

FREE

January 26 - February 8, 2011

Bridal Edition

FREE

# THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER  
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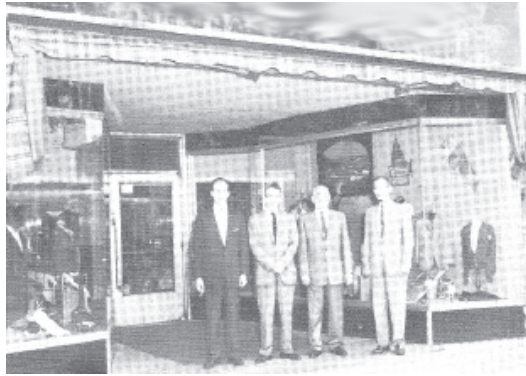
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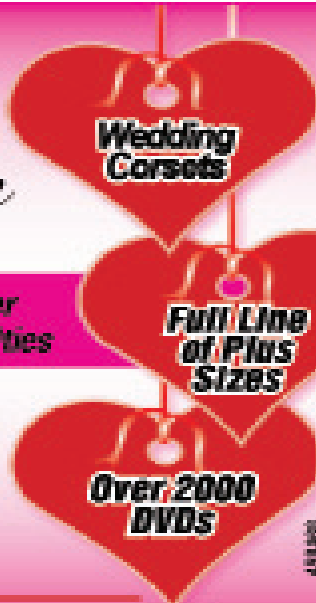
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## DO YOU KNOW WHERE THIS IS?

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## Valentine's Day Weekend Specials

Saturday, February 12<sup>th</sup>  
2 hour Seatings at 5 & 7pm

Limited menu and a red rose to the ladies!  
(While quantities last)

Sunday, February 13<sup>th</sup>  
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### Welcome to the Bridal Edition

The Cortland Area Tribune, nicknamed The CAT is published and distributed every other Wednesday. Look for it at 100's of area businesses in Cortland, Dryden, Groton, Homer, Marathon, Moravia, Ithaca, Tully & LaFayette.. Here's some upcoming editions for you to look forward to!

**February 9** – Valentine's Day Edition  
 (Deadline 2/4)

**February 23** – Senior Citizen Edition  
 (Deadline 2/18)

**March 9** – Spring Antiques & St. Patrick's Day Edition  
 (Deadline 3/4)

**March 22** – Home Improvement & Real Estate Edition  
 (Deadline 3/17)

**April 6** – Spring Motorcycle & Car Care Edition  
 (Deadline 4/1)

**April 20** – Prom, Golf Enthusiasts & Easter Edition  
 (Deadline 4/15)

**May 4** – "Pamper Me - Warmer Weather," Mother's Day & Lawn and Garden Edition  
 (Deadline 4/29)

### CHECK OUT THE BUSINESS SERVICE GUIDE!

Easily accessible at the back of the paper! Growing with every Edition! Take this handy pull-out 4 page directory with you in your car and leave it in your glove box for quick reference! Area businesses are listed alphabetically by services. When you patronize the businesses listed in the directory, please tell them you saw them listed in The CAT! *Shop local and save gas!*

### HAVE SOMETHING TO SELL?

Take advantage of our FREE CAT CLASSIFIED ADS! Make some extra money – clean out that attic or garage! Free classifieds are for "articles for sale" or "garage sales" only, non-commercial, no real estate. Deadline is 6 pm on Friday, February 4th. Email your classified to [tcatribune@gmail.com](mailto:tcatribune@gmail.com) or use the mail-in form in this Edition. Only emailed, mailed or faxed classifieds accepted. Fax to 607-330-8012. *Remember your unwanted items may be someone else's treasures!*

### FREE HAPPY ADS!

Share a birthday or anniversary wish for free, include a photo! Email to [tcatribune@gmail.com](mailto:tcatribune@gmail.com), or mail it to The CAT, P.O. Box 67, Dryden, NY 13053. Deadline is 6 pm on Friday, February 4th for the next Edition.

### CAT KITCHEN RECIPE CORNER!

Share your tasty recipe with our readers! To have your special recipe published, please email it to [tcatribune@gmail.com](mailto:tcatribune@gmail.com) or mail it to The CAT, PO Box 67, Dryden, NY 13053! Deadline is 6 pm on Friday, February 4th for the next Edition.



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## The Cortland Area Tribune

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# COMMUNITY CALENDAR



## Sundays - Varna Community Center Pancake Breakfast

943 Dryden Rd., Ithaca. Pancakes, French Toast. Eggs, Sausage, am, Bacon, Fresh Fruit, Breakfast Breads, OJ, Coffee, Tea & Milk. 50/50 Raffle Tickets available. Future Breakfasts scheduled for 02/13/11, 03/13/11 & 04/10/11 (bring your Mother and Celebrate Mother's Day!).

## On-going - UPL Clubs

Spanish Conversation Group-Mondays, 11:30 a.m. UPL

Lit Lunches Book Club- last Wednesday of the Month, 12 noon-1 p.m. February-Tainted Love Stories

Spinknitters- A active, friendly camaraderie of stitch savvy knitters. Open to all skill levels, beginning knitters welcome. Every Thursday at 1 p.m.

UPL Piano Club- First Meeting...February 12th, 2 p.m.

The piano club will meet once a month in the evening or on Saturday afternoon to share and expand their knowledge and love of piano repertoire. We will discuss future meeting times at the first meeting.

## Jan 28 - CLC Hoedown

Calling all cow folk! Get ready to kick up your heels to our wonderful caller. It's a CLC School HOEDOWN on Friday, January 28th from 7 to 9pm at Covenant Love Community School BARN on Route 13 in Freeville. \$5/person or \$15/family. Dancing, Games and Face Painting. You may want to bring along extra loot for these other fun-filled

activities: silent auction gift baskets, refreshments, cake-walk and a Pie in the Face auction w/8th grade's "Most Wanted" desperadoes as targets. Come early for Cowboys Fixing's: beginning at 6:30, there'll be hot dogs, chili dogs, walk away chili & chips and more cowboy grub to fuel you up for the dancing! Fixing's fees starting at just \$1. All proceeds will benefit the 8th grade class trip this April.

## Jan 30 - Book Reading for Children

When: 3:30 pm  
Where: Cornell Lab of Ornithology, Adelson Library (second floor), 159 Sapsucker Woods Road, Ithaca

Title: Under the Snow by Melissa Stewart

Description: Join us to find out how animals survive the snow and ice of winter in fields, forests, ponds, and wetlands. Hands-on activities follow the reading.

Admission: Free

Contact: (800) 843-2473, www.birds.cornell.edu

## Feb 3 - Survivors of a Loved One

Survivors Of a Loved One's Suicide support group provides a safe, supportive environment for you to talk about your lost loved one. The group meets every first Thursday of the month. The February meeting is Thursday, February 3.

Please call Cecile at (607) 753-3021 ex 26 for more information about the time and meeting location. The group is facilitated by peers who have survived a loved one's suicide.

## Feb 3 - Art Opening Reception

5:00-7:00 PM  
Where: Cornell Lab of Ornithology, 159 Sapsucker Woods Road, Ithaca

Description: View the works of artist Charley Harper who described his amusing style of depicting birds as "minimal realism." The exhibit will be in place through June 18. Free

Contact: (800) 843-2473, http://www.birds.cornell.edu/netcommunity/page.aspx?pid=1579

## Feb 5 - Snowmobile Poker Run

Dryden Caroline Drifters Snowmobile Poker Run on Saturday, February 5, 2011. Registration 9-11am at Dryden VFW, Route 13 in Dryden. \$10 per hand. Annual cash raffle drawing will be held after the poker run at 6pm. Questions call Kim Frost 607-351-0112, Lisa Frost 607-844-9659 or Missy Cooper 607-657-8448

## Feb 11 - Lincoln Dinner

2011 Lincoln Dinner at the Dryden United Methodist Church on Friday, February 11th at 6pm. Speaker Mike Lane. Everyone is Welcome! Covered Dish Buffer - 35 cents a place - No Joke! Prices from a century ago! A kick off event of the 180th anniversary celebration of the founding of the Dryden United Methodist Church and the 135th anniversary of the opening of the current sanctuary.

## Feb 12 - Father-Daughter Dance

Come dressed up and ready for a fun filled evening of dancing, refreshments and memories! Your registration fee includes

music, refreshments and a digital photo (emailed after the event)

When: Sat, Feb. 12, 2011

Where: Varna Community Center

Time: 6:30-8:00 pm

Cost: Advanced tickets are \$8.00/couple or \$10.00/couple at the door

Ages: 4-12 (daughters age) Fathers, Grandfathers, Step Fathers, Uncles, and Legal Guardians Welcome!

Attire: Fun and Formal

Please pre register with The Town of Dryden Recreation Department by

Printing form from: www.dryden.ny.us/recreation

## Feb 12 - Big Band Valentine Dance

Cornell Rooftop Mayhem Jumpswing Club cordially invites you to: our 8th Annual Big Band Valentine's Sweetheart Swing Dance Saturday, February 12, 2011, with the fabulous 20-piece Ageless Jazz Band. Plenty of great free refreshments! No partner needed!

Dance: 9-midnight, Swing lesson: 8-9pm, Admission: only \$5 at the door, Location: Memorial Room, Willard Straight Hall, Cornell U., Ithaca

NY, More information: www.rso.cornell.edu/swing

For eight years running, Cornell's Rooftop Mayhem Jumpswing Club has joyously presented an exquisite classic big band swing dance with Ithaca's own Ageless Jazz Orchestra. Thrill with us as the hall fills with the glorious big band sounds of Count Basie, Benny Goodman, Glenn Miller, Tommy Dorsey, Duke Ellington and more. A wide range of excellent music for your dancing and listening pleasure. Please join us for a truly delightful evening.

