped into four simple steps: Put together an emergency supply kit, make a family emergency plan, be prepared to help a neighbor, and work as a team to keep everyone safe.

National and international disasters, such as Hurricane Katrina, the earthquake in Haiti, forest fires in California and the Broome County floods in 2006, are reported almost daily, yet an emergency doesn't have to be that large-scale to disrupt the daily lives of our citizens. Fires and motor vehicle crashes are common occurrences and meet the definition of "an emergency" which is a serious situation or occurrence that happens unexpectedly and demands immediate action. Nor is Tompkins County immune to disasters such as winter storms, flooding, hazardous materials accidents and major power outages.

It is important to highlight the need for individuals, families and businesses to be self-reliant during emergencies. By being prepared as individuals, we free up valuable resources, enabling our first responders to assist those who are in the greatest need. Self-reliance extends to helping neighbors and friends, if you can. It is much more likely that your friends or neighbors will reach you first, than emergency responders. You can also prepare by getting involved in your community; check with your local fire department to see if you can help, learn first aid and CPR, and work with other community groups to see how they could help in an emergency. Talk with your municipal officials about their emergency planning efforts for your community.

There are many great resources available on emergency preparedness. Locally, the website www.TompkinsReady.org is maintained by the County's Department of Emergency Response and its primary function is to share preparedness information. The local chapter of the American Red Cross in Ithaca not only distributes preparedness information, it also offers classes in first aid and CPR. You can download Family Emergency Plan templates and Emergency Supply Kit checklists at www.ready.gov

We encourage the citizens of Tompkins County to work together, neighbor to neighbor, to support each other in planning and preparing for disaster. Unfortunately, we don't get to pick the next disaster, so it's important for our communities to be informed about the threats and hazards they face. Plan Now ... Work Together ... Be Ready!



Please Help...Through the United Way

From Martha Robertson – Chair, Tompkins County Legislature / Legislator, Town of Dryden



How often do we say: "It could be worse"? Times are tough for everyone, but if you look around just a little, you're pretty sure to see someone else with even more challenges and fewer resources. That's where United Way comes in. With the help of everyone in our community, United Way is there for the people who need our help the most. They hold out the safety net, without a lot of fanfare or recognition, every day of the year.

This is the time of year when United Way comes to us for the resources to do just that. Every one of us has a role to play in strengthening the net, and I ask you to help.

Please pledge your support with your contribution to United Way of Tompkins County. I hope you'll fill out your pledge card right away, and not put it aside to think about later. Every gift makes a difference for someone in our own community. Thank you very much for your generosity.

Everyone, Every Year

By Karen Bishop, RN, BS, Health Department

Everyone, every year should get a flu vaccination! That's the latest recommendation from the Centers for Disease Control and Prevention. On February 24, 2010 vaccine experts recommended that everyone 6 months of age and older should get a flu vaccine each year starting with the 2010-2011 flu season.

The single best way to protect against the flu is to get vaccinated each year. There are two types of vaccine. The "flu shot" contains killed virus that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions. The "nasal-spray flu vaccine" contains live, weakened flu viruses that do not cause the flu and is approved for use in healthy people 2-49 years of age who are not pregnant and do not have chronic medical conditions.

The flu vaccine contains three flu viruses. The viruses in the vaccine change each year based on international surveillance and scientific experts' estimations about which types and strains of viruses will circulate each year. This flu season the H1N1 flu virus strain is included in the seasonal flu vaccine so there will be no need for separate vaccinations for seasonal flu and H1N1 flu.

Flu vaccinations can begin as early as September or as soon as the vaccine is available and continue well into the winter months. This is because the timing and duration of flu seasons vary. While flu outbreaks can occur as early as October, most of the time flu activity peaks in January or later. Once vaccinated, it takes approximately two weeks to develop enough immunity to protect you against the flu. Contrary to popular belief, the flu vaccine does not give you the flu. Learn more about the flu by visiting our website at www.tompkins-co.org/health/flu.

The Tompkins County Health Department will conduct public flu clinics by appointment this fall for anyone 6 months of age and older at various community sites including at their new building located at 55 Brown Road near the airport. County employees can make an appointment at a flu clinic of their choice including a county employee only clinic at Department of Social Service on October 20. County employment identification will be required at your clinic appointment. Retirees can also make an appointment and will need to bring their Medicare card.

Remember, everyone, every year should get a flu vaccination.

Make your flu appointment by calling the Tompkins County Health Department **Flu Hotline** at **274-6609** during normal business hours.



