

FREE

March 9-22, 2011

Spring Antiques Edition

FREE

THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER

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Congratulations to our latest contest winner:

Elaine Olson
of Homer

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Bridal Extravaganza 2011

Sunday, March 20, 2011
Cortland Ramada Inn - Banquet Hall
1pm - 4pm

- Nancy's Bridal & Evening Wear, Digipro Photography, DJ Dale Party & Event Specialist, Hope Lake Lodge & Indoor Water Park, David L. Huffman Fine Jewelry, Lynne Park '68 SUNY Cortland Alumni House, Linani's Catering, Dottie's Ice Cream & Cake, Cortland Travel Service, Superior Limousines, Cortland Ramada, Kay's Styling Center, Peri's Posies, Cortland Trillium Trio, Wildflowers, Bet The Farm Winery, Shaw & Boehler Florist, Cortland Country Club, Finger Lakes Mische Bag & More, Lavish Salon, Mainstay Massage, Connie Gamel Beautique & Heather O'Rourke, Catering By Joe's, Hage Tailor Shop, Mary Kay Cosmetics, Renee Marquis Photography, The Pampered Chef, Shawn Potts Photography, FROSTED Bakery, Heartbeats In Motion, Cortland Fitness Center, Logo This, Pure Romance By Alexa, Aura Child Health & Fitness



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7:30-10:30

Sat. March 12th Frenay & Lenir
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Fri. March 25th Frenay & Lenir
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Sat. March 26th Karaoke
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Welcome to the Spring Antiques 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!

March 23 – Home Improvement & Real Estate Edition
(Deadline 3/18)

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)

May 18 – Memorial Day & Restaurants Offering “Outdoor Dining” Edition
(Deadline 5/13)

June 1 – “Camping,” Dairy Days & Pre-Grad/Dad Edition
(Deadline 5/27)

June 15 – Graduation & Father’s Day Edition
(Deadline 6/10)

July 27 – Welcome Back NY Jets, Fans, Families & Press Edition
(Deadline 7/22)

August 10 – Need for “Speed” Edition
(Deadline 8/5)

August 24 – Pamper Your Pets & Labor Day Edition
(Deadline 8/19)

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, March 18th. Email your classified to 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, or mail it to The CAT, P.O. Box 67, Dryden, NY 13053. Deadline is 6 pm on Friday, March 18th for the next Edition.



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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 03/13/11 & 04/10/11 (bring your Mother and Celebrate Mother's Day!).

Mondays - Runaround!

Come to The Runaround! It's a free informal playtime for moms and their children ages 0-5. Held biweekly at the First Baptist Church gymnasium, near the Main Street intersection in Marathon. Spring dates are Mondays March 14 & 28, April 11 & 25, May 9 & 23. 9:00-10:30 AM. In case of school cancellation, we will not be hosting The Runaround that day. We will just cancel and plan on meeting again the following date. Everyone welcome. For any questions or additional information, please call (607) 849-7865.

Harmony UC Church Schedule

726 Route 221, Harford
607-539-6885
Sunday
9:30 AM - Praise Singing
9:45 AM - Worship fellowship & refreshments following the service
Monthly Music night - 7 PM (2nd Sunday)
Choir 7 PM Tuesdays
Helping Hands Pantry 3rd Tuesday 3:30 - 6:00
Kids Club meets twice a month
Family game night 3rd Saturday, 6 - 7:30

Marathon Legion Events

March 11, 11 Corn Beef & Cabbage dinner. 4-8:00 P.M. \$6.00 person

March 13, 11- Legion birthday 5:00 P.M.-social hour. 6:00 P.M.-dish to pass, Legion provides meat.

March 19, 11 8-Midnight. \$3.00 person, open to public

T-Burg Library Event

Thursday, March 10th, 7:00 p.m. French Conversation Group.

Now thru March 17 - Spring Photos

Beautiful Spring Photos for your home or office! Now featuring framed photos of local green plants and flowers in time for St. Patrick's Day. Local artist, Christa M. Boice has many selections at Shaw & Boehler Florist on Clinton Avenue in Cortland, and also from her home in Marathon. Green collage prints, waterfalls, & clover patches are perfect gifts for anyone Irish on your shopping list this spring! Prices start at \$20. Photos available through March 17 at the florist or call Christa at (607) 849-7865.

March 9 - Ash Wednesday Service

The Varna United Methodist Church located on Route #366 will hold an ash Wednesday service on March 9 starting at 7 P.M. Ashes will be distributed to those who wish. This is the beginning of Lent and the start of our 40 day preparation for Easter. Please join us.

March 13 - Spring Thaw Flea Market

Antiques, collectibles, paper goods, and much more! Free Admission. Sunday March 13th from 9 AM to 3 PM at the Dryden Fire Hall, Rte. 13, Dryden N.Y. 40+ tables. No early birds. Sponsored by the Finger Lakes Bottle Collectors Club. Come and see us for a great time!!!

March 13 - Spring Ahead!

Daylight Savings Time (DST) begins on the second Sunday in March at 2am local time in the U.S., which in 2011 is March 13. Turn clocks ahead by one hour, ideally at bedtime the Saturday night before. Manually adjust your timepieces and timekeeping technological devices that do not automatically adjust. The purpose of DST—also known as Summer Time—is to extend daylight by an hour in the afternoons during spring, summer, and much of the fall.

March 14 - Dryden Seniors to Meet

The Dryden Senior Citizens will meet on Monday, March 14, 2011 at the Dryden Fire Hall. Lunch is served at 12:15 p.m. with announcements starting at 11:45 a.m. Please bring your own table service. The meal cost for members is \$6.00 and \$8.00 for non-members.

The menu will be corn beef, cabbage, boiled potatoes, carrots, onions, rolls and chocolate cake. Our guest speaker will be Ms. Dana Carruth who will discuss Acupuncture and Oriental Medicine.

Are you new to the area? Want to join a great group? Then

consider joining the Dryden Senior Citizens for only \$5.00 a year. Anyone over 55 can join our group. We have great programs, wonderful fellowship, and bus trips. Bring a friend to our next meeting.

March 16 - Living Healthy Workshop

Are you an adult with an ongoing health condition or do you provide care for someone with an ongoing health condition? Attend a FREE Living Healthy Workshop series. You'll find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, and learn how to talk with your doctor and family about your health.

If you have conditions such as arthritis, high blood pressure, heart disease, diabetes, chronic pain, multiple sclerosis, or depression, the Living Healthy Workshop can help you take charge of your life.

Living Healthy Workshops were developed at Stanford University. Leaders are trained volunteers who have health conditions themselves or care for a loved one with a health condition.

Place: YWCA of Cortland, 14 Clayton Avenue, Cortland, Wednesdays, March 16 through

Wednesday, April 20 from 2:30 p.m. to 5:00 p.m.

Limited enrollment, advance registration required: Please call Seven Valleys Health Coalition at 607-756-4198, or email: jmartin@sevenvalleyshealth.org, by Friday, March 11.

Sponsors: Seven Valleys Health Coalition, Cortland Area Agency on Aging, Cortland County Health Department, Family Health Network, and the NYS-DOH Healthy Heart Program.

March 19 - Newfield Breakfast

Newfield Trailblazers Pony Club Benefit Breakfast at the Ithaca Moose Lodge on Elmira Road (across from McDonald's) on Saturday March 19, 2011 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". (Happy to write an article on this project if you would like.)