## Feb 13 - Pancake Breakfast

8-noon. Varna Community Center (943 Dryden Rd./Rte. 366) Includes Pancakes, French Toast, Ham, Bacon, Sausage, Scrambled Eggs, Hash Brown Potatoes, Fresh Fruit, Breakfast Breads & Beverages. \$6.50 - Adults, \$6 - Seniors, \$5 - ages 5 - 12, under 5 free. 50/50 Raffle Tickets also available.

## Feb 15 - Genealogical Society

Dick Hillenbrand, "Estate and Probate Court Records," Cortland County Genealogical Society, NEXT Tuesday, February 15th 7:00 PM at the Suggett House of the Cortland County Historical Society, 25 Homer Ave, Cortland, 607/756-

7061, Reception 6:30 PM, All Welcome, FREE.

## Feb 19 - Mid-Winter Flea Market

9am to 3pm. Varna Community Center (943 Dryden Rd./Rte. 366) Antiques, baked goods, collectables, tools, household items and a variety of toys, books and miscellaneous items. Lunch served 11-1:30. Menu includes Homemade soup, Chicken & Biscuits, Sandwiches, Brownies, Pies & Beverages. Vendors wanted. Contact Susan Simmons (277-9325, or sasrvcs121@yahoo.com) to reserve a table (\$10 each or 3 tables for \$25).

## Feb 26 - Chill-A-Bration

Court House Park in downtown Cortland. Celebration of all things winter. Chili cook-off and craft beer tent, a snow sculpture competition, the ski and snowboard terrain park featuring the "Tower of Terror," polar bear dunk tank that raises funds for local charities, and a sled dog exhibition and rides. Snow maze, family snow games, snowshoe testing, warming station. For more information call (607) 753-4270, e-mail adam@cortlanddowntown.com or visit www.cortlanddowntown.com.



## HAVE A COMMUNITY EVENT TO SHARE?

Please send all pertinent information, including a date, location, time, price, and a brief description to us at tcatribune@gmail.com, and we'll be happy to help inform the public!

# COVER PHOTO CONTEST




## Answer from the Previous Edition:

Hall's Furniture at 34 Main Street in McGraw, NY

## MYSTERY PHOTO CONTEST!

Our cover photos are old pictures of our area towns, businesses or landmarks. If you know where this edition's cover picture is - call 607-844-8228 or email tcatribune@gmail.com. Leave us your name, address & phone number along with your guess. If your guess is correct - your name is entered into our contest! A name is picked by random drawing & we print the winner's name in our next issue! All decisions are final. Businesses from around the area have generously donated a prize! Deadline for your guess is 6 pm on Friday, February 4th for this edition. By entering, you automatically give us permission to print your name in our next issue.

Each contest generates hundreds of entries! The winner of last edition's contest is Jeanette Byron. Jeanette won a gift certificate from Beth's Natural Way located at 3728 State Route 13 in Truxton! The winner of this edition will win a gift certificate from Pets A Plenty Pet Store located at 3925 West Road in Cortland! Enter your guess today!

We are looking for old photos to stump our readers! Do you have an old photo we could use? Please call us or email us - THANK YOU!

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**Piccadilly Lane**  
Country & Primitive Store

*Pampering Night and Open House - Thursday, February 3rd*

THE GIRL AT PICCADILLY LANE Country and Primitive Store is gearing up for its Pampering Night and Open House on Thursday, February 3rd from 4pm to 8pm. Owner Joyce Ballard has recently remodeled and added three new rooms upstairs for more shopping pleasure. All the rooms, upstairs and down, are overflowing with new one of a kind merchandise and changes frequently! When you enter you will find their new, convenient, easier check out area! As always, there are framed prints, furniture, linens, rugs, soy candles, cards, jewelry, swags, garlands, tin ware, signs, pottery, and many more unique items. Joyce has added some antiques to go along with the country decor and a holiday room! Something for everyone!

Be sure to mark your calendars and stop in on Thursday, February 3rd to check out all the specials including discounts, drawings for baskets, refreshments and more! Enjoy chair massages, an aromatherapy specialist who will be here to explain which aromas are good for what.

A beauty consultant will be available to offer suggestions on ways to protect your skin in the winter. Plus, learn how to make a magnificent bow for a wreath. (Bring three feet of your favorite ribbon to work with). Enjoy the fragrance of our very popular soy candles in all the healing and spa scents.

Complimentary paraffin wax dip for hands - suggestions for dry uncontrollable hair and other hair tips! Let us help you with decorating dilemmas and let us help you with suggestions! Lots of new items and sales for this special Pampering Night!

See the front page ad of this edition for a 25% Off coupon good on any one item in the store!

The store is located on 2634 Main Street in Whitney Point. Hours are Tuesday, Wednesday & Friday 10 - 6, Thursday 10 - 7, Saturday 10 - 3 and Sunday 11 - 3. Closed Mondays. Questions or looking for something special - 607-692-7418 piccadillylane1@aol.com



**Country Kitchen II**

COUNTRY KITCHEN EXPANDS TO CORTLAND, as a family diner and extension of the Whitney Point Country Kitchen I. The Owner, Doug Chidester has owned the Whitney point restaurant for 27 years now and decided to expand, which he did with the new location known as Country Kitchen II and located on Clinton Avenue, Cortland.

Doug has quite the background, as he worked for 27 years at NYSEG and the Village of Marathon for 9 years, all before becoming a restaurateur. He is also an avid Accordion player, which he shares on an occasion, with the patrons at the Cortland location. Doug is originally from the Halstead area, and then he lived in Greene for some time with his family and now resides in Whitney Point.

Carol Furgeson, who is also a partner in the Cortland restaurant, manages the Whitney Point location. Carol has always worked within the restaurant business and claims that it is just in her bones. She has a very busy family life with 3 children and 10 grandchildren. And she states, "She just loves the Cortland area and the wonderful reception that she has received here."

Both locations carry similar menu items that consist of some luscious "Homemade" dishes. Although, the Cortland location offers a 24 hour breakfast menu, that is not available in Whitney Point. I asked, what is a big

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breakfast special and I learned that "A BIG Favorite is the breakfast "Homemade sausage gravy, served over biscuits." Sounds, amazing!

They also carry homemade pies: Apple Crumb, Apple caramel crumb, lemon meringue, and various others based on seasonal demands. The soups are homemade and vary daily, so you have to visit often to try them all!

A few items are held weekly:

- Tuesdays offer: 8 oz. Strip Steak w/ 2 sides for \$5.99 from 4PM - 9PM.
- Thursday is: hearty Italian soup and Meatloaf day!
- Friday is the traditional: Fish and Macaroni and cheese, which Carol states, " is the Best Macaroni & Cheese around!"
- Saturday is also a traditional Prime Rib evening.

They are very mindful of the Senior Citizens and offer a 10% discount on meals over \$4.00 and on Wednesdays, they bump that up to 20% off.

The locations are not that big but can accommodate: up to 25 in Cortland and 45 in Whitney point for large parties, and on an occasion they will reserve the entire restaurant and close it to private parties during the week with sufficient reservations.

Bottom line, they are excited, pleased and say that Cortland has already exceeded their expectations! They wanted me to send a SO SO Special out to all of the Cortland patrons that have helped make them a success and they look forward to continuing to meet your needs.



### Local Artists' Works Selected for Oregon Exhibit

DAVID BEALE AND EMILY GIBBONS, owner and director of The Picture House Gallery respectively, have both had works selected for the juried 2011 International Au Naturel Exhibit at the Clatsop Community College Art Center in Astoria, Oregon. The exhibit will run from February 17th - April 14th, 2011. Only 56 works of art were selected from over 840 images submitted by 216 artists from 29 states plus the District of Columbia, and also including international submissions from Japan, India, the Philippines, Greece, Denmark, Germany, and Canada. The 2011 exhibit will represent 52 artists from 19 states as well as international artists from Denmark and Germany. David has also received a Workshop Award, and will travel to Astoria over the summer to teach a three to four hour workshop entitled "Yes, Watercolor CAN be Forgiving!"

"Au Naturel: The Nude in the 21st Century" is a competition and exhibit which focuses on the time-honored tradition of the nude human figure, an art form that continues to inspire and challenge many artists today as one of the most potentially rewarding subjects to explore. This exhibit represents a wide range of interpretations of the human figure from representational to abstract. David and Emily participate in the Life Drawing Class sponsored by the Cultural Council of Cortland County. Call 607-753-7786 for more information about the class. The Picture House Gallery and Frame Shop is located at 85 Homer Ave in Cortland. They can be reached at email@picturehouseonline.com.

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## A Touch of Glass Antiques & Collectibles

ATTENDING A WEDDING OR SHOWER this year? Need to find that special gift that ties something old with the warmest of wishes for that memorable gift? Try shopping at your local Antique and Gift Shop. There the finest crystal, colorful art, collectible pieces and more can be found at a fraction of the original cost. Yet be priceless in quality and sentiment. The selections are endless. Whether seeking cottage, antique, traditional or modern pieces, all styles are available. Consider an accent piece that will enhance any decor. A side chair, perhaps a hall desk or table that fills an empty space will give a room that furnished and inviting appearance. If blank walls need to be decorated, then a mirror, framed artwork or sconces can be considered that may reflect a specific color pallet or personal interest. If unique or unusual is desired, many items with great allure can be found also. The choice is limitless. Visit your local Antiques and Gift shops before settling for ordinary and mundane. Give a gift that reflects the time you invested to find that perfect gift that will be cherished in a new home for years. A rewarding experience awaits...

