

FREE

May 18-31, 2011

Memorial Day Edition

FREE

THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER
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WELCOME TO THE MEMORIAL DAY 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!

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

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

June 29 – Bed & Breakfast, 4th of July & Taste of Downtown Edition
(Deadline 6/24)

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, May 27th. 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, May 27th 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 or mail it to The CAT, PO Box 67, Dryden, NY 13053! Deadline is 6 pm on Friday, May 27th for the next Edition.

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COMMUNITY CALENDAR



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 date is Mondays May 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.

Now thru June 9 - Call for Art
Access to Independence of Cortland County is having an Art-Ability Expose on July 22nd at the Homer Center for the Arts, as part of their Annual ADA celebration. We are looking for individuals with disabilities their friends and or family members to submit works of art. In addition individuals submitting work must; live in Central New York, and be at least 8 years old. To receive a submission packet please contact Fran Pizzola by phone: 753-7363, or by e-mail: fpizzola@aticortland.org.

May 19 - Free Alzheimer's Workshop
The Basics of Alzheimer's Dementia, a workshop series from the Alzheimer's Association, Central New York Chapter, will be presented at 6 p.m. Thursday, May 19 at Cayuga Ridge

Health and Residential Community.

This program provides the basic information that everyone needs to know about memory loss, early detection and tools for seeking the right diagnosis, doctors and treatment options.

The workshop is free and open to the public. Cayuga Ridge is located at 1229 Trumansburg Road, Ithaca. For more information, call 273-8072 or e-mail info@cayugaridge.org.

May 20 - Free Public Lecture
Free Public Lecture with 'Simplicity Parenting' author, Kim John Payne. Friday, May 20, 7pm. Boynton Middle School Auditorium. 1601 N. Cayuga St, Ithaca. ithacawaldorf@gmail.com for more info.

May 21 - October 22 - Homer Farmers' Market
Saturdays 9 - 1 and Wednesdays 4:30 - 7 on the Green in Homer. Where local producers meet people who want to buy local. Wide variety of produce, arts, baked goods, and prepared food: All grown or produced within 30 miles of Homer. Live music on selected dates. For more information e-mail tammie@coldbrookfarm.com or visit www.homerfarmersmarket.com.

May 21 - Parenting Workshop
With 'Simplicity Parenting' author, Kim John Payne.

Saturday, May 21. 9am - 1pm. Boynton Middle School Auditorium. 1601 N. Cayuga St, Ithaca. \$30 suggested donation. RSVP ithacawaldorf@gmail.com.

May 21 - Sneaker Ball
JM McDonald Sports Complex, 4292 Fairgrounds Drive in Cortland. Cocktails, food, games, prizes. \$30 per person. For more information call (607) 753-8100 or visit www.jmmcomplex.com.

May 21 - Varna Chicken BBQ
12 noon til gone, at the Varna United Methodist Church, 965 Dryden Rd. HALVES ONLY and we're only cooking 200!

May 21 - Wine Tasting at Dryden Wine & Spirits
Dryden Wine & Spirits on 23 West Main Street in Dryden will be hosting a Wine Tasting on Saturday, May 21st from 2pm to 5pm. Come and be entertained by the fabulous Rigo Martinez from Great Sunsan - who will be pouring several wines for you to sample! Find the perfect bottle of wine for your Memorial Day get together! Don't go to that party empty handed - take your host or hostess a bottle of wine or spirits! FREE gift wrapping available. Questions, call them at 607-844-8135. Please 21 and over only. A wine and spirits store and so much more...we are service driven!

May 21 - Dryden Seniors Lunch
The Dryden Senior Citizens will meet on Monday, May 23, 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 beef stroganoff on noodles, mixed green salad, bread, and cookies.

There will be a tour of the Dryden Fire Hall and Ambulance Service.

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.

May 22 - Cruise Night
2 - 6 pm, downtown Cortland.

May 29 - JazzHappensBand
3 pm, Grace Episcopal Church, 13 Court Street in Cortland. Get into the

summer spirit by celebrating the Memorial Day holiday with pure Americana. This "Arts at Grace" Greer Memorial program will include Dixieland, blues, and quick stepping jazz. There is no charge for admission. An informal reception for the audience and musicians will be held at the concert's conclusion. For more information call (607) 753-3073.

June 1 - October 30 - Cortland Farmers' Market
Tuesdays and Saturdays 8 am- 2pm on Main Street, Cortland. The 39th season at the same location! Local produce (from a 30 mile radius) and fruit in season. Also flowers, honey, wine, and a variety of surprises throughout the season. Convenient location, plenty of free parking, and close to fine restaurants, shops, and the Main Street merchants. For more information call (607) 753-8570 or e-mail tsandstrom@ocmboces.org.

June 7 - Dairy Parade Downtown Cortland

Celebrating the rich dairy and agricultural heritage of the region. With more than 100 entries, the parade stretches from North Main Street to Argyle Place off south Main Street and lasts two hours. The eclectic mix of participants includes local churches, service groups, businesses, school groups, marching bands, and dairy themed floats. A key feature of the event is the crowning of the Dairy Princess, who symbolizes the region's commitment to the dairy industry. For more information call Brenda Brooks at (607) 753-1593.

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!



COVER PHOTO CONTEST



Answer from the Previous Edition:
Route 11 in Whitney Point, 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 6pm on Friday, May 27th 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 Shannon Myers. Shannon 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 Piccadilly Lane Unique Primitive & Country Store located at 2634 Main Street in Whitney Point! 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!

DO YOU KNOW WHERE THIS IS?
See what you can WIN
if you know WHERE this picture is!
Congratulations to our latest contest winner:
Shannon Myers
of Freeville



DOUG'S POWERSPORTS UNLIMITED

IF YOUR SUMMER RECREATIONAL ACTIVITIES include making waves with a personal watercraft or exploring