March 26 - Drama Performance

"Toughnioga River Anthology", a dramatic performance of the epitaphs of local residents, written by Bill Whiting, will be performed by the Trope Troupe of the United Presbyterian Church on Saturday evening, March 26 @ 7:30 PM. The work is Cortland County's answer to the novel Spoon River Anthology. Performance is Free, with refreshments afterward.

June 11 - Dryden Dairy Day

Get Ready for Dryden Dairy Day! The Dryden Dairy Day Committee is currently planning for the 27th Annual Dairy Day! This event will be on June 11th, 2011. The day will start at 9:30 with the parade down Dryden Main Street and continue with activities, food and craft vendors at Montgomery Park, located behind the Dryden Hotel. Mark the date for a day of family fun! More information will follow as the committee finalizes plans.



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!



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COVER PHOTO CONTEST




Answer from the Previous Edition:
Helen Jewett's Little Bungalow Shop of 26 W. Court Street in Cortland

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, March 18th 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 Elaine Olson. Elaine won a gift certificate from People's Market of Lansing located at 1939 East Shore Drive in Lansing! The winner of this edition will win a gift certificate from Beth's Natural Way located at 3728 State route 13 in Truxton! *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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A Touch of Glass Antiques & Collectibles

FOR MANY YEARS, COLLECTORS SEEKING glass in various colors and patterns came to the basement of the little house outside Homer. Later, the bulk of the business moved to an upstairs storefront in downtown Homer to Main Street Antiques & Collectibles. The variety of items offered there was expanded to include everything old. Together, more than thirty dealers displayed their wares and a very successful venture began. That was over seven years ago. Today, Main Street Antiques & Collectibles continues to offer an amazing collection of old, primitive, plain, fancy and elaborate pieces for the discerning collector or decorator. A Touch of Glass (ATOG) remains there, but only occupies one end of the reception room. The dazzling pink, green, cobalt, yellow and other Depression glass colors found in every dinnerware shape and purpose greet the client's eyes. Additionally, Fenton, Heisey, Westmoreland and other glass manufacturers fill the shelves with their distinctive styles. Decorator pieces in pottery, ceramics and stone are seen on top shelves. But that is only a small part of ATOG. For the past thirty odd years, the wares offered have expanded to include other collectibles such as marbles, pocket watches, wooden primitives, tinware, crocks and so much more. These can be seen displayed in a booth located in Marathon at Cross' Antiques Shop.

As Baby Boomers prepare to retire, or parents age and the need to downsize and move into smaller quarters becomes a reality, items that have been stored in attics or basements need to be removed. But is there any value in these items? The stars on popular antique shows say not to throw away anything, it may have value. That not knowing causes a problem of

concern. ATOG has offered support to many home owners in the community by sorting the junk from those items that have value. With years of experience, ATOG knows the specialty dealers with respected reputations for being honest and trustworthy. There are many avenues to consider in downsizing: tag sale, auction, garage sale, or piecemeal sales. Each entails a different amount of labor and fee percentage charged to the owner. It is a confusing and difficult time for anyone faced with a timely sale of family mementos. ATOG has worked side by side with many in this situation. There is no fee for this service. It is a gift extended to senior residents in the Cortland region. Kathleen Beardsley, ATOG owner, see classified for my business card.



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CORTLAND SELF-STORAGE IS CORTLAND'S FIRST climate controlled storage facility on Luker Road. These ninety-four temperature and humidity controlled units are an ideal location to store climate sensitive items, such as important papers, clothing, furniture, and even antiques and pharmaceuticals. The Luker Road facility, located next to Builder's Best, also offers self-storage and surveillance cameras. The Cortland Self-Storage Main Office is located there as well.

Cortland Self-Storage is owned by Nancy Richards, who has been in the business for twelve years. In addition to the Luker Road facility, she operates three other storage facilities, which include 255 mini storage units. Two of the facilities are located on Route 13 N. in Cortland; the third is located on Copeland Avenue in Homer, NY.

The Copeland Avenue facility in Homer offers warehousing and commercial storage, as well as storage for RVs, boats and other watercraft, snowmobiles, trailers, cars, campers, fire trucks, race cars, and other

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vehicle storage. The Blue Route 13 storage facility offers self-storage and the Green Route 13 facility offers self-storage and summer rentals for college students. The Student Summer Storage includes one price for the summer, 4 ft. x 14 ft. units, 24/7 keypad access, and are secured by lock and key.

All four of the Cortland Self-Storage facilities have 24/7/365 access, sealed concrete floors, security lighting, and blacktopped approaches. The storage units themselves are available in an array of sizes: 5x10, 10x10, 10x15, 10x20, and 10x30, in addition to other sizes, to suit your needs.

Cortland Self-Storage is dedicated to providing you with safe and secure storage for all of your storage needs, whether commercial or residential. Cortland Self-Storage offers monthly or yearly leasing, and credit cards are accepted. Cortland Self-Storage hours are from 9-5, Monday through Friday, and currently, by appointment on Saturday.

For more information about Cortland Self-Storage, call (607) 756-4307, or visit www.cortlandself-storage.com



**Piccadilly Lane
Country & Primitive Store**

PICCADILLY LANE COUNTRY AND PRIMITIVE Store is gearing up for spring with new items arriving weekly for all your decorating needs. The store welcomes you to come on the porch and through the red door to find that something special you just can't live without. Owners Joyce & David Ballard, along with their friendly staff, will assist you in finding that unique item to accent your home. The spicy smell as you walk in the store is from their full line of soy candles. You have to smell their signature blend, it's wonderful! They pride themselves with having unique and one of a kind items so if you see something you like I suggest you buy it because it will probably be gone the next time you come back! Make sure you look high and low so you won't miss anything, items are displayed everywhere.

All the rooms, upstairs and down, are overflowing with new one of a kind merchandise. As always, there are framed prints, furniture, linens, rugs, soy blend candles, cards, jewelry, swags, garlands, tinware, signs, pottery, including antiques Joyce has added for the collecting enthusiast to go along with the country décor! A new holiday room was added a couple of months ago! Something for everyone! Plus, curtains! Many designs, colors and patterns to brighten up your home in with popular styles from Sturbridge, York, Park and more!

Spring is the time to redecorate – your home, office, porch, patio or cottage! Piccadilly Lane boasts of berry and flower wreaths, garland and garden accents to brighten up any living space – take the short drive to Whitney Point and check out the 8 rooms of giftware to beautify your home.

Save some money with the coupon on the front page of this edition with the 25% off coupon - good on any one item in the store!

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



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Waterford glass production was begun in 1783 in the port city of the same name. The crystal produced was of an extremely high quality, and it was exported widely. However, the original company failed a hundred years later. It was revived in 1943, and its reputation for making excellent glassware continues. It is considered to be some of the finest glassware produced anywhere. Its target market is the upscale market. Unfortunately, through a series of corporate maneuvers and purchases, it is no longer located in Ireland. However, its older wares are still avidly collected.

nearby fishing village. It was meant to symbolize their undying love for each other. The hands represent their friendship, the crown their loyalty and fidelity, and the heart their eternal love.

Today, the same design is used in rings as well as necklaces, earrings, and brooches. The Claddagh ring has become the traditional Irish wedding ring. However, it is also a favorite ring to wear in friendship. If worn with the heart pointing toward the fingertip, it shows the wearer is not pledged to another. Worn with the heart pointing to the wrist, it shows the wearer is in love with someone special.