Kathleen Beardsley  
A Touch of Glass, Antiques & Collectibles

Vitamin D is so crucial to our emotional well-being that the incidence of Seasonal Affective Disorder, a form of depression, is higher in northern climates where winters are darker than the rest of the country.

Vitamin D also helps our bodies function properly in lots of other ways. A healthy dose of Vitamin D daily promotes bone and muscle health; immune system response; normal functioning of our nervous systems; helps regulate our blood pressure, insulin and blood sugar levels; and can help our bodies absorb calcium, according to studies across the United States.

For optimum health, the National Osteoporosis Foundation recommends 400-800 IU (International Units) of Vitamin D per day for adults up to 50 years of age, and 800-1,000 IU per day for those over 50.

Jazzercise Founder and CEO Judi Sheppard Missett suggests these Vitamin D dietary sources:

- Eat More Fish – Three ounces of herring contains almost 1,400 IU of Vitamin D; four ounces of fresh salmon contains 740 IU. Canned salmon, halibut, sardines and tuna are other good sources with 200 to 500 IU per three-ounce serving.
- Drink Milk – Many milk products are fortified with Vitamin D, a practice that began in the 1930s when the incidence of rickets in children, characterized by softening of the bones, caused medical professionals to look for ways to make sure babies received enough of the nutrient. Some orange juice, yogurt, bread and other products are also fortified with Vitamin D; quantities vary greatly by brand so check the label.
- Cod Liver Oil – One tablespoon of cod liver oil carries approximately three times

the recommended daily dosage of Vitamin D. That's why our grandparents knew it was good for us!

- Supplements – There are many Vitamin D supplements on the market. Check with your doctor for the type and dosage that is best for you.

The sun is also a great source of Vitamin D, but remember to soak it up safely, consulting with your doctor to find the perfect balance of natural Vitamin D that is best for your body.

Sue Karn, Certified Jazzercise Instructor, now offers more low impact moves in her classes but still shows high impact for the people who want to jump around. These classes are on Mondays and Wednesdays at 5:45 pm at the Holy Cross Church, George Road, Freeville, and Saturdays at 8:30 am at TC3, Dryden.

Be watching for "fit tips" or more Jazzercise information in each issue of The CAT.

If you have any questions about Jazzercise and/or my classes in Dryden/Freeville, please call me at 607-279-6131 or email me at sko1@cornell.edu.

## JazzerSue Says Get Vitamin D, Be Happy



WHY DO MOST OF US feel happy when the sun is shining? While it's warming our bodies and allowing flowers to bloom, the sun's rays are also providing healthy doses of Vitamin D, a nutrient that studies have shown helps elevate our mood.



## Mike's Fish Tank Hamsters, Gerbils & Rats

I know this is a fish column for the most part, however I do like to talk about other animals from time to time.

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I get a lot of questions about hamsters, gerbils and rats. First thing I'd like to say is gerbils get a bad rap. They are very friendly little critters. It is rare for a gerbil to bite. There is a bigger chance of a hamster biting.

Gerbils are desert animals so they do not drink much and therefore do not urinate much. That's a plus because there is very little smell with a gerbil. Yes, gerbils have a tail. A lot of people do not like gerbils because of that tail.

Don't let that interfere with your decision on buying a gerbil. Cats and dogs have tails too and that does not bother anyone.

Gerbils make great pets. They are also very active, always on the go, almost comical. They love a wheel and a ball. They love to play so give them plenty of toys. The downside is they are notorious chewers. I usually recommend a fish tank as their home.

The plastic cages get chewed up sometimes so keep an eye on that. Give your gerbil lots of chew toys. Paper towell tubes and toilet paper tubes make excellent chew toys.

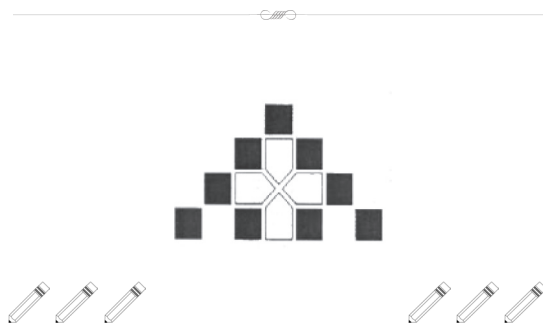
Hamsters make good pets too. Gerbils come in different colors but hamsters come in different breeds. Teddy bear hamsters have long hair. Golden hamsters are the original hamster. They get big and are usually a golden brown. There are dwarf hamsters. They stay small. Russians, Chinese, Djungarian, and Roborovski are all breeds of dwarf hamsters. All those hamsters come in a variety of colors too. Dalmation, blueberry, cinnamon, and blackberry are just a few of the many colors. Bear hamsters tend to be big. They also come in many colors such as, black, polar, dalmation, panda and calico to name a few. Hamsters can become very friendly. You have to hold and play with them a lot. That holds true with most any animal. The key is spending time with your pet. The more time you spend with them, the tamer they will become.

Hamsters have cheek pouches where they will sometime store their food. Of all the hamster breeds, the chinese dwarf is probably the most tame and friendly. Dwarf hamsters

should not be fed seed. They can sometimes die from eating seed. Critter cubes or square meal is the choice of food for all dwarf hamsters. We carry a great selection of gerbils and hamsters. Stop in and check them out.

Hamsters and gerbils can have babies every 19 to 21 days. They are pretty prolific breeders.

*Pets A Plenty is located on Rte 281, Cortland in the Blockbuster Video plaza across from Tops Market, open 7 days a week. 753-9213.*



**Pencil Points**

*Pencil Points are tips for residential design and planning issues often encountered by homeowners, builders and developers. This information is provided by Applied Design Research Associates as general interest based on current NYS Building Codes and is not intended as professional guidance for any specific project. For answers to specific design questions feel free to contact ADRA at (607) 844-4601 or consult the yellow pages under Architects for the name of other registered design professionals in your area. You can also write or email ADRA with additional questions to be researched and published in subsequent issues of this paper.*

*ADR Associates- P.O. Box 306, Freeville, NY 13068 adra@twcnj.rr.com*

**What are the general requirements for a basement/guest room?**

**F**INISHED ACTIVITY SPACES AND GUEST sleeping rooms, whether constructed above or below grade, must comply with the requirements for habitable space, a place

where people can work, play, sleep, eat or carry on some activity for an extended period of time. Basement areas can be tricky since some have direct access to the outside while others can be reached only by interior stairs.

Windows shall be installed to provide natural light (clear glass area not less than 8% of floor area excluding closets) and natural ventilation (vented area not less than 4% of floor area excluding closets). If there is no direct means of egress from this level by door, one or more windows must function as an emergency exit with a minimum openable area of 5.0 sq feet and minimum opening dimensions of 20" (w) x 24" (h). The bottom of the emergency egress window shall not exceed 44" above finished floor and be no less than 6" above the exterior grade at that point. If the emergency egress window opens below grade, it shall open into a window well having a minimum area of 9.0 sq feet with a minimum horizontal dimension of 36". A ladder or other means of vertical access may also be needed to provide a safe way out of window well structure.

The general ceiling height for a habitable basement room shall be at least 7'-0" with beam, pipes or duct soffits no less than 6'-8" off the finished floor. The minimum width of any habitable space shall not be less than 7'-0". Note: Utility basements not used as habitable family space can have a minimum ceiling height of 6'-8".

Heat producing equipment (heaters, boilers, etc) shall be enclosed in separate spaces where a basement may be used as a sleeping room even for infrequent guests or sleepovers. Fresh air for heat producing equipment shall not be taken from habitable spaces including basement rooms. It is also suggested that basement activity spaces be equipped with smoke, radon and carbon monoxide detectors having both audible and strobe annunciation on battery back-up in the event of power failure.

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THE FITNESS BOOM WAS LAUNCHED in America in the early 1980s by a small group of celebrities, including Jane Fonda, who recognized the importance of exercise for long-term health and well-being.

Although their methods were flawed, their vision was important. Over the past 30 years the notion of fitness as a valuable end in itself has persisted in the public consciousness. But for the most part, people do not take action on their own behalf in this critical area.

In a typical scenario, a person will finally decide to begin a plan to shed the 30 or more pounds of excess weight he or she has been carrying around for too many years to count. In a whirlwind of activity, the person joins a gym, buys a pair of snazzy cross-trainers, stylish new workout shorts, and tank tops, and even purchases 10 grueling sessions with a personal trainer. After this initial burst of enthusiasm, the typical fitness-seeking person will lose interest in 30 days. Health clubs across the globe rake in their profits from new member initiation fees, knowing full well that most new gym members discontinue their efforts within four to six weeks.

But fitness matters. And from an even broader perspective, lifestyle matters. In 2007, heart disease, cancer, cerebrovascular disease (including stroke and hypertension), and pulmonary disease accounted for more than 60% of the 2.4 million deaths in the United States.<sup>1</sup> It is now well-recognized that each of these diseases and conditions is specifically a lifestyle disease. With respect to cancer, less than 10% of cases are due to an inherited condition. The rest are a result of lifestyle choices such as smoking, excessive alcohol consumption, overweight and obesity, and lack of exercise.<sup>2</sup>

With respect to your long-term health, one key action step is to engage in regular vigorous exercise. If you haven't exercised in many years, daily walks are a good way to begin your life-long exercise program. Start with a modest 10-minute walk and build up over six to eight weeks to a daily 30-minute walk. Once you're walking 30 minutes a day, gradually increase your daily pace. When you've achieved a quick 30-minute daily pace and can maintain your schedule

comfortably, you may begin to alternate strength-training workouts with your walks.