Sustainability Spotlight:

Environmentally Preferred Procurement (EPP)

By Kat McCarthy, Solid Waste Management Division

The Tompkins County Environmentally Preferred Procurement (EPP) sub-committee is here to assist County departments in implementation of Tompkins County Policy: 06-15- Waste Reduction and Resource Management. This policy requires departments to purchase recycled and other environmentally preferable products wherever practicable.

To help County departments with this policy, this sub-committee of the Tompkins County Sustainability Team compiles and distributes useful information on the latest and greatest eco-preferred products. Already, the sub-committee has taken steps to green departmental supply closets by developing an EPP Resource Guide, distributing sample products, and organizing a vendor fair.



Look in future issues of the *County Corridors* for updates from the EPP sub-committee, as well as useful tips and reminders related to “green” purchasing. We hope you find this information useful and that it enables our County to make a name for itself as a leader in environmentally preferred procurement. Please contact Nicole Stumpf at nstumpf@tompkins-co.org with any questions or comments.

Tompkins County EPP Sub-Committee: Barb O'Brien, Sharon Reagin, Kat McCarthy, Cheryl Nelson, , Linnett Short, and, Nicole Stumpf. (Absent: Lisa Jehu)

Mark Your Calendar! Another Safe Medication Disposal Day October 16

From Marcia Lynch

On Saturday, October 16, you'll again have the chance to safely dispose of medications you no longer need, at this area's second Safe Medication Disposal Day, sponsored by the Tompkins County Coalition for Safe Medication Disposal. Among Coalition members are several County departments—the Health Department, Sheriff's Department, the Solid Waste Management Division, County Administration, and the Community Coalition for Healthy Youth.

The first collection day, held last March, collected 1,741 pounds of medications, which we recently learned set a national record for the amount collected in one day at one location!

Once again this fall, the event will take place at the TCAT garage, from 9:00-3:00. (More details above.)

Please take part and do what's right, for the environment and for this community! If you'd like to volunteer, fill out and submit the volunteer form, available for review and download at the Solid Waste web site, at

<http://www.recycletopkins.org/images/UserFiles/File/Fall%202010%20Pharmaceutical%20Collection%20Volunteer%20Form.PDF>



Got pills?

Supervised collection of:

Prescription drugs including

- Controlled substances
- Pills
- Powders
- Liquids
- Inhalers
- Epi-pens

Non-prescription drugs
Pet medicines

We are not able to accept:

- Mercury thermometers, mercurochrome, or other mercury products
- Medical sharps
- Other hazardous waste

→ **REMEMBER** ←
Leave medications in original containers
Mark out personal info.

Unwanted Household Pharmaceutical Collection

SATURDAY, OCTOBER 16
9 a.m. — 3 p.m.
FREE No appointment necessary

Convenient drive-thru location:

Tompkins Consolidated Area Transit (TCAT)
737 Willow Ave., (off Rte. 13), Ithaca

For more information call: **211**
www.recycletopkins.org

Sponsored by the Tompkins County Coalition for Safe Medication Disposal





Managing Household Nonpoint Source Pollution

Nonpoint source pollution is a contributor to water pollution and originates from many sources. It is not always an obvious pollutant such as a discharge from a pipe. Rather, it can originate from unsuspected places such as your yard or driveway. This pollution can be picked up by rain or snow melt and eventually it is transported to lakes, streams, wells, wetlands and groundwater.

Nonpoint source pollution can be harmful to humans, wildlife, and fish due to excessive pathogens, sedimentation and nutrients. Pathogens include harmful viruses and bacteria which can cause illness. They can originate from untreated sewage. Excessive silt and dirt sedimentation can effect aquatic life and cause unhealthy habitats. Nutrients such as nitrogen and phosphates can cause algae bloom, fish kills or enter drinkingwater supplies causing illness.

Even small changes around your home can make a difference. Walk around your yard and observe if there are some things you can do to help manage this pollution. Management can be an important way individuals can contribute to the reduction of pollution in their community:

- Pump your septic tank regularly (Every 3-4 years is recommended, yearly if you have a garbage disposal). If you have a failed sewage system have it fixed quickly and properly to eliminate excessive runoff of harmful pathogens.
- Use phosphates free detergents and non-toxic household chemicals. Do not pour unwanted chemicals down the drain, dispose of properly.
- Conserve water. Install watersaver toilets, faucets and showerheads. Replace or repair leaking faucets. Excessive water use can put a strain on your sewage system causing overloading.
- Make sure your vehicles are well maintained and not leaking. Used motor oil and antifreeze should never be put down a sewage system, drainage ditches or storm drains. Contact your local garage or recycling center for disposal of automobile fluids.[www.recycletompkins.org]
- Limit paved surfaces on your property. Driveways, parking lots and sidewalks block rain and snow melt from percolating into the ground. Rain water and snow melt can then create a faster run off which can cause excessive sedimentation into streams and lakes. Oil and grease from your driveway can also get swept into this runoff.
- Be mindful of what does goes down the storm drain. Rake leaves from the driveway and put them in a compost bin so they will not get carried down to receiving waters.
- Use a rain barrel to catch water coming from roof gutters to water plants. Create a Rain Garden. Purchase plants that require a minimum requirement of pesticides and fertilizer.



*Submitted by Janice Koski, Public Health Sanitarian, TCHD
Picture credits: Bob Hines and Glenn Young/USFWS*

SPREAD THE WORD

By Aurora R. Valenti, Director, Tompkins County DMV.

It's time to light the fire again to tell our friends and relatives, neighbors, fellow church-goers, to VISIT THE DMV IN ITHACA, NY, TO DO ALL THEIR DMV BUSINESS.

The county derives 12.7% of all revenue directly received by our office. NYSDMV encourages you to "mail it in to their center," or "go online." Renewals done by mail or online, for instance, deprive us of that 12.7% income. New York State DMV does not share any of that revenue.

Let's keep this great office open!

And don't forget: No need to stand in line if you're a county employee. Send us your DMV work via inter-office mail; we will return it to you within one day's time.

Keep our hard-earned money in Tompkins County!! Support your local DMV office.

Thank you.
Aurora

HEAP

The Home Energy Assistance Program (HEAP) is a federally funded, state-run program to help people with low income to obtain a heat benefit. Anyone who received a benefit last year will receive an application in the mail by October 1st.

The following individuals are eligible for HEAP:

- Those on Food Stamps or who collect Public Assistance should call the Department of Social Services at 274-5264 for an application.
- Those under 60 years old, not on Social Security Disability, and who do not receive Food Stamps should call Tompkins Community Action at 273-8816.
- Those under 60 years of age and on Social Security Disability, and who do not receive Food Stamps should call Tompkins County Office for the Aging at 274-5482.
- Those over 60 years of age and not on Food Stamps should call Tompkins County Office for the Aging at 274-5482.

Income Guidelines:

HOUSEHOLD SIZE	MONTHLY INCOME
1	\$2,129.00
2	\$2,784.00
3	\$3,439.00

HALLOWEEN IS COMING!

The Halloween contest this year being highlighted in *County Corridors* will again have two categories – individual and group.

The prizes, sponsored by the Vending Committee, will be: \$20 for the group winner and \$10 for the individual category winner.

E-mail your pictures to Maureen Reynolds at mreynolds@tompkins-co.org by November 15th.



Updated 2010 Tompkins County Bicycling Suitability Map

The Ithaca-Tompkins County Transportation Council (ITCTC) has updated their Bicycling Suitability Map for Tompkins County. The maps were produced in a limited printing of 15,000. This attractive full-color map is being offered, free-of-charge, to all interested individuals, organizations, businesses, agencies, schools, events, etc. It includes different criteria for rural roads and urban roads and includes factors such as traffic volume, road condition, and availability of road shoulders as well as indicating where there are steep slopes. The rankings and road suitability ratings were created for average cyclists, however it was designed to be used by anyone ranging from the beginner to the more expert cyclist.

The goals of the Bicycling Suitability Map are as follows:

- Identify roads that are most suitable for cycling based on defined road criteria and guidelines
- Raise bicycle awareness in order to facilitate increased bicycle riding in Tompkins County.
- Provide maps for cyclists that include information about road networks as well as information about bicycle laws and safety.

We have made this map available at locations throughout the county. For more information and to see a list of locations where you can pick up a free copy of our map, view our website at: www.tompkins-co.org/itctc



Submitted by Teresa L. Linde, ITCTC

Workforce Diversity & Inclusion Committee

Members of the Workforce Diversity & Inclusion Committee want to thank all County employees who participated in the *Valuing Our Workplace Climate Survey*. An invitation to participate was offered in late June, with access to the electronic version ending July 1st, and paper forms being received through the month. Nearly 50% of all County employees, across all departments, participated either in electronic or paper form.