Washing was still a preferred "outdoor" activity, since large items like sheets, blankets, and tablecloths had to be cleaned, as well. Everything had to be scrubbed, rinsed, and wrung out. Just think of the lifting required of all those heavy, water-laden goods. Drying was always done outdoors, if possible, so heavy loads had to be carried to the clothes line. The soap used was pretty caustic, too, exposing skin to harsh chemicals.

The items to be washed were sorted by color and fabric first. Next, each pile was sorted by the degree of dirtiness. The dirtiest things were soaked overnight to "save labor." In the morning, each pile was washed in hot, soapy water, scrubbed on the washboard, wrung out, then placed in a tub on the stove or over an open fire and was boiled. A "laundry stick" was used to stir the water. The items were then removed from the tub, checked for dirt spots, re-soaped if any were found, and rinsed in water. Next, they were wrung out, by hand or by mechanical wringer, if one was fortunate enough to own one. If one wanted "whitening," the clothes, sheets, or tablecloths were put in a bluing solution, wrung out again, and finally hung to dry. If starch was needed, the articles were dipped in a starch solution after the bluing, then wrung out again, and hung to dry. As soon as one load was finished, the next load was started on. It could take an entire day just to do the wash.

If one "took in washing," it was an everyday chore. It enabled poorer women to bring in a little money while still being able to stay at home with children. Some "laundresses" went to work in the homes of the wealthy, and launder there, but most worked out of their own home.

This is the Way We Wash Our Clothes, Wash Our Clothes, All on a Monday Morning. . .

By Karen Hewitt

THIS IS WOMEN'S HISTORY MONTH, so it is only fitting that we revisit the life of a middle class woman in the 19th Century. So many of her everyday work items are in an antiques store: handmade utensils, washtubs, sadirons, scrubbing boards, oil lamps, candle molds, cast iron pots and pans, etc. We admire the quality and craftsmanship of many items, but give little thought to how much time and effort was required to actually use them to accomplish tasks. In this article I will focus on the most hated chore: washing clothes.

Monday was usually the day the job of doing laundry was planned. It was a chore that most women disliked, and when they could afford it, they paid someone else to do it. The poorest class of women made small amounts of money "taking in washing" for others. Why was the job so odious?

The tubs must be set out for the different stages of the washing. If one lived in a rural area, water had to be hauled in by hand, since there was no running water. It had to be pumped from the well, or hauled from a stream. About 50 gallons of water was needed for an average washday. This would be about 400 pounds of water. Think of the time it took to just haul the water! Wood fires were built to heat the water, since there was no gas or electricity.

If one lived in an urban area, one might be able to simply open a faucet to get water, and heat the tubs of it on a cast iron cookstove.



An Appealing Story

By Karen Hewitt

THE IRISH HAVE MANY SYMBOLS used in their art and designs. Some of these date back hundreds of years in origin. Such is the case with the Claddagh symbol.

There are many stories relating to the design. Considered to be the most accurate is the story of a young Irishman named Richard Joyce. He was in love with a local lass, and they had pledged themselves to each other. While on a sail to the West Indies Richard's ship was overtaken by pirates. He was captured and sold as a slave to a Moor, who was a goldsmith. He taught Richard the craft, who went on to become a master goldsmith, himself.

After nine years, Richard was released from slavehood, and sailed back to Galway. Upon his return, he was reunited with the love of his life, who had waited for him all those years. Richard presented her with a special ring. The name of the design was taken from a

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The 2011 Spring Home & Garden Show

By Shannon R. Noble

On March 4-6, the Tompkins-Cortland Builders and Remodelers Association presented the 2011 Home & Garden show at TC3 in Dryden. Local vendors as well as those from all over New York State gathered together to present information to consumers about their products and services. Bob the Builder was on hand to greet show-goers on Saturday, and Amy Dickinson made an appearance on Sunday.

A great turnout of consumers browsed through the aisles over the weekend to view the array of home improvement methods that were represented, from new home construction or remodeling to heating and cooling, energy efficient insulation to wood furniture; lawn tractors, landscaping, alternative energy sources and lending institutions for home buyer and home improvement loans.

With today's focus on "Green" living, it was no surprise that many companies at the Home & Garden Show were representative of renewable energy methods, such as geothermal heating and cooling, solar energy, and wind energy. Information and educational materials were offered by ETM Solar Works of Endicott, Pyrus Energy from Weedsport and Gleason Geothermal from the Rochester area. These companies and others illustrated how these energy methods are not only efficient in terms of helping consumers to break away from using the earth's dwindling supply of fossil fuels, but how they also help consumers to become more self-sufficient and less dependent on energy supplied by power companies. Other companies at the Home & Garden Show offered information on energy-efficient living as well, including Cayuga Country Homes, SunSky Energy, Avalon Homes, Log-Timber & Pole Frame Buildings by KJM Contracting, Hoover Industrial Supply, Yaman Construction and many others.

Represented at the Home & Garden Show were many companies that offer improvements to other areas of the home: Real Wood Furniture, Solvay Glass, Builders Best, B&B Fine Floor Coverings, Pella Windows and Re-Bath, just to name a few.

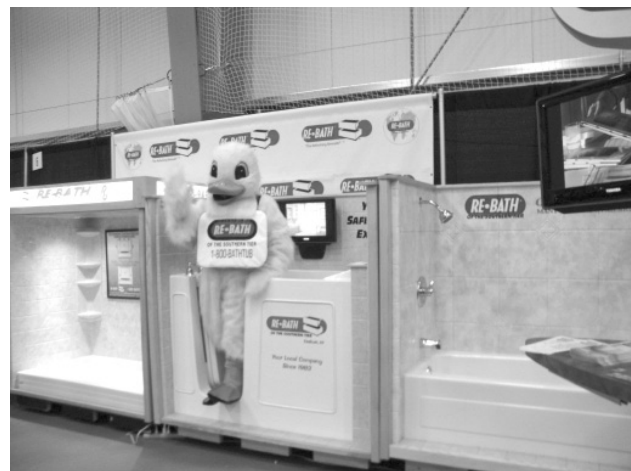
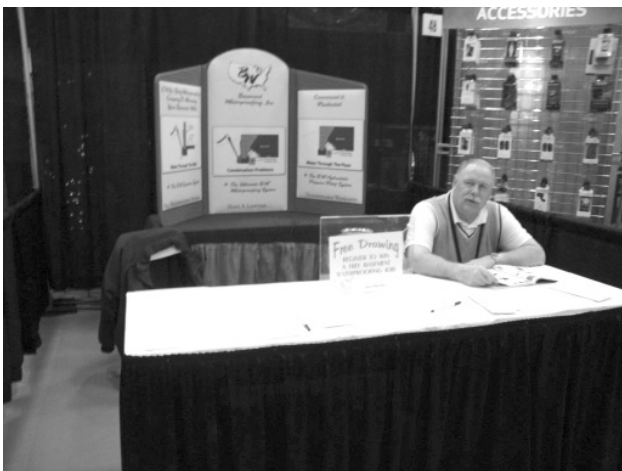
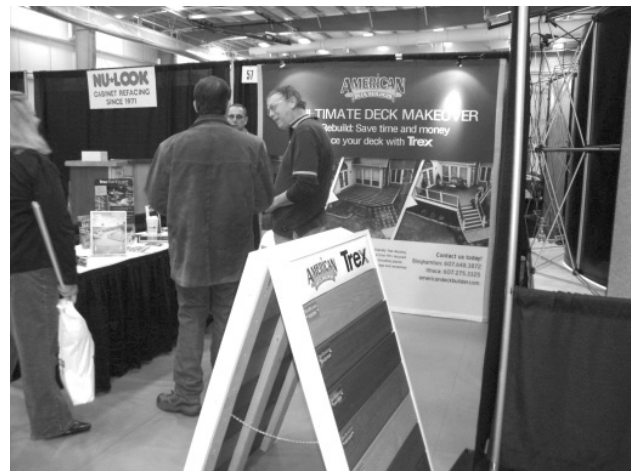
Let's not forget those who displayed their informational materials and products for the aesthetically pleasing outdoors and problem area improvements to protect the soundness of your home or other structures! Among these were Valley View Gardens, Northernscapes Landscaping, Gutter Pro Seamless Gutters & Supply Co., Overhead Door, and Schickel Construction Co.