Fitness is not only a critical lifestyle enhancer, it is also a state of mind. People who are fit want to stay fit. A person who becomes fit usually discovers that he has begun to choose healthy food rather than junk. Frosted doughnuts, candy bars, and twisted ropes of raspberry-flavored sugar lose their allure and appeal. Organic trail mix, organic apples, and protein smoothies become preferred snacks. Persons who take on a fitness lifestyle find themselves losing weight, naturally and easily. No stress-inducing diets. No drastic weight loss. The pounds just fall away because the person is exercising regularly and eating a healthy diet.<sup>3</sup>

Chiropractors are wellness experts. Chiropractors teach their patients how to begin safe, effective exercise programs. Chiropractors teach their patients how to create healthy food plans that will enhance their well-being and the well-being of their families. Healthy lifestyles are a key element in the overall chiropractic approach to long-term wellness.

Chiropractors are highly trained in nutritional science and rehabilitative exercise. In addition to your chiropractic hands-on treatment, regular exercise and healthy nutrition will help you return to high levels of wellness and well-being. If you're ready to get started why not give the healthcare experts at Finger Lakes Spine & Body Works a call. We offer variety of holistic health care services including chiropractic, acupuncture, massage therapy, and spa services. You can check us out on the web at [www.SpineAndBodyWorks.com](http://www.SpineAndBodyWorks.com), give us a call at 844-3304, or come see us at 87 West Main St. In Dryden, NY.

<sup>1</sup>Xu J, et al: *Deaths. Final data for 2007. Natl Vital Stat Rep* 58(19), May 20, 2010

<sup>2</sup>Kirkegaard H, et al: *Association of adherence to lifestyle recommendations and risk of colorectal cancer: a prospective Danish cohort study. Brit Med J* October 26, 2010 (Epub ahead of print)

<sup>3</sup>Brietzke SA: *A personalized approach to metabolic aspects of obesity. Mt Sinai J Med* 77(5):499-510, 2010

## Help For Taking The Pretty Mean Stuff Out Of PMS Part One

IT IS ESTIMATED THAT EIGHTY percent of women experience some type of premenstrual symptoms. For some it is a mild inconvenience, to others it destroys their personal lives.

In order to find a natural treatment for PMS we need to realize that your symptoms are caused by imbalances in both hormones and nutrients at some point in the monthly cycle. These symptoms differ in intensity and variety according to the nutrient and hormone imbalance a woman suffers from. Choosing herbal and nutritional supplements for PMS can be complicated. Hormone balance is tied into many factors such as diet, stress and waste elimination. The following list is based on the categories developed by Dr. Guy Abraham to help categorize the different types of PMS. This is accomplished by using herb blends that help your body to naturally balance itself. In addition, I will recommend several other supplements that are needed by the body to balance hormones. These supplements have helped many women find natural PMS relief. For the best results, use the entire program initially. Then you can decrease the dose over time to find out what works best for you.

**TYPE A (Anxiety):**

Symptoms: Anxiety, irritability, mood swings and nervous tension.

Cause: High estrogen to low progesterone ratio.

**Supplements:** Female Comfort: A combination of eight herbs which supports and balances the female reproductive system. Ingredients include: red raspberry leaves, dong quai root, black cohosh root, ginger root, licorice root, blessed thistle herb, marshmallow root and queen of the meadow herb. Over the years I have found this to be the best formula for balancing female hormones on the market. I don't think I have ever had anyone not get some benefits from it. Directions say to take six capsules per day during the first month, then reduce slowly each month to find the level that is right for you. Some women find they can just take the formula for the ten days before the period is due and still have good results. This formula however should not be taken during pregnancy or lactation but could be taken in small amounts.

**Nutri-Calm:** This is a high potency B-Complex vitamin/herbal formula with added vitamin C to support stress. It is in a base of calming herbs to counteract the effects of stress and nourish the nervous system. Adequate B vitamins are needed by the liver to help break down excess hormones each month. Suggested dosage is two to three capsules per day. Most women with PMS are high strung and nervous and that is what this formula was designed for. It does not cause drowsiness and can increase energy while maintaining a sense of calm. It feeds the adrenal glands which are known as the stress glands.

**Magnesium:** This is a 250 mg product. Magnesium is extremely important to many body functions. A lack of this

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mineral is tied to anxiety, irritability and mood swings. It helps to nourish the nervous system. Magnesium is depleted during times of stress and with high intake of dairy foods and refined white sugar intake. Suggested dosage is two tablets per day. For those who are prone to headaches and or constipation three per day is suggested. Some other functions of magnesium are: it acts as a catalyst in the utilization of carbohydrates, fats, protein, calcium, phosphorus and possibly potassium. It helps produce energy inside cells. It works hand in hand with calcium in the body. Calcium ions make muscles contract, while magnesium ions help muscles relax. This is why it helps relieve muscle cramping and spasms, relieves colic and spastic bowel conditions and helps prevent heart attacks. Some times with extra B6 it works even better for PMS symptoms. If a person has an over-acid body this is one of the first minerals to be depleted. Alcohol, diuretics, diarrhea, fluoride, zinc and Vitamin D also deplete the body's supply of magnesium. Foods high in oxalic acid inhibit the absorption of magnesium. Signs of magnesium deficiency include: spastic muscles, nervous twitching, addiction to stimulant laxatives, spastic colon, hypersensitivity to noises and calcium deposits.

Well it looks like I will have to divide this into two columns so look for part two in the next CAT.

Till next time,



Diane L. Toombs, CNHC  
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quick and easy recipe for a snack or breakfast that I enjoyed while in Florida. A few mornings I enjoyed a bowl of fresh fruit with yogurt poured over it. It is a great way to get one of your 3 servings of dairy products needed daily. Yogurt is packed with 9 essential nutrients your body needs and helps aid in digestion. As you enjoy this snack just close your eyes and think about the sun shining and warmer temperatures. Summer will be here soon (we hope)! Keep warm and dream of warmer days ahead!



## Groton Winterfest

CELEBRATE WINTER AT THE GROTON Winterfest Saturday January 29th, 8am-4pm. A free community event! Both indoor and outdoor activities. Fun for all ages! \* Location: Groton Elementary School, 516 Elm St., 13073. Questions, please call 898-4569.

Pancake breakfast, 8am-10am. \*Dog sled rides on the hour for a small fee with Adirondack Kennels (adirondackkennel.com), Primitive Pursuits demonstrations, free XC ski rental, recycled toboggan contest, Deadline to make your sled is Jan. 26th! Go to \*www.grotonny.org/park.html for rules and winterfest info. Indoor activities include a bounce house, kiddy games, "guitar hero" and "dance dance revolution" competition, dance recital at 1pm with "Jen X" academy of dance. Community resource information booths include: T.C. SPCA pet adoption, Habitat for Humanity, Tompkins Energy Corps, Primitive Pursuits and Pure & Simple Yoga. Food and drinks available. No dogs allowed. Please leave your pet at home. This event is made possible in part by a Tompkins County Community Celebrations Grant and is sponsored by Groton Recreation.



## Delaney Brothers Bluegrass Band To Appear In Concert

February 3, 2011  
Center for the Arts in Homer  
Sponsored by the Cortland Rotary Club  
Contact Judy Riehlman by email: [hriehlma@twcny.rr.com](mailto:hriehlma@twcny.rr.com) or 607 749-4292

THE LIVING HISTORY CENTER AND Museum will be the beneficiary in a fundraiser featuring the Delaney Brothers Bluegrass Band in concert at the Center for the Arts at 72 S. Main Street, Homer on February 3, 2011. They will be performing at 8 PM, the night before Homer's Winterfest Weekend. The fundraiser is sponsored by the Cortland Rotary Club in cooperation with the Center for the Arts.

The Delaney Brothers Bluegrass Band began in the Cortland area over 30 year ago and is known throughout bluegrass circles in central and northern New York State and in Pennsylvania and points south. They have appeared locally at many venues. The Band opened a major bluegrass concert February 2010 at the Landmark Theater in Syracuse which drew hundreds of people from across the region.

The Living History Center and Museum is entering its last phase of completion which includes exterior work and interior space design. Located on U.S. Route 11 between the City of Cortland and the Village of Homer, the site will serve as the southern most point of a one mile stretch that travels north to the 400 seat theater and cultural arts center called the Center for the Arts. Designed to emphasize the key elements of regional history – social, industrial, agricultural, Brockway trucks and the Homeville military collection, the museum will include a remarkable variety of learning opportunities for all ages in addition to traditional research facilities and permanent and rotating displays. This corridor is being developed to bridge the communities of the City of Cortland and the Village of Homer in their efforts to draw tourists to this area.

Tickets for the concert are \$25 each and may be purchased at the following outlets: Jodi's Hallmark and Sheridan's in Cortland, The First National Bank of Dryden's Cortlandville Office on Route 13, Bev's Fashions and Origins in Homer, or from any Rotary Club member.