A value shared and the mission of WDIC is to encourage and support a workplace that is welcoming and supportive to all. The questionnaire will provide baseline information and help all of us learn about our workplace perceptions and experiences, provide us with a way to identify strengths and challenges for strategic planning, and allow us to be able to benchmark progress. The next step, compilation of the paper documents, has begun, which will be added to the electronically gathered information from which a report out will be written. Stay tuned. If you have any questions, please contact WDIC through sreistetter@tompkins-co.org.

We are a County rich in culture. Below is a short list of celebrations offered in our County:

Mid-Autumn Festival beginning September 25 until December, a celebration of our Vietnamese community members

Apple Harvest Festival on October 1 & 2, a celebration of our local food systems and communities.

First People's Festival on October 2, a celebration of our Indigenous community members.

MLK Community Build on October 18th, "Kick off" event at GIAC, a celebration of our Nation's Civil Rights movement and human rights for all.

Submitted by Sarah Reistetter, WDIC Project Assistant

Department News

Planning Department

Scott Doyle, Senior Planner, and his wife, Ruth, welcomed daughter Kellyn Rose on June 7, 2010.

Solid Waste Management Division

On Labor Day, September 6th, at Cortland Memorial Hospital at 12:15 a.m., a baby girl, Adrianna Irene was born, 8 pounds 14 ounces, and 22 inches long, and her Grandmother, *Linnett Short*, is very proud and happy to have such a beautiful baby join her family.



Highway Highlights...

By Bill Sczesny, Highway Manager

Chip Seals:

Why does the Highway Division apply chip seals on its roads?

The answer is that the process waterproofs the pavement surface. Chip seal is a relatively inexpensive process that prevents water from working its way down through the pavement into the sub-base material. The pavement is swept, and a thin layer of heated emulsion is sprayed on the pavement surface. Then, a thin layer of native stone or limestone is applied and rolled with a rubber-tired roller. A few days after the application, the road is swept to remove the loose stone.

Employee Spotlights

Will VanDeMark

Will VanDeMark Heavy Equipment Operator in the Highway Division, has worked for Tompkins County for 26 years, previously serving as a Motor Equipment Operator.

Will responded to the following questions from *County Corridors*:

What do you do here (your job duties)?

Operate tractor-trailer, move equipment to job sites, and other duties assigned.

What do you like best about your job?

The satisfaction of knowing I did my best for the customers and myself.

What do you like least about your job?

Rain, snow and ice.

What is your favorite thing to do outside of work?

Motorcycling with family and friends, and “bubba-qing,” trying different recipes.

If you ran the world, what is the first thing you would do?

That’s a tough question, with not enough space of time to answer here.



Stephanie Egan-Engels

Stephanie Egan-Engels is Project Assistant and Communications Assistant in the Solid Waste Management Division and has worked for Tompkins County for almost four years.

Stephanie responded to the following questions from *County Corridors*:

What do you do here (your job duties)?

Assist to provide advertising, education, and other public communications for the Division. I created educational displays and public information. I organized public events held by Solid Waste, including: a Formal and Prom gown exchange, and a local America Recycles Day celebration. I also provide information and participate in the Go Green Initiative in all of Tompkins County schools, at public events and through tours of the Recycling and Solid Waste Center. I help design and update our website.

What do you like best about your job?

There are always new projects, things to work on, and people to work with— grants, brochures, events, or other projects.

What do you like least about your job?

Managing multiple projects. I have tons of lists and ways to try to keep track of everything. It gets better each time, but maybe it's a new way, too, to try and make things more efficient. You have to have patience with others and yourself.

What is your favorite thing to do outside of work?

Work on my 150-year old-farm and farm house and spending time with my husband, Ryan, and my cat, Scarlet.

If you ran the world, what is the first thing you would do?

Get rid of money. I'd love to see more people trading and bartering items, and learning hands-on skills. Too much technology can take away from this experience. If we all lend a hand in what we are good at, there is no need for money. I think it would make things complicated.

(Stephanie’s supervisor, Linnett Short, remarks, “Stephanie has been a great assistant, willing to go out of her way to make sure our goals of education, promotion, and communication are met. She can be a little spit fire if she needs to be, and we are very lucky to have her in our Division.”)



VENDING COMMITTEE "VENDS"

Upcoming trips (available to all Tompkins County Employees & Retirees, and their families):

(Please visit the website, at www.tompkins-co.org/employee_only/VendingCommitteeNews.pdf.)

New York City Winter Day Trip



Skyline



Central Park



Times Square



Shopping

Date: Saturday, December 4th

Cost: \$35.00/pp

Depart: 7:00 a.m. SHARP! (From the Tompkins County Public Works Facility on Bostwick Road.)