The list goes on. There was something to see for almost anyone looking for a specific area of improvement: from Hearth & Home wood stoves of Ithaca to Pet Containment Systems of NY; from flooring to replacement windows! Virtually all facets of home improvement were represented.

For those consumers who are trying to find a way to buy a home, representatives from various organizations such as Habitat for Humanity, Tompkins Trust Co., and Elmira Savings Bank were available to answer questions and provide information about home ownership programs.

Representatives from various other Non Profit services were available as well, including Fingerlakes ReUse, the Red Cross, Cornell Cooperative Ext, and the Tompkins/Cortland County Soil and Water District.

With so much going on and so much information available, as well as lots of goodies being handed out – pens, candies, calendars, mini-basketballs, magnets – including a kids Bob the Builder Coloring Contest - two local radio station remotes from 97.3 and 101.5 - the Home & Garden show was a great event for consumers to attend to learn about all kinds of home improvement; not just in terms of sprucing up their homes, but also in terms of improving quality of life for themselves and by helping to save our environment. It was a full house of wonderful exhibitors this year and to find out more about any of the exhibitors contact info@tcbra.com and they will forward your requests to the right company.



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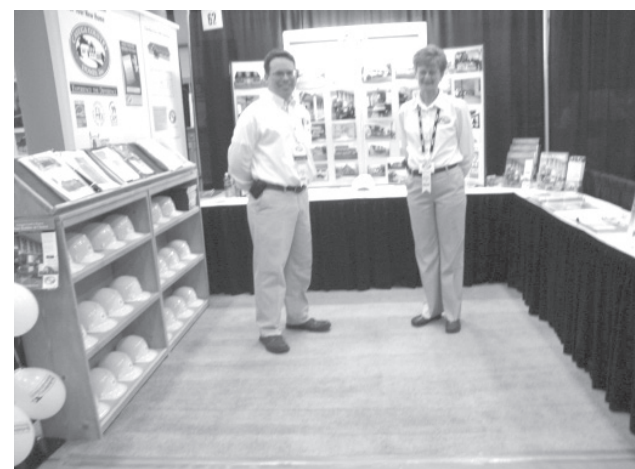
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Drew Bush of Groton

5-6 yrs old

Gabe Ludwig of Lansing

Delaney Hawkins of Freeville

Kaiden Cornell of Marathon

Colby of Freeville

Ina Smith of Virgil

7-8 yrs old

Shannon of Freeville

Railyn Smith of Cortland



Prizes from Bailey's Karate, Klein's Archery, Dryden McDonald's and J.M McDonald's Sport Complex will be mailed to the winners and be contacted via email.

"Thank you" to all the children that participated in coloring Bob the Builder!



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Allstate Introduces GoodForLifeSM in New York; New Financial Product Is Life Insurance—and More



ALLSTATE (NYSE: ALL) RECENTLY ANNOUNCED the launch of GoodForLife, a unique multi-coverage life insurance product that provides New York consumers life insurance, severe accident benefits, and terminal illness coverage in one bundled policy.

GoodForLife takes the complexity out of protecting families from the unexpected by bundling life insurance with severe accident and terminal illness coverage, in one simple and affordable product. And if all goes as planned, at age 65 GoodForLife features a return of premium, as well as a paid up death benefit with no additional payments.

“GoodForLife exemplifies Allstate’s commitment to reinvent protection based on consumer wants and needs,” said Mike Wargo, New York Regional Financial Services Leader for Allstate Insurance. “Consumers told us they wanted affordable, easy-to-understand coverage with multiple benefits in one simple package. They also asked us why companies don’t reward those who maintain good health throughout their life. This product is the direct result of those conversations.”

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- Terminal illness coverage up to 75% of death benefit.
- Premium Forgiveness – customers may miss up to six months of payments

And when life goes well (after age 65):

- Returns half of premiums at age 65
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GoodForLife is available through Allstate agencies in 39 states, including New York. Additional rollouts will occur throughout the rest of the year as the company works with departments of insurance to make GoodForLife available nationwide.

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Please refer to the actual policy for coverage terms, limitations and exclusions. The guaranteed benefits of GoodForLifesm are dependent on the terms and conditions of your policy. If actual premiums are different in timing or amount than the planned premium, if withdrawals are made or loans taken, or if other changes are made, the benefits may be reduced or coverage may end. Guarantees are based on the claims-paying ability of Allstate Life Insurance Company of New York.

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Rubbing Your Pain Away Help For Seniors & Others With Pain - Part One

I KNOW A LOT OF SENIORS take tons of pills internally so I thought I would discuss some topical solutions for pain. The older one gets the more aches and pains one has to cope with. Have you ever noticed that if you rub your sore elbow or shoulder it helps to bring relief of pain and stiffness? Self-massage is a potent tool in healing arthritic joints. Inflammation causes tissues to swell. This means that excess fluid is getting trapped in the spaces around your cells. This inhibits oxygen and nutrients from getting to the tissues and slows the removal of waste materials. If you only took supplements internally for joint problems like arthritis, the lack of micro-circulation in the damaged joint makes it difficult for the nutrients and healing to reach the areas where they are needed. Massage removes this excess fluid by pumping it into the lymphatic system. This removes the waste from around the cells and brings healing oxygen and nutrition to tissues. Since pain is often an indicator of lack of oxygen at the cellular level, massage can bring immediate relief from pain and promote long-term healing at the same time.

As anyone who has had a massage knows the effects of massage doesn't last forever. Eventually, the pain returns. The problem is that chronic inflammation causes connective tissue to lose structural tone, which means it is very easy for a damaged area to swell again. A famous lymphologist, Dr. Samuel West likened this to a balloon that has been inflated so many times that it has lost its elasticity. Thus, the area readily swells again. According to Dr. West, if you could make the pain go away for even a short while by massaging the area, it was possible to get the tissue to heal completely. The key was to not just rub the fluid out until the pain stopped, it was to massage it often enough that you never allow it to swell up again. This keeps the fluid out of the tissue so that healing can take place.


So if you can massage a painful joint or area of the body and make the pain go away, don't wait until the pain has returned before massaging again. Massage the area again while it still feels good, or at least, when the pain has started up but is still at a relatively low level. Dr. West suggested that if the pain returns after four hours, then massage the area every two or three hours.