### 3 Every Day



HELLO AGAIN FROM LACEY FOOTE, your Tompkins County Dairy Princess. Not to brag about it but I just returned from a week in Florida. We had gorgeous weather and it was at least 75 - 80 degrees everyday! Of course there's always an end to something good. Coming home to all this snow and bone chilling weather made me think how we are all missing summer time. So I wanted to give you a very

## Information About Aging Services

Are you wondering about services for senior citizens? From questions about Medicare, to concerns about an older relative, the staff at the Tompkins County Office for the Aging can help you. The Tompkins County Office for the Aging offers information on a wide variety of services for senior citizens and their caregivers. If our office cannot help you, we can refer you to others who can help. Please call the Tompkins County Office for the Aging at 274-5482, or visit us on the web at [www.tompkins-co.org/cofa](http://www.tompkins-co.org/cofa)



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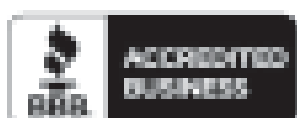
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**HOMER, NEW YORK.** WEATHER CONDITIONS are perfect for the upcoming 11th annual Homer WinterFest in the village of Homer, NY. After months of planning and preparation the community is ready to celebrate winter in central New York. For those who visit Homer, the annual WinterFest includes the full slate of traditional activities as well as new events. Find out all about the festival at [www.homerwinterfest.org](http://www.homerwinterfest.org). The action kicks off on Friday night (February 4th) with the Homer Elks fish fry from 5:30 to 8. New this year: revisit the Ghosts of Homer, a walking tour by Town Historian Martin Sweeney at 6:30 starting at the Village Green bandstand. Chase the chill from the air at the huge community bonfire sponsored by the Homer Fire Department. At 7:45 the skies will be aglow with the

annual fireworks display brought to us this year by Little Big Shots. After the show come to the Homer American Legion for the community dance from 7-9. The festival shifts into high gear on Saturday morning starting with the pancake breakfast from 7-11 at the Community Building. The flea market at the Homer Senior Center runs all day from 9-4 and offers pizza, cinnamon buns and more. The Main Street parade starts at 10:15 am. Bundle up the kids and bring them to the Homer Elementary School for the expanded children's events featuring The Nate & Kate Kids Show at 11 and Moreland the Magician at 12:30. The fun includes a bounce house, bouncy jousting, crafts, games, pony rides, hotdogs, and much more. The Phillips Free Library book sale runs from 10-2 and includes a Penguins children's activity at 10:30. Events on the Homer Village Green include free ice skating, hot refreshments by the Homer Youth Center, the Ice Dance team at 10:30, and Cortland Youth Hockey at 11:30. Get some friends together and enter your team in the Human Dog Sled Race at 11:00, with categories for all ages. Shop dozens of antique and craft vendors at the Homer Intermediate/Middle School from 9:30-4:40. Lianani's will offer hot and cold food and drinks there. Brush the dust off

your old antiques and have them professionally appraised for a small fee by Lee Benson or Jerry Wilcox at our "Antiques Road Show" from 11:30-2:30. Frank Hoxie and Greg Greene will be buying old gold and silver. Food and drink are not in short supply at Homer WinterFest on Saturday. Check out the Chicken BBQ at Friend's and the pork/beef/ribs BBQ at the Center for the Arts parking lot. Taste and judge local chili at the HoBeau's Chili Cook-Off. Enjoy a Victorian Tea at the Brewster House from 1-3 or sample local wine and beer at the American Legion from 1-4.

On Saturday evening fill up at the Homer Elks Clamfest from 4-8 (call about pre-sale clamfest tickets 607-749-4200). Homer WinterFest Chair Eric Mulvihill says, "The whole idea behind WinterFest is to give residents and visitors a reason to get out of the house and provide relief from cabin fever. We invite everyone to come to Homer for the weekend, check out the great line-up of events, have a bite to eat at our restaurants and take a stroll down main street to see what's new in our local shops and boutiques. Mulvihill reminds residents to bundle up, bring their mittens, and enjoy the crisp winter weather."



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### CNYS Income Tax Service Ready to Serve Taxpayers

WITH TAX SEASON HERE, CNYS Income Tax Service, a part of the Jackson Hewitt family, is open and ready to help you with your tax return. The tax professionals there are well versed and updated on the very latest breaking tax laws and changes for 2011.

As this tax season approaches and consumers start to make plans for filing their 2010 tax returns, Jackson Hewitt offers these suggestions on what to look for in a tax preparer:

- **Experience:** Select a tax preparer that is well-established and has proven experience preparing many different types of tax returns. For example, if you are self-employed, be sure to ask if your preparer has expertise in this area.
- **Knowledge:** The 2010 tax year has seen several significant changes thus far, with other critical decisions still pending – such as state and local sales tax deductions and the increased

impact of the Alternative Minimum Tax. With so many late-breaking changes likely to occur, it is critical to ensure that a tax preparer has the resources to stay fully up-to-date on new and changed laws.

- **Accuracy:** Verify that a tax preparer has quality, up-to-date software with built-in error checks. For an additional accuracy check, work with a tax preparer who files tax returns electronically via IRS e-file, which checks for common mistakes, provides confirmation that a tax return has been received by the IRS and offers faster receipt of an expected refund. Jackson Hewitt provides free electronic filing with paid tax preparation.
- **Guarantee:** A reputable tax preparer stands by his or her work. Ensure that you will be reimbursed all penalties and interest charged by a taxing authority for any tax preparer error. At Jackson Hewitt, every paid tax return comes with a free Accuracy Guarantee. (Terms and conditions apply. Ask tax preparer for details.)
- **Year-Round Support:** Finally, be sure that the tax preparer provides year-round access should tax-related questions or concerns arise.

To learn more about education deductions and credits, please visit the office conveniently located off of Route 13 at 114 North Street, Dryden, NY or call 607-844-4410.

Photo: Roxanne Orr, Renee Granato-Crammer & Cassandra Kelly

Absent: Julia Falone

About Jackson Hewitt Tax Service Inc.

Based in Parsippany, N.J., Jackson Hewitt Tax Service Inc. is an industry leader providing full service individual federal and state income tax preparation. The company had more than 6,400 company-owned and franchised offices, most being independently owned and operated, throughout the United States during the 2010 tax season. Jackson Hewitt Tax Service® also offers an online tax preparation product at [www.jacksonhewittonline.com](http://www.jacksonhewittonline.com). For more information or to locate the Jackson Hewitt Tax Service office nearest to you, visit [www.jacksonhewitt.com](http://www.jacksonhewitt.com) or call 1-800-234-1040. Jackson Hewitt can also be found on Twitter and Facebook.



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## Buckle Up When Bundled Up Valuable Child Passenger Safety Tips for Winter Months

Fact: Motor vehicle crashes are a leading cause of death for all children between ages two and 14.\*

Fact: Car seats reduce the risk of death significantly – as much as 71% for infants and about 54% for toddlers.\*\*

Fact: Up to 82% of infant car seats are installed incorrectly, increasing the risk of severe injury or mortality if an accident occurs.\*\*\*

– According to the National Highway Traffic Safety Administration

**P**ROPER USE OF A CHILD safety seat is the best protection you can give your child when traveling by car. When a little one is dressed for the cold winter months, it may be a challenge to properly buckle them in for safety. Allstate Insurance Company is providing timely tips to ensure that parents are correctly buckling up their child when they are bundled up.

“Thick winter coats or snowsuits can change the way a child fits into a car seat,” says Allstate NY spokesperson Krista

Conte. “For car seats or booster seats to function properly, the straps need to remain tight against the child’s chest. The filling of a thick coat may compress in an accident, making secure looking straps loose.”

Allstate Insurance Company and Heather Corley (About.com Baby Products Guide) offer an easy way for parents to test their child’s winter coat or infant snowsuit to see if they are too thick to be safe in a car seat.

1. Take the car seat into the house.
2. Put the winter coat or snowsuit on the child.
3. Put the child in the car seat and buckle the harnesses as you normally would before car travel. Adjust the straps to the appropriate fit for your child.
4. Take the child out of the car seat without loosening the straps at all.
5. Take the coat off your child.
6. Put the child back in the car seat and buckle the harnesses again, but do not tighten the straps.

If you can fit more than two fingers under the harness at the child’s shoulder bone, the coat is too thick and is not safe for use with the car seat.

For more information: <http://babyproducts.about.com>

*The Allstate Corporation (NYSE: ALL) is the nation’s largest publicly held personal lines insurer. Widely known through the “You’re In Good Hands With Allstate” slogan, Allstate is reinventing protection and retirement to help more than 17 million households insure what they have today and better prepare for tomorrow. Consumers access Allstate insurance products, home, life and retirement and services through Allstate agencies, independent agencies, and Allstate exclusive financial representatives in the U.S. and Canada, as well as via [www.allstate.com](http://www.allstate.com) and 1-800 Allstate®.*



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are correctly buckling up their child when they are bundled up.

“Thick winter coats or snowsuits can change the way a child fits into a car seat,” says Allstate NY spokesperson Krista



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## Farm Business Workshops Offered

WHETHER YOU ARE AN ESTABLISHED farmer or just starting out, this is a good time of year to take stock and think about what could be done to increase sales and become more profitable. Cornell Cooperative Extension South Central NY Agriculture Program is offering three winter workshops on Sharpening Farm Business Skills focused on marketing and business analysis.

The workshops are offered in 3 locations on Saturday mornings. The first workshop on Feb. 5 in Montour Falls at the Schuyler County Extension office will focus on branding and promoting your business with an emphasis on building your identity and spending your marketing dollars wisely.

A second marketing workshop on Feb. 19 at the Tioga County Extension office focuses on evaluating market channels you are using and on new marketing opportunities with a focus on how to establish successful marketing relationships.

And the final workshop, on March 5, at the Cooperative Extension office in Tompkins County, will focus on record keeping and financial tools for business analysis.

All workshops run from 9:30-Noon at the various county extension office locations. Pre-registration is requested. For Feb. 5 - call 535-7161; For Feb. 19 - call 687-4020; for March 5 call 272-2292.

For more information as to which workshop is best for you, call Monika Roth at 607-272-2292.