Arrive: Around noon, at Bryant Park (41st Street and 6th Ave.) **or** Macy's (34th St. and 7th Ave.).

You're on your own to explore the vast and exciting city and enjoy your own interests.

Depart: From Bryant Park at 8:00 p.m.

Arrive: Back in Ithaca around midnight.

Minimum of 40 people needed to make this trip possible. Please contact Patty Stamm, at pstamm@tompkins-co.org, or Pete Coats, at pcoats@tompkins-co.org.

Reservations & Payment: *Accepted through Monday, November 22nd.*

Fall Jokes

Autumn is a season for big decisions -- like whether or not it's too late to start spring cleaning.

The autumn leaves are a lot like raising kids. First they turn on you, and then they fly away. And next thing you know, you look out the window and they're back!

Autumn is a great time of the year. Soon those ugly patches of dead grass in your lawn will be covered up -- with ugly patches of dead leaves.

What is a vampire's favorite mode of transportation?
A blood vessel.

What type of dog do vampire's like the best?
Bloodhounds.

What does a vampire never order at a restaurant?
A stake sandwich.

Why do vampires need mouthwash?
They have bat breath.

Thank You!

A huge thank you to everyone who participated in my various retirement festivities! The outpouring of sentiments, cards and gifts was truly overwhelming and greatly appreciated!

County employees are special people doing extraordinary work. I will have many fond memories of my 21 years working with many of you.

Again, thank you for your support and friendship over the years.

Alice Cole

Classified Ads

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"at home".

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dogdayzinn@yahoo.com
<http://www.dogdayzinn.com>



FOR SALE – 2000 Chevy Silverado ¾-ton, extended cab, 3-door pick-up. Loaded, with 81,000 miles, 6.0 Vortec engine, duel seats, new tires, solid tonneau cover, excellent condition. Asking \$8,500.00. Please call (607) 898-5196.

FOR SALE – 1985 24' Tioga motor home on Chevrolet chassis. Sleeps 6, A/C, tilt steering wheel, cruise control, generator, 70,000 miles, all new tires. Very good condition. Asking \$7,500.00. Must sell due to health reasons. Please call (607) 898-5196.



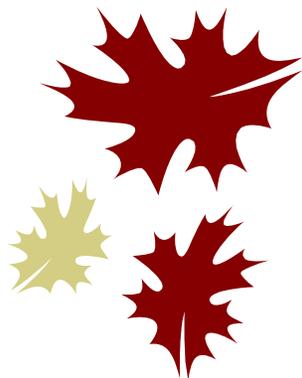
FOR SALE – Garrett Metal Detector with 2 heads. Excellent condition, \$400.00. Please call Jim, at (607) 532-4092.

FOR SALE – Six (6) antique oak solid seat highback chairs, excellent condition, \$325.00. One (1) antique 9-drawer student desk, excellent condition, \$250.00. One (1) Cannondale, 26" rims, 18" mountain bike, very good condition, \$275.00. Please call (607) 533-9133.

FOR SALE – Weedwacker/Trimmer, Craftsman 12-in. 4.0 amp Electric, \$15.00. Barely used two seasons. Have original box and manual. Please call (607) 257-5371 or (607) 257-3462.

FOR SALE – Cook's Essentials turbo pump vacuum food sealer, in box w/manual, new, \$25.00. Please call (607) 257-3462.

FOR SALE – Nice white gas cookstove, \$100.00. Please call Jami Breedlove, at (607) 592-9804.



FOR SALE – Wonder Wood/Coal stove with all pipes, including triple-wall. Excellent shape, hardly used, \$450.00. Please call Betty Tucker, at (607) 745-2384.



WANTED – Mature housemate in Watkins Glen. Non-smoker, please. Within walking distance to all businesses and T-Cat bus stops. Off-street parking. Please call (607) 368-9066.

HORSEBACK RIDING – Beautiful fall horseback riding at Painted Bar Stables (www.paintedbarstables.com), located 20 minutes from Ithaca and adjacent to the Finger Lakes National Forest. Options include 45 minutes (\$35.00), 1.5 hours (\$55.00), or 3 hours (\$75.00) trail rides. Please call Erika Eckstrom, at (607) 216-8141, or e-mail paintedbarstables@gmail.com.

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Private training facility located at 145 Yapple Road, Ithaca. Most Affordable Rates In The Area. Ages 12+

Please call TJ, at (845) 866-3199, or E-mail to Massaro31@yahoo.com.

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Interested in joining the Corridors team?

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