Don't be discouraged, you won't have to do this forever. If you do it consistently for a few days, you will be amazed at how quickly the area will start to heal. As you keep the fluid out of the tissues, the structural tone will begin to return, making it harder for the tissue to swell again. So, the longer you do it, the less often you will have to massage the area to keep it pain free.

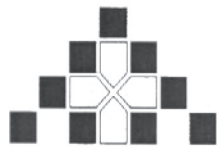
You will eventually get to the point where you may not have to massage it at all, and this can start happening in as little as three to four weeks. You may not think you have time for this, but what's the inconvenience of massaging an area half a dozen times a day for a few weeks, compared to the costs and risks of surgery or long-term pharmaceutical use?

Of course there are some items that will make this massage technique even more effective if you use topical healing remedies every time you massage the area. Nature's Sunshine Products offers many options in this area. But I have run out of space to elaborate on them so will reveal the names in my next column. These topical analgesics are safe and effective.

Till next time,

 Diane L. Toombs, CNHC
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The information in this article is for educational purposes only and is not meant for diagnosing or prescribing.



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.

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When are the services of a licensed design professional required?

New York State Education Law defines the practice of architecture "as offering to render services that require the application of art, science, and aesthetics of design and construction of buildings, or groups of buildings, including their components and appurtenances and the spaces around them wherein the safeguarding of life, health, property and public welfare is concerned." Education Law also regulates and protects the practice of architecture by requiring that only licensed, registered Architects (R.A.) may render or offer to render architectural services (Article 147, Section 7301). Similar requirements restrict the practice of engineering services to only licensed, registered engineers (P.E.).

The Department of State requires that all plans, drawings, and specifications related to the construction and/or alteration of buildings and related structures that must be filed with a local building official shall be stamped and certified by a registered architect or professional engineer. (Education Law 7209.1) If a person is not currently registered as a design professional with the NYS Education Department or registered elsewhere with a limited use design permit for a project in New York State, he/she may not provide architectural services to a customer or offer to provide architectural services, advertise or call themselves by such titles as architect, architectural draftsman, architectural designer or similar title, nor shall they offer services like "all phases of architectural design and drafting (including CAD design and/or drafting services)" or provide "architectural design services".

EXCEPTIONS NOT REQUIRING AN ARCHITECT'S OR ENGINEER'S CERTIFICATION

The following exceptions do not require the stamp and certification of a licensed design professional:

- Farm buildings, including barns, sheds, poultry houses and other buildings used solely and directly for agricultural purposes by farmers engaged in a farming operation. The NYS Uniform Building Code (§202) defines an agricultural building as "a structure designed and constructed to house farm implements, hay, grain, poultry, livestock, and other horticultural products. The structure shall not be a place of human habitation or a place of employment where agricultural products are processed, treated or packaged nor shall it be a place used by the public." [including sales and distribution of agricultural products to the public]
- Single family residential buildings 1500 gross square feet or less, not including garages, carports, porches, cellars or uninhabitable basements or attics [Note: When the total combined area of an addition plus the area of the original structure exceeds 1,500 GSF in habitable space, the services of a registered design professional are required. Basements used as additional habitable space for family activities, home theaters, overflow sleeping areas, indoor recreation purposes, etc shall be included in habitable space calculations.]

• Alterations costing \$10,000 or less within New York City limits and \$20,000 or less outside New York City, if these alterations do not involve changes affecting the structural integrity or public safety of the building or structure. [Note: The cost of all permanent items installed in the alteration of a building shall be included in determining the cost basis whereupon plans may need to be stamped and certified if the items constitute part of the fixed realty under the institutional doctrine, i.e. built-in furniture, fixed cabinetry and counters, hardwired light fixtures and chandeliers, built-in appliances and equipment, plumbing fixtures, etc. Consult your local code enforcement official for specific guidance in this area.]

ADOPTING DRAWINGS AND SPECIFICATIONS FURNISHED BY A THIRD PARTY

Under certain limited circumstances, licensed design professionals are permitted to stamp drawings, plans and specifications not prepared by the licensee or under the licensee's direct supervision. This amendment requires design professionals who adopt documents furnished by third parties to prepare a thorough, written evaluation documenting his/her professional review of that work which must thereafter be filed and maintained by the DP for minimum period of six years. In adopting drawings and specifications furnished by a third party, the licensee must ascertain that the person (or organization) furnishing the plans has not violated statutory restrictions on the design practice. The practice of architecture or professional engineering by an unlicensed or unauthorized person or corporation is prohibited by law.

RUBBER STAMPING DRAWINGS, PLANS and SPECIFICATIONS

The practice of certain builders, developers and contractors who attempt to have construction documents "legitimized" with a seal of a licensed professional after they have been prepared by an unlicensed individual is illegal. Such practice is known as "rubber stamping" and the licensee is guilty of professional misconduct (Sec29.3a.3). In addition, the licensee may also be guilty of aiding and abetting an unlicensed person to practice architecture or use the title "architect", both of which are class E felonies.

3 Every Day

HI, MY NAME IS HANNAH Baker and I am a Tompkins County Alternate Dairy Princess. Our job as ambassadors for the dairy industry is to promote dairy products and educate the public of their nutritional benefits. Did you know that milk is full of many important nutrients, such as calcium, protein and vitamin A? Calcium helps build strong teeth and bones and it also helps with nerve function, muscle contraction and blood clotting. Protein helps build and repair muscle tissue, especially after exercise, and vitamin A helps maintain normal vision, good skin and a healthy immune system. An easy way to make sure you are getting enough of these important nutrients is to include 3 servings of dairy in your daily diet, so don't forget your milk, cheese and yogurt everyday!

Here's a recipe that will give you 10g. of protein and 30% of your calcium for the day:

Sunshine Lemon Smoothie

Makes 4 servings

- 2 cups skim milk
- 2 cups lowfat lemon yogurt
- 1/2 cup ice
- 3 tablespoons powdered lemonade mix

In a blender, combine all ingredients and blend until smooth and creamy. Serve in a tall glass and garnish with lemon wedge if desired.



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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!

Sertoma Classic Antique Show & Sale

BE SURE TO VISIT THE 25th Annual Sertoma Classic Antique Show and Sale at the Shops At Ithaca Mall, North Triphammer Road, Ithaca, NY on March 25, 26 and 27. Show hours are: 10am to 9pm on Friday and Saturday, 11am to 5pm on Sunday.

Over the years many antiquers have found great bargains in quality furniture and smalls rarely found at a typical mall show.

This show is an annual event sponsored by the Ithaca Sertoma Club and proceeds are used to support the club's community projects.

SERTOMA (acronym for Service To Mankind) is international in scope, founded in 1912. The Ithaca club was chartered in June 1962 with a banquet held in the Grand Ball Room of the old Ithaca Hotel! During the past 48 years, members of the Ithaca Sertoma Club have donated thousands of man hours and financial support for worthy needs in the community including contributions to Hospice, Annual Nursing Scholarship for a graduating school senior, Cinderella Soft Ball team, support for speech and hearing impaired, Franziska Racker Center and many others.

The Sertoma Club includes men and women who enjoy doing volunteer and charitable work in our community. The club meets each Thursday at 12:15pm at The Royal Court restaurant on South Meadow Street with Vic DelRosso, presiding.

by Bet The Farm Winery. There will also be food and cake sampling from local caterers and bakeries such as Catering by Joe's, Cortland Country Club, Linani's Catering Inc., Frosted Bakery and Dottie's Ice Cream & Cakes.