## Before the Big Day

### 12 Months Before Your Wedding Day

- Announce the engagement
- Set your wedding date
- Create a budget
- Hire a Wedding Coordinator (optional)
- Create your guest list
- Start brainstorming ideas and themes
- Reserve your Ceremony spot
- Book an Officiate
- Make reservations for your Reception area
- Book a Photographer and Videographer
- Book Caterer, Florist and Music (Band, DJ, etc.)
- Look for a Wedding gown and Tux, allowing time for alterations and fittings
- Register for gifts
- Select and call the bridesmaids and groomsmen
- Agree on a date to order bridesmaids' dresses and groomsmen's tuxes
- Choose a destination for your Honeymoon
- Apply for passports, if required

### 6-9 Months Before Your Wedding Day

- Finalize your guest list
- Decide on the timeline and details of Ceremony and Reception Order/make invitations, and thank you notes
- Make airline and hotel reservations for the Honeymoon
- Choose a caterer, a florist and place an order for the wedding cake
- Book Transportation (Limo, Antique Car, Etc.) for wedding day
- Shop for any Party rentals

### 3-4 Months Before Your Wedding Day

- Mail out/hand deliver invitations
- Confirm wedding details and contracts with all wedding vendors
- Choose gifts for your attendants
- Set a date and time for the rehearsal dinner
- Help make travel arrangements for any out-of-town guests
- Make final alterations and fittings for the Wedding Gown and Tux
- time with your Photographer for the Bridal Portrait or Engagement shoot

### 1 Month Before Your Wedding Day

- Apply for the marriage license
- Buy your wedding bands
- Finalize music list and no-play list with band or DJ
- Attend showers
- Make insurance arrangements
- Schedule the rehearsal a day or two before your wedding day
- Make an appointment with a Beauty Salon for day of wedding
- Send a wedding announcement to the local newspapers (optional)
- Make necessary arrangements for name & address change, if any
- Discuss final details with the reception Site and the Caterer
- Pack for honeymoon
- Write out all checks needed for wedding day
- Send reminders to the rehearsal dinner attendees about the location & time
- Discuss final details of the ceremony and reception with family and bridal party

### Wedding day or day before

- Visit your Beauty Salon for manicure and pedicure
- Host the rehearsal and dinner
- Make sure the ushers have the final guest list

## Great Downtown Ithaca Chili Cook-off & WinterFest

February 19th, 2011 11:30 - 4:00pm

JOIN US FOR THE 13TH Annual Great Downtown Ithaca Chili Cook-off and WinterFest, Saturday, February 19th, 2011, from 11:30am to 4:30pm. Over 30 restaurants

compete for the titles of Best Chili and other items in the People's Choice, Vegetarian & Meat, and the Official Judging competition. Events include Chili Tasting, Mechanical Bull Riding, Chili Idol Karaoke, Farmers Market, Wine & Beer Tasting, Music, Contests and Prizes. Tickets to Taste are \$5 for 5, \$10 for 11, or our VIP tickets are 10 for \$20 (and you get a special VIP line at each booth). Each ticket gets you a 2-3oz sample of chili or a comparable sample of other items from wine to chocolate. People's Chili Recipe Competition: The annual People's Chili Competition is the public's opportunity to enter their personal recipes for the chance at joining the festival. All entrants will be judged upon: the creativity of the recipe, the overall taste and appeal of the chili and the ability for the chili to be reproduced in mass quantities. In order to enter, please submit all recipes to matt@downtownithaca.com or drop them off in person to the Downtown Ithaca Alliance office located at 171 E. State St. All recipes must be received no later than February 5th at noon. Chili Mustache Competition: The 2nd annual Chili Cook-Off mustache competition returns in 2011. The mustache competition is your ticket to free chili. Grow it, craft it or stick it on and be spotted by the Chili photographer for your chance at complimentary VIP chili tasting tickets and other prizes. For more information contact Matt, Marketing and Events Manager, at 607-277-8679 or email matt@downtownithaca.com.



## Cortland County January Volunteer of the Month Kathy Williams

KATHY WILLIAMS IS THE JANUARY Cortland County Red Cross/Dunkin' Donuts Volunteer of the Month. With a background in nursing, Kathy has become very active in the free Red Cross Blood Pressure Screening program, which takes place every Friday at local banks. She has completely revamped this program, while assisting in the development of new procedures. Every week, she makes sure each of the various screening sites has the materials needed. Kathy also schedules the volunteer coverage for the screenings and helps with recruitment efforts.

Kathy says that she feels as if she is "finally getting the chance to do what she has always wanted to do - give back to the community." She has been volunteering with the Red Cross for about two years.

Kathy, a nurse practitioner retiree, lives in Homer with her husband. She also volunteers at the hospital once a week and participates in events with RSVP.

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## Scholarships Offered For Eco Design Class

LEARN TO DESIGN YOUR GARDEN, backyard, or small woodlot using an ecological design method. The Finger Lakes Permaculture Institute of Cayutaville, NY will be offering a Community Training in Ecological Design program in Montour Falls, in collaboration with Cornell Cooperative Extension of Schuyler County.

The course will meet from 10:00 am to 5:00 pm on the weekend of February 12 & 13 and will continue on Tuesday evenings from 6:30 to 9:00 pm from February 15th through April 12th. Classes will be held at the Schuyler County Human Services Building at 323 Owego Street in Montour Falls, NY. Students can choose their own design project such as a backyard, garden space, vacant lot, field, forest, or even an entire neighborhood. Tuition is a sliding scale \$200 to \$400, based on what you can afford.

Thanks to grants from the Schuyler County Environmental Management Council and the Finger Lakes Resource Conservation & Development Council, up to nine half scholarships are available towards the tuition. The scholarships will be offered to those who can share their new design skills to others in their community. Teachers, students, social workers, community organizers, small farmers or anyone enthusiastic about using what they learn to help their own community are encouraged to apply at the FingerLakesPermaculture.org website. Applicants who live in Schuyler, Yates, Seneca, Steuben, Tompkins, Chemung or Ontario counties are eligible.

The Finger Lakes Permaculture Institute (FLPCI) offers opportunities to learn sustainable design methods including mushroom inoculation workshops, summer apprentice programs, and an two week Permaculture Design Certification course.

Permaculture is a design discipline for productive systems such as gardens, farms, homesteads, and urban sites utilizing ecological principles found in natural systems. These ecological principles combined with a design method help to create sustainable, healthy abundant landscapes while meeting basic human needs. Permaculture has become a cutting edge design alternative to industrial systems that erode the wealth of communities and natural resources.

Carpooling from several towns around Central NY is being organized on our website. Anyone interested in more information or a scholarship application can visit the FLPCI website at FingerLakesPermaculture.org or call (607) 527-0607.

## Calendar of Events

Wednesday, January 26, Community Arts Challenge Reception 7 pm, Center for Arts, 72 S. Main Street in Homer. For more information call the Cultural Council of Cortland County, (607) 753-1188 or e-mail staff@cortlandarts.com.

February 5, March 5, April 2, Super (Bus) Saturdays Super Saturdays is a special pilot program created by Seven Valleys Health Coalition and the Transportation Advisory Committee of the County Legislature. It is designed to determine the viability of expanded Saturday bus service in Cortland County. On the first Saturday of February, March and April, a bus will be available to transport people from the rural areas of the county into Downtown Cortland. Another bus will take folks from Downtown to Homer, along the Rt. 281 shopping corridor, to the Plaza Theater and back Downtown. It will be a day for shopping, going out to lunch, going to a movie, getting your hair done, visiting friends or attending a special event. There will be "bus buddy" volunteers on the buses those days to help people plan their day and to provide information on special activities or events. Riders will be offered a 10% discount card to be used at participating merchants only on those specific days. Please call the Cortland Downtown Partnership at (607) 753-4928 or e-mail adam@cortlanddowntown.com; or contact Jan Dempsey, Mobility Management Coordinator at Seven Valleys Health Coalition (756-4198 Ext. 225; jdempsey@sevenvalleyshealth.org) if you have any questions.

Friday, January 28, Tech Garden Artist Reception 5 - 7 pm, The Tech Garden, 235 Harrison Street in Syracuse. An exhibit featuring work by Cortland County artists will be held from January through April, 2011. The application deadline for Cortland artists is December 15, 2011 (postmarked). For more information call the Cultural Council of Cortland County, (607) 753-1188 or e-mail staff@cortlandarts.com.

Sunday, January 30, Rock! Concert 3 pm, United Presbyterian Church, 25 Church Street in Cortland. Organ Concert by Organist Rock Whiting; Works of Mendelssohn, Gigout, Alain, Hampton, and others; Video Projection of the Organist. No charge. For more information call (607) 756-5689 or e-mail pifry48@frontier.com.

## Newfield Trailblazers Pony Club

Benefit Breakfast at the Ithaca Moose Lodge on Elmira Road (across from McDonald's) on March 19, 2011, Saturday from 8:00 AM to 11:00 AM. ALL YOU CAN EAT \$5.00 per person, kids under 5 eat free! Raffles, 50/50 - Bake sale, soup and cookie jars too!! 607-564-9375 for tickets or make a donation of merchandise or gift card

This benefit is to not only send all pony club kids to horse camp this summer but also help towards a trip to Washington, D.C. to personally deliver pictures and framed art to Walter Reed Hospital for our soldiers. Sending picture of New Beginnings Equine camp from 2010 where this project started with Afghanistan vet Zach Williams in the center via YouSendIt in file labeled "CampPicZach".