The Bridal Extravaganza has proven to be a tremendous success in previous years with hundreds attending and with the most prizes given away, it's the show not to miss!

Other businesses also participating include: Digipro Photography, Lynne Park '68 SUNY Cortland Alumni House, Cortland Travel Service, Superior Limousines, Finger Lakes Miche Bag & More, Mainstay Massage, Renee Marquis Photography, The Pampered Chef, Shawn Potts Photoraphy, Heartbeats In Motion, Cortland Fitness Center, Logo This, Pure Romance By Alexa, Aura Child Health & Fitness

Seating is limited, so don't be left out! Go to cortlandbridal.com to register for free tickets while they last!

Health Talk: Beth's Natural Way Health Consulting Are You Listening??? Yet????

Truxton, NY
Phone/Fax: 607-842-6863
E-mail: bethsnaturalway@yahoo.com

WAKING UP IN THE MORNING can be a very painful experience for many people. Facing those daily aches and pains until the body "loosens up" is discouraging. Pain, however, is the body talking to you. Do you listen and heed or do you just ignore and learn to live with it? Do you have to live with something you know is not right for you? NO! You have the God-given choice to do what you need to do to improve your health.

Pain actually means the body is lacking in something. It could be a digestive problem, a lack of a vitamin or mineral, or that the body's spirit needs strengthening. Pain can be located anywhere in the body and be caused by many different reasons. Going to an iridologist, kinesiologist or other modality of natural healing can help you to understand where and why that pain is there.

For instance, the pain of joints, muscles, arthritis, gout, eczema, lower back pain or noisy joints can come from a built up of uric acid in the body. Uric acid is the byproduct of not digesting proteins. The body gives you warning signals before the uric acid builds up. Nausea, vomiting, diarrhea, acid reflex, stomachaches, a stuffed feeling, exhaustion or no energy, can all be a sign of not digesting proteins. But do you listen yet? NO?

So, the body becomes a little louder in its signals, now developing pain in the muscles and joints until the stiffness becomes unbearable. Besides needing to correct the digestive system, changing the diet and watching food combinations, you need to cleanse out the uric acid that is stuck in the tissues.

Oats in any shape, form or style will help dissolve uric acid from the body while resulting in the body saying "Oh, thank you" as the pain melts away. There are cooked oats, rolled oats, toasted cereal snacks, oatmeal cookies, oat straw tea, oat baths, oat bread and oats added to casseroles and meatballs.

The Latin name for the herb, oats is *Avena sativa*. They are high in silica, calcium, manganese, phosphorus, vitamins A, B, and E. Oats are a tonic to the heart, nerves and thymus gland. Regular consumption of oat germ reduces blood sugar levels, helps to alleviate depression, corrects nervous exhaustion, and aids the pain of shingles, herpes, and menopausal symptoms. This herb helps to alleviate kidney problems, reduce mucus in the chest, clean up the liver and improve skin weaknesses. It is also wonderful in helping to stop bed-wetting. Oats applied externally as a hot compress on a kidney area during kidney stone attacks will bring relief. Taking a bath with oat tea will help with the pain of gout, rheumatic problems, spinal pain, sore kidneys, sore muscles and joints, and even itchy skin.

To prepare the tea, use one-half cup of oats to seven cups of water. Gently boil for thirteen minutes, strain, and add the tea to your bath water. Oats are high in fiber and help to cleanse the blood.

The phrase "sowing wild oats" comes from oats being feed to stallions for them to become frisky and more fertile. Some studies even suggest this is also helpful for men.

Oats were believed to help bring prosperity and money to the carrier. Culpepper even believed that "the meal of oats boiled with vinegar and applied, takes away freckles and spots in the face and other parts of the body."

If you are tired of being tired, if you are tired of being stiff and sore, then start talking back.

Vibrantly,
Beth Hill of Beth's Natural Way

Ithaca Fishing Day

THIS YEAR THE LEON CHANDLER Chapter of Trout Unlimited is sponsoring Ithaca Fishing Day. The focus of this event is beyond just fly-fishing; encompassing all aspects of fishing and cold water conservation. Ithaca Fishing Day a unique event that invites the community to come and experience a day of fishing and cold water environmental education. This event is free to the public and all proceeds raised benefit the youth environmental education activities of our local Trout Unlimited Chapter, including our exciting Trout in the Classroom program currently in twelve local elementary, middle and high schools.

While the event does offer a special focus on fly-fishing directed at young people it is also of interest to anyone wanting to learn more about the sport of fishing and the local environment.

Lectures and programs are planned throughout the day. We will feature special programs on a variety of important and interesting topics, free fly-casting and fly-tying instruction, as well as offer unique opportunities to learn fishing and fly tying tips from masters from around the region. Exhibitors to this event include: the New York State Trout Unlimited Council; the Cayuga Nature Center; NYS DEC; Cayuga Floating Lake Classroom Project; Izaak Walton League/Cortland Archers; and the Twin Tiers Five Rivers Chapter of the Federation of Fly Fishers. Additionally, a variety of local and regional vendors will be on hand with a wide variety of their goods on hand for sale, including: Badger Creek Fly Tying; Mad River Tackle; D & D Bait and Tackle; the Ithaca Rod Company; and the Cortland Line Factory Store.

The date for this year's Ithaca Fishing Day is Saturday, March 19, 2011 from 9 am to 4 pm. Once again, the event will be held at the Boynton Middle School in Ithaca, New York.

Habitat for Humanity

HABITAT FOR HUMANITY OF TOMPKINS and Cortland Counties (TCHFH) builds simple, decent homes for deserving local families. Volunteers of all skill levels help construct our houses and we rely on generous material discounts and donations from the community in order to continue building more affordable homes each year. We're striving to build as 'green' and environmentally friendly as possible, and we're always welcoming new volunteers and supporters.

Habitat partner families are hard-working, local families who simply need a "hand up" when it comes to homeownership. Partner families contribute 500 hours of "sweat equity" as their home is being built and also repay a no- or low-interest mortgage; TCHFH uses those mortgage payments to fund the construction of additional homes.

TCHFH has recently completed a home in Dryden and is soon to complete another in Cortland. The excitement is building as our affiliate intends to build 3 homes this year. We've just begun work in Lansing and will also build in Groton and again in Cortland!

TCHFH would like to thank the Builders and Remodelers Association for their continued support. Over 20 member organizations of the Association donate to or volunteer with TCHFH and we simply couldn't continue to increase our capacity and build more homes each year without their support.



2011 Bridal Extravaganza

THE 2011 BRIDAL EXTRAVAGANZA WILL be on March 20th 1-4pm in the Banquet Hall at the Cortland Ramada, located at 2 River Street just off Rte I-81 at exit 11. This annual event is the largest bridal show in the Cortland county area with over 35 vendors from all facets of the bridal industry. The event is intended for brides-to-be to make face-to-face contact with local businesses who will each have their own space to showcase their services and products.

During the event, there will be a fashion show provided by Nancy's Bridal Wear & Evening Gowns modeling today's most current modern bridal wear. Discounted and clearance gowns will be available for purchase throughout and after the show. Tuxedos will be featured and modeled by Hage Tailor Shop. Floral bouquets featured by Shaw & Boehler Florist, Peri's Posie's and Wildflowers. Hair styling for the show provided Kay's Styling Center, Lavish Salon, and Connie Gamel's Beautique & Heather O'Rourke. The model's make-up for the show provided by Annette Morris of Mary Kay Cosmetics. The

M.C. for the event is DJ Dale who will be announcing prize give-aways throughout the show from the participating businesses, including an all inclusive Two-Night Honeymoon package from the Hope Lake Lodge & Indoor Water Park, which includes: Lodging, Dinner for Two, Champagne or Wine, Breakfast in Bed, a Couple's Suite at the Waterfalls Spa, and Two Indoor Water Park passes. Other exciting prizes being given away at this year's show include an elegant 14-ct. Gold Black Onyx necklace provided by David L. Huffman Fine Jewelry and a One-Night stay at the Lynne Parks '68 SUNY Cortland Alumni House. This year's live music will be performed by the Cortland Trillium Trio and wine tastings

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*

JazzerSue Says Meatless Protein Sources: Delicious and Nutritious



re-energize faster, too.

WHEN YOU NEED A PHYSICAL boost, especially after an intense round of exercise, try eating some protein. As a building block for our muscles, eyes, teeth, skin, blood, nerves, lungs, brain, hair and nails, protein is a crucial element for strong, healthy bodies. Jazzercise Founder and CEO Judi Sheppard Missett reminds us that eating protein after a workout helps your muscles

The recommended daily allowance of protein for a 150 lb woman is about 55 grams per day, according to the U.S. Department of Agriculture. Pregnant women and those who engage in endurance training should consult their doctors for their ideal protein intake.

Traditional sources of protein for those of us in the United States have largely been from animal sources: beef, chicken, pork, fish and eggs. But meatless protein sources are just as good – or even better – for our bodies. Try some of these:

- **Quinoa** – Quinoa (pronounced keen-wah) is said to be the oldest grain in the world, dating back more than 5,000 years. It cooks like rice: boil it in a pot or make it in a rice cooker; you can substitute broth for water for a heartier flavor. Make it lively by adding sautéed onions, garlic, peas or spinach before serving. Reheat it fried-rice style or eat it chilled on salads. Find quinoa in boxes or bags in the natural foods section of your grocery store or buy it in bulk at stores that sell organic foods. 1 cup cooked quinoa = 18 grams protein and 9 grams fiber.

- **Lentils** – Cook orange, yellow or green lentils in a pressure cooker with onions, garlic, red pepper, carrots, broth, curry powder, salt and cumin. In about 15 minutes you'll have a pot full of delicious and protein-rich curry – and easy clean-up. 1 cup cooked lentils = 18 grams protein.

- **Legumes (Beans)** – It's easy to incorporate beans into your diet. Try veggie chili with red kidney beans, black beans or even garbanzo beans. Canned beans are fine and make for quicker cooking. Eat chickpeas in falafel or hummus. On a warm day, top a cool, refreshing salad with beans. 1 cup kidney beans = 16 grams protein.

- **Go Nuts** – Nuts can be one of the most powerful sources of protein aside from meat. They're delicious and highly portable – easy to eat at your desk or on the go. Pack a handful of almonds, cashews or walnuts for long drives, an after-workout snack or a between meals pick-you-up. 1 cup almonds = 30 grams protein; 1 cup cashews = 20 grams.

- **Cottage Cheese** – Cottage cheese is a protein champion. Liven it up by mixing in pineapple chunks, a little granola or berries. 1 cup low fat cottage cheese = 30 grams protein.

Have fun experimenting with alternate sources of protein. And as always, the key to a healthy body is a combination of a balanced diet and exercise.

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.



Mike's Fish Tank Newts & Salamanders

NEWTS AND SALAMANDERS ARE EASY to care for. Here are general guidelines applicable to most newts, also known as caudates.

Keep enclosures below 72 degrees F. Newts like live foods, insects and crustaceans. Freeze dried bloodworms are another food that is easily accepted. Most newts usually eat every third day, although larger animals may eat more often.

For aquatic caudates, treat the water with a chlorine removing substance. Doing a water change of 10% weekly is a good idea.

Most newts prefer still water, so try to avoid a current. If you use a cage substrate, choose sand or gravel that is too large for them to swallow. Terrestrial salamanders should have a top soil or shredded bark substrate. Do not use peat moss. Provide these animals with a hiding place such as a rock, cork bark or dry leaves. Don't mix species of caudates and don't mix them with fish.

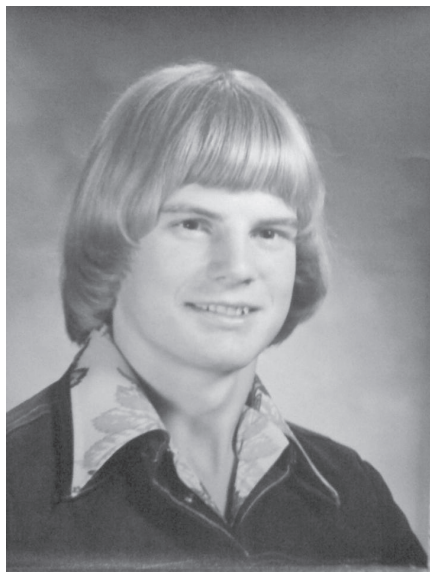
Provide an island made from rocks or a floating pad. Newts need a place to dry out.

Newts and salamanders are great escape artists, so be sure that there is a screen and that it has a tight fit.

Go to www.caudataculture.org for care sheets.

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. Check out our website, www.petsaplenty.biz. Any questions, email us at friskyy@hotmail.com.

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

Matt Belknap – Owner of Action Sports located at 85 Main Street in Cortland.

Winner

No winner this issue – A gift certificate from Action Sports will be added with next issue's winning gift certificate!!

CAT KITCHEN RECIPE CORNER

Marinated Ham Steak for 2

- 1/2 cup unsweetened pineapple juice
- 1 tablespoon brown sugar
- 1 tablespoon butter, melted
- 1 to 2 teaspoons ground mustard
- 1/8 teaspoon garlic powder
- 1/8 teaspoon paprika
- 1 fully cooked boneless ham steak (3/4 pound)

In a large resealable plastic bag, combine the first six ingredients. Add ham; seal bag and turn to coat. Refrigerate for at least 2 hours, turning occasionally.

Drain and reserve marinade. Grill ham, uncovered, over medium-hot heat for 3-4 minutes on each side, basting frequently with reserved marinade. Cut in half to serve. Yield: 2 servings.

Basil Red Potatoes for 2

- 4-1/2 teaspoons dry red wine or beef broth
- 2-1/4 teaspoons minced fresh basil or 3/4 teaspoon dried basil
- Dash garlic salt

In a large saucepan, combine the water, potatoes and bouillon. Bring to a boil. Reduce heat; cover and cook for 7-10 minutes or until tender. Drain. Stir in the remaining ingredients. Yield: 2 servings.

Asparagus with Orange-Ginger Butter for 2

- 1/2 pound fresh asparagus, trimmed
- 3 tablespoons butter, softened
- 3 tablespoons orange marmalade
- 1 teaspoon minced crystallized ginger
- 1 teaspoon balsamic vinegar
- 1 teaspoon grated orange peel

In a large skillet, bring 1/2 in. of water to a boil. Add asparagus; cover and boil for 3-5 minutes or until crisp-tender. Drain; transfer to a serving platter and keep warm.

In a small bowl, beat the butter, marmalade, ginger, vinegar and orange peel until blended. Spoon over asparagus. Yield: 2 servings.