## The Cortland Area Tribune

### What People Are Saying...

I like it. Nice work. Short, sweet and to the point. The photo is very much what I do. Thanks and Happy New Year to you, yours and the staff at the Cortland Tribune.

*Kristen Augusta, LMT  
Cortland, NY*

Advertising in the CAT increased my coverage area from just Tompkins County to include Cortland County. This has increased my customer base substantially. An added bonus is that Judy Kilmer is a delight to work with.

*Karen Hewitt  
Barnhouse Antiques  
Lansing, NY*

Thank you for this opportunity to inform the public about our motorcycle organization. I would like to add that we received a few email inquiries about our local chapter which I believe was a direct result of the article in your paper so I thank you for that...thank you for the generous offer [to advertise future events], I will be sure and take you up on that.

*Jan Aguirre  
ABATE of Tompkins County  
Secretary and Webmaster*

Thanks Judy for the ad you helped me tweak. It is just right, I knew you would understand my vision. It is always a pleasure to work with you and see my business ads in the CAT. I am pleasantly amazed when friends and relatives living downstate say they have seen my ad or an article I may have submitted. Good to do business with you.

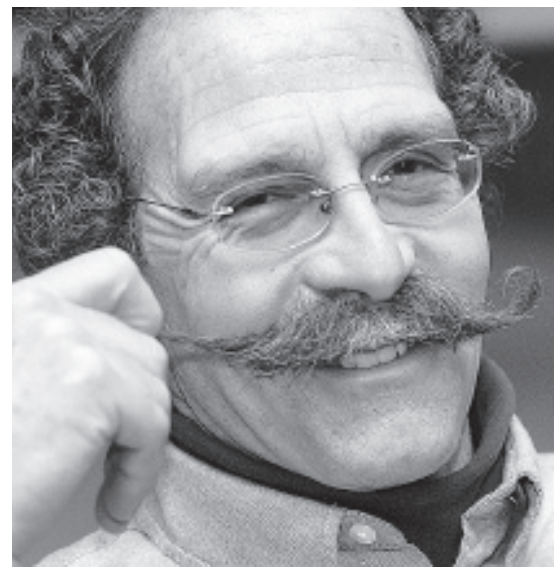
*Kathy Beardsley  
A Touch of Glass Antiques & Collectibles  
Homer, NY*

The Cortland Tribune has been a big help to my business. The prices are excellent and Judy is very helpful. I always get a good response when I do an article. The graphic department does a really nice job on my ads too.

The business directory in the middle of the paper brings in a lot of new customers. I highly recommend advertising in THE CAT.

*Michael Moffitt, Owner  
PETS A PLENTY*

# BUSINESS OWNER PHOTO CONTEST



## DO YOU KNOW WHO THIS LOCAL BUSINESS OWNER IS?

Welcome to our new contest! It was suggested by a local business to try a new contest – print pictures of local business owners when they were “younger” and see if anyone can recognize them! This contest can be entered the same as our famous cover photo contest – email your guess to tcatribune@gmail.com or call 607-844-8228 and include your name, address and phone number. If your guess is correct, you will be entered into the contest. A name will be picked by random drawing and the winner's name will be printed in the next issue and they will win a gift certificate donated by local businesses! Enjoy!

## Last Issue's Business Owner Photo Contest

### Answer

Dale Taylor – Owner of Sarvay Shoe Company located at 50 Main Street in Cortland.

### Winner

Brad Lefever – Brad won a gift certificate from Sarvay Shoe Company!

# CAT KITCHEN RECIPE CORNER



## White Chili

3 cans (15-1/2 ounces each) great northern beans, rinsed and drained  
3 cups cubed cooked chicken breast  
1 jar (15 ounces) Alfredo sauce  
2 cups chicken broth  
1 to 2 cans (4 ounces each) chopped green chilies  
1-1/2 cups frozen gold and white corn  
1 cup (4 ounces) shredded Monterey Jack cheese  
1 cup (4 ounces) shredded pepper Jack cheese  
1 cup sour cream  
1 small sweet yellow pepper, chopped  
1 small onion, chopped  
3 garlic cloves, minced  
1 tablespoon ground cumin  
1-1/2 teaspoons white pepper  
1 to 1-1/2 teaspoons cayenne pepper  
Salsa verde and chopped fresh cilantro, optional

In a 5- or 6-qt. slow cooker, combine the first 15 ingredients. Cover and cook on low for 3-4 hours or until heated through, stirring once. Serve with salsa verde and cilantro if desired. Yield: 12 servings (1 cup each).

## Appetizer Tortilla Pinwheels

1 cup (8 ounces) sour cream  
1 package (8 ounces) cream cheese, softened  
1 can (4-1/4 ounces) chopped ripe olives  
1 can (4 ounces) chopped green chilies, well drained  
1 cup (4 ounces) shredded cheddar cheese  
1/2 cup chopped green onions  
Garlic powder to taste  
Seasoned salt to taste  
5 flour tortillas (10 inches), room temperature  
Fresh parsley for garnish  
Salsa

In a large bowl, beat the first eight ingredients until blended. Spread over the tortillas; roll up tightly. Wrap each with plastic wrap, twisting ends; refrigerate for several hours.

Unwrap; cut into 1/2-in. to 3/4-in. slices. (An electric knife works best.) Discard ends. Garnish with parsley. Serve with salsa if desired. Yield: about 4 dozen.

4-1/2 teaspoons lemon juice  
2-1/2 teaspoons red wine vinegar  
1 shallot, finely chopped  
1 garlic clove, minced  
1/2 teaspoon anchovy paste  
1/8 teaspoon grated lemon peel  
1 loaf (10-1/2 ounces) French bread baguette, cut into 1/2-inch slices and toasted

In a small bowl, combine the tomatoes, chervil, cilantro, parsley, capers and hot pepper sauce.

In another bowl, whisk the oil, lemon juice, vinegar, shallot, garlic, anchovy paste and lemon peel. Drizzle over tomato mixture; toss to coat. Serve with toasted baguette slices. Yield: 32 appetizers.

## Sweet Pretzel Nuggets

1 package (16 ounces) sourdough pretzel nuggets  
2/3 cup canola oil  
1/3 cup sugar  
1 to 2 teaspoons ground cinnamon

Place pretzels in a microwave-safe bowl. In a small bowl, combine oil, sugar and cinnamon. Pour over pretzels; toss to coat.

Microwave, uncovered, on high for 1-1/2 minutes; stir. Microwave 2-3 minutes longer, stirring after each minute or until oil is absorbed. Cool to room temperature. Store in an airtight container. Yield: 12-16 servings.

## Southwest Black Bean Soup

1 medium sweet red pepper, chopped  
2 celery ribs, chopped  
1 small onion, chopped  
1 tablespoon canola oil  
2 cans (15 ounces each) black beans, rinsed and drained  
1 can (14-1/2 ounces) reduced-sodium chicken broth  
1 can (14-1/2 ounces) Hunt's® Original Diced Tomatoes, undrained  
1 can (4 ounces) chopped green chilies  
3/4 teaspoon ground cumin  
1-1/2 cups cooked instant brown rice  
6 tablespoons reduced-fat sour cream

In a large nonstick saucepan, saute the pepper, celery and onion in oil until tender. Add the beans, broth, tomatoes, chilies and cumin. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes or until thickened.

Divide rice among six soup bowls; top with soup and sour cream. Yield: 6 servings.

## Super Bowl Stromboli

2-1/2 to 3 cups all-purpose flour  
1 tablespoon sugar  
1 package (1/4 ounce) active dry yeast  
1 teaspoon garlic salt  
1 cup water  
1 tablespoon butter  
6 thin slices deli ham  
6 thin slices cheddar or Swiss cheese  
6 thin slices summer sausage or salami  
2 tablespoons Dijon mustard  
1/2 cup julienned green pepper  
1 egg white, lightly beaten  
1/2 to 1 teaspoon sesame seeds, optional

In a large bowl, combine 1-1/2 cups flour, sugar, yeast and garlic salt. In a saucepan, heat water and butter to 120°-130°. Add to dry ingredients; beat just until moistened. Stir in enough remaining flour to form a soft dough.

Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

Punch dough down. Turn onto a lightly floured surface; roll into a 14-in. x 10-in. rectangle. place on a greased baking sheet.

Place ham down center of rectangle; top with cheese and sausage. Spread mustard over meat; sprinkle with green pepper.

On each long side, but 1-in.-wide strips about 2-1/2 in. into center. Starting at one end, folding alternating strips at an angle across filling. Pinch ends to seal. Cover and let rise until doubled, about 30 minutes.

Brush with egg white. Sprinkle with sesame seeds if desired. Bake at 400° for 20-25 minutes or until golden brown. Cool on a wire rack for 10 minutes before slicing. Serve warm. Yield: 8-10 servings.

## White Chocolate Pretzel Snack

1/2 cup pretzel sticks  
1/2 cup salted peanuts  
1/2 cup crisp rice cereal  
4 ounces white baking chocolate, chopped  
1 teaspoon shortening

In a large bowl, combine the pretzels, peanuts and cereal. In a microwave, melt chocolate and shortening, stir until smooth.

Pour over pretzel mixture; toss to coat evenly. Drop by heaping tablespoonfuls onto waxed paper; cool. Yield: 1 dozen.