Spinach Pastrami Wraps for 2

- 2 flour tortillas (10 inches), room temperature
- 2 ounces cream cheese, softened
- 1/3 cup shredded cheddar cheese
- 2 tablespoons chopped red onion
- 2 tablespoons Greek olives

- 1/4 pound sliced / slices deli pastrami
- 3/4 cup fresh baby spinach

Spread tortillas with cream cheese; sprinkle with cheddar cheese, onion and olives. Top with pastrami and spinach. Roll up tightly; secure with toothpicks. Yield: 2 servings.

Garden Coleslaw for 2

- 1-1/2 cups shredded cabbage
- 2 tablespoons chopped green pepper
- 1 green onion, thinly sliced
- 2 tablespoons mayonnaise
- 2 tablespoons heavy whipping cream
- 1-1/2 teaspoons sugar
- 1-1/2 teaspoons cider vinegar
- 1/8 teaspoon salt

In a small bowl, combine the cabbage, pepper and onion. Combine the remaining ingredients; add to cabbage mixture and toss to coat. Yield: 2 servings.

Swiss Steak Burgers for 2

- 2 tablespoons A.1. steak sauce, divided
- 3 teaspoons Dijon mustard, divided
- 1/2 pound ground beef
- 2 slices Swiss cheese
- 2 hamburger buns, split and toasted

In a small bowl, combine 1 tablespoons steak sauce and 1-1/2 teaspoons mustard. Crumble beef over mixture and mix well. Shape into two patties.

Grill burgers, covered, over medium heat or broil 4 in. from the heat for 5-7 minutes on each side or until a meat thermometer reads 160° and juices run clear. Top with cheese. Grill 1 minute longer or until cheese is melted.

Spread buns with remaining steak sauce and mustard; top each with a burger. Yield: 2 servings.

Gourmet Scrambled Eggs for 2

- 4 eggs
- 2 tablespoons shredded Parmesan cheese
- 2 tablespoons mayonnaise
- 1-1/2 teaspoons minced chives
- 1-1/2 teaspoons minced fresh basil
- 1-1/2 teaspoons butter

In a small bowl, whisk the eggs, Parmesan cheese, mayonnaise, chives and basil. In a large skillet, heat butter over medium heat. Add egg mixture; cook and stir until completely set. Yield: 2 servings.

Spicy Sausage Patties for 2

- 1/4 teaspoon salt
- 1/4 teaspoon dried sage leaves
- 1/8 teaspoon ground coriander
- 1/8 teaspoon pepper
- Dash crushed red pepper flakes
- 6 ounces ground pork

In a small bowl, combine the first five ingredients. Crumble pork over mixture and mix well. Shape into two 3-in. patties.

In a small skillet, cook patties over medium heat for 5-6 minutes on each side or until meat is no longer pink. Drain on paper towels. Yield: 2 servings.

Broiled Halibut Steaks with Raspberry Sauce for 2

- 2 tablespoons butter
- 1/8 teaspoon garlic powder
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 2 halibut steaks (6 ounces each)
- 1/3 cup seedless raspberry jam
- 1 green onion, sliced
- 1 teaspoon Dijon mustard
- Fresh raspberries and lemon wedges, optional

In a microwave-safe bowl, melt butter; stir in the garlic powder, salt and pepper.

Broil halibut 4-6 in. from the heat for 5-6 minutes on each side or until fish flakes easily with a fork, basting occasionally with butter mixture.

Meanwhile, in a microwave-safe bowl, heat the jam, onion and mustard until jam is melted, stirring once. Serve with fish. Garnish with raspberries and lemon wedges if desired. Yield: 2 servings.

Fruit Salad for 2

- 1/2 medium navel orange, peeled and sectioned
- 1/2 medium kiwifruit, peeled and sliced
- 1/3 cup halved seedless red grapes
- 1/4 cup sliced peeled apple
- 1/4 cup diced honeydew
- 1/4 cup fresh blueberries
- 1 tablespoon orange juice
- 1-1/2 teaspoons honey
- 3/4 teaspoon lime juice
- 1/3 cup sliced ripe banana

In a small salad bowl, combine the first six ingredients. In a small bowl, combine the orange juice, honey and lime juice. Drizzle over fruit mixture; toss to coat. Chill until serving. Add banana just before serving. Serve with a slotted spoon. Yield: 2 servings.



SPRING BALL 2011 NEWSLETTER February 27, 2011 — Please read all the way to the bottom.

Spring is coming and Dryden Kiwanis Youth Spring Ball will be having our 2011 in person sign-ups on 3 Thursdays in a row in March at the entrance to the sports center at TC-3.

Sign-ups:
March 10, 17 and 24th
7:00 to 8:00 pm at TC-3.

Some time in line by making your 2011 sign-up forms. The sign up forms can be mailed in at any time prior to April 1, 2011 without an extra fee.

Any sign-up form received after April 1 is not guaranteed a team placement.

Print and mail your sign-up form by clicking the link below:
www.drydenkiwanis.com/files/2011_DRYDEN_KIWANIS_SPRING_BASEBALL_sign-up_1.pdf

- Support your local youth ball programs by checking out the Dryden Kiwanis Spring Ball Spring Ball Auction at www.kiwanis.org/auction. This is a direct fundraiser for this year's Spring Ball program. Order some bids for you, your relatives and your friends. Fifty percent of what you spend goes right back to the 2011 ball program.

- The All League Team Photo Day will be May 7th, 2011 (the first Saturday of May) at the Wall St Ball field in the Village of Dryden starting with the TBall teams at 8:30 am.
[Click for League Photo Schedule](#)

- If you are watching a game last year and thought you would enjoy coaching a ball team, please contact me via e-mail over the next couple of weeks so that I can put your name down on a list of potential coaches.

- For this year, we would like to get adult (over age 18) certified umpires who live in the area and have no children playing in the program. To become a certified Umpire, a person is generally required to attend 5, 2-hour courses. These courses are offered in the months of February and March at TC3 and are free of charge. If this is something that may be of interest to you and you want to earn extra cash, or you know someone who may be interested, please contact us with your/their name and phone number.

- Kiwanis Ball is always looking for volunteers, including Umpires and parents to work at the new Street Stock at the Village of Dryden's Wall St Ball field.

- If you see the following people, please thank them for all their hard work and coaching for us last year.

Major League Baseball,
Sandy & Amy Drumhitt, Tim Newton and Bill Hughes, Pete Tyler, Mike Marsh & Scott Forbin



THE CAT

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

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

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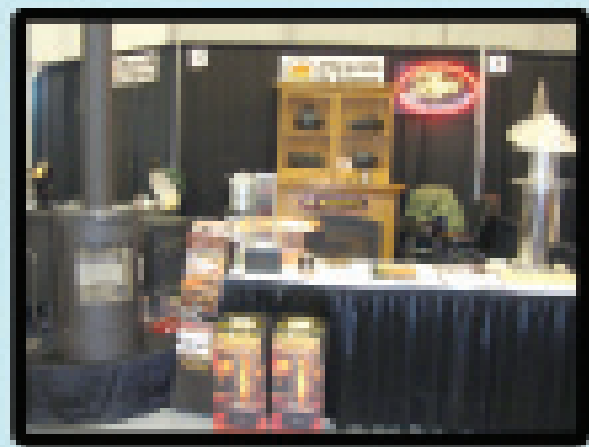
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