## Texan Ranch Chicken Casserole

1 large onion, finely chopped  
2 celery ribs, finely chopped  
1 medium green pepper, finely chopped  
1 medium sweet red pepper, finely chopped  
1 tablespoon canola oil  
1 garlic clove, minced  
3 cups cubed cooked chicken breast  
1 can (10-3/4 ounces) reduced-fat reduced-sodium condensed cream of celery soup, undiluted  
1 can (10-3/4 ounces) reduced-fat reduced-sodium condensed cream of chicken soup, undiluted  
1 can (10 ounces) diced tomatoes and green chilies, undrained  
1 tablespoon chili powder  
12 corn tortillas (6 inches), cut into 1-inch strips  
2 cups (8 ounces) shredded reduced-fat cheddar cheese, divided

In a large nonstick skillet coated with cooking spray, saute the onion, celery and peppers in oil until crisp-tender. Add garlic; cook 1 minute longer. Stir in the chicken, soups, tomatoes and chili powder.

Line the bottom of a 3-qt. baking dish with half of the tortilla strips; top with half of the chicken mixture and 1 cup cheese. Repeat layers. Bake, uncovered, at 350° for 30-35 minutes or until bubbly. Yield: 8 servings.

## Bruschetta Chicken

1/2 cup all-purpose flour  
1/2 cup egg substitute  
4 boneless skinless chicken breast halves (4 ounces each)  
1/4 cup grated Parmesan cheese  
1/4 cup dry bread crumbs  
1 tablespoon butter, melted  
2 large tomatoes, seeded and chopped  
3 tablespoons minced fresh basil  
2 garlic cloves, minced  
1 tablespoon olive oil  
1/2 teaspoon salt  
1/4 teaspoon pepper

Place flour and eggs in separate shallow bowls. Dip chicken in flour, then in eggs; place in a greased 13-in. x 9-in. baking dish. Combine the Parmesan cheese, bread crumbs and butter; sprinkle over chicken.

Loosely cover baking dish with foil. Bake at 375° for 20 minutes. Uncover; bake 5-10 minutes longer or until a meat thermometer reads 170°.

Meanwhile, in a small bowl, combine the remaining ingredients. Spoon over the chicken. Return to the oven for 3-5 minutes or until tomato mixture is heated through. Yield: 4 servings.

## Caesar Salsa Baguette Slices

2 cups chopped seeded tomatoes  
3 tablespoons minced fresh chervil or 1 tablespoon dried chervil  
1 tablespoon minced fresh cilantro  
1 tablespoon minced fresh parsley  
1 tablespoon capers, drained  
1/2 teaspoon hot pepper sauce  
2 tablespoons plus 1-1/2 teaspoons olive oil

# HAVE AN ANNIVERSARY OR OPEN HOUSE COMING UP?

Business owners – run a highly-visible ad on over front cover to promote your businesses Anniversary, Open House, or other event and receive a FREE interior article, submitted by you, complete with pictures! It's like getting 2 ads for the price of one! Thousands of Cortland Area Tribune readers will see both your ad on the cover in full color, and be able to spread the word about your event after reading about it within!



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Find the 'Bridal' related words below! Can you find them all?  
Good luck! Check our next edition for the solution!

o	i	b	v	a	a	e	n	b	t	i	h	r	a	c
s	t	e	b	o	i	e	p	e	o	u	o	g	h	m
o	b	s	r	e	w	o	l	f	s	m	x	u	a	t
m	g	t	i	e	s	s	y	b	a	h	r	e	e	n
i	o	m	d	b	i	r	a	n	l	c	e	s	d	m
l	b	a	e	j	r	n	t	b	h	r	h	t	w	o
y	i	n	s	a	d	i	n	g	a	e	p	l	e	o
t	n	e	m	e	c	n	u	o	n	n	a	i	d	r
e	n	g	a	p	m	a	h	c	t	s	r	s	d	g
u	n	o	i	t	p	e	c	e	r	u	g	t	i	t
q	w	w	d	c	o	r	s	a	g	e	o	x	n	o
u	e	n	o	o	m	y	e	n	o	h	t	b	g	a
o	r	i	n	g	s	h	e	f	a	v	o	r	s	s
b	u	b	b	l	e	s	b	l	i	o	h	c	a	t
c	i	g	a	r	s	r	l	s	e	w	p	m	t	g

marry • vows • flowers • dj • wife • groom • garter • corsage • boutonniere • rings  
bubbles • romantic • husband • bridesmaid • cigars • limos • photographer  
hall • wedding • church • reception • rehearsal • bouquet • toast • champagne  
honeymoon • favors • guest list • tuxedo • gown • best man • announcement

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It's easy to play Sudoku! Simply fill every column, row and 3x3 box so they contain every number between 1 and 9. Don't go too fast! The game is easy to play but difficult to master!

				4	9	5		
				1			3	
		7				4	8	
			9				2	1
6								3
2	9				3			
	7	3				8		
	5			7				
		2	8	6				

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(Limit of 21 words)

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**FOR SALE:** Harvard 6' x 3' Air Hockey Table with electronic scoring. \$45.00. Call 607-844-9113.

**Dublin Yardmaster paddock boots** are waterproof and insulated. Great for winter riding. Excellent condition. Women's size 7. \$20.00. Contact Louise at 607-319-0725.

One (1) double free-standing cast iron sink. each sink is 17" x 19", total length is 41". Call 607 756 4792

5' church pew \$75.00. Oak desk chair \$45.00. 4' wood file cabinet \$30.00. 3 TV's, 15", 20", 12", 3 small cabinets, small dorm refrigerator, Dell monitor, desk chair. All \$20.00 each. 607-753-1236

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2004 Chevy Blazer black 4x4 gray looking and driving. \$7000. 607-283-1775

1991 Pontiac 6000 6 cyl. Very well maintained mechanically. Triple mint inside and out. Good tires and 2 snow tires. Needs fuel pump. \$2500. 607-533-4629

2 Koken Antique Barber Chairs. Restorable condition \$700. Whirlpool Washer/Dryer Set \$200. Casio CTK710 Electronic Keyboard (with stand) \$100 or Best Offers. 607-345-2769

Kenmore Elite dryer for sale. It is about 4-5 years old. It works great. Asking \$125 OBO. Please contact 607-589-4375.

Jackie Kennedy stamps 1929-1994 MINT! "w/nos" 2648 + 2647 in safe. 1996 stamps in mint condition and invest. Best offer. 607-749-4405

Pilates Reformer Stamina Aero machine rebounder & stand - \$325. It is 3 years old and hardly used, it is in great shape. It includes the machine, the stand that lifts the machine off the ground, and 3 DVDS. Email me ([cms44@cornell.edu](mailto:cms44@cornell.edu)) for actual pictures.

Toasty warm, water proof boots with rubber soles; excellent condition. Size 9. \$10.00. [eslsteach50@yahoo.com](mailto:eslsteach50@yahoo.com)

For sale. Plate glass shelving. 60 inches long. 14 inches wide. \$3.00 each. 607-756-7900

For Sale: Graco toddler bed with side rails and mattress; Minnie Mouse bedding (quilt, pillow case, top and bottom sheet) excellent condition. 607-589-4460

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2004 Chevy Astrovan. AWD. clean. all maintenance done. DVD player. great family van. \$7600. 607-283-1775

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Canary or finch flight cage; white enamel, very good condition. \$15.00. Contact Louise 607 319-0725

Dirt Devil Breeze canister vacuum; works perfectly, but needs a new filter. \$25.00. Contact Louise 607 319-0725

For sale: twin adjustable bed. No side rails but bottom and top do adjust for ease of getting out of bed. Asking \$900.00 (new \$2000.00). In very good condition. Have pictures if you want them emailed or call 1315-843-5391 with questions. This is to settle an estate.

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For sale: New NEVER USED Glider Recliner by Ashley; plush design, unique microfiber upholstery. Mocha color. BEST OFFER 607-756-8859

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Get ready to travel! 2009 Keystone 38' travel trailer, 2 slide-outs, includes dishwasher and washer/dryer, non-smoker owner, excellent condition, bumper pull. Pics available upon request. \$22,500/BO. 607-564-9375 or [cbc1@hughes.net](mailto:cbc1@hughes.net)

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- Cortland TOPS • Riverside Plaza • Colonial Laundromat
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- Gregg's Market Marathon • Dryden Agway
- Elite Dental • Pinckney Allstate Insurance Agency
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## LAST EDITION'S PUZZLES

### SUDOKU

2	5	7	8	4	1	6	3	9
8	3	9	2	6	5	7	4	1
1	6	4	7	9	3	8	2	5
4	2	1	6	5	8	3	9	7
7	8	5	9	3	4	1	6	2
6	9	3	1	7	2	5	8	4
5	7	2	4	8	6	9	1	3
9	1	8	3	2	7	4	5	6
3	4	6	5	1	9	2	7	8

### WORD FIND

e	a	t	m	y	e	s	r	g	n	h	s	i	h	i
a	t	r	t	h	p	l	a	r	u	t	a	n	t	y
a	e	a	p	a	t	e	c	l	r	n	r	d	l	f
o	x	y	g	e	n	r	d	y	o	r	p	u	a	i
g	n	s	o	g	x	u	a	i	c	n	f	l	e	t
f	e	e	u	a	n	s	t	e	c	e	p	g	h	a
a	m	u	e	s	m	a	n	i	c	u	r	e	o	r
s	a	m	e	s	c	e	x	a	l	e	r	c	t	g
n	p	n	u	a	g	l	e	e	t	a	t	e	a	e
n	o	o	v	m	o	p	a	n	p	u	i	i	n	o
e	n	v	i	r	o	n	m	e	n	t	r	e	e	n
a	g	u	t	l	e	m	u	r	e	p	m	a	p	g
g	x	n	g	a	p	t	r	g	n	t	e	d	l	t
s	o	g	n	r	i	a	s	y	x	l	e	t	e	t
c	h	n	e	c	u	d	e	r	e	u	s	e	t	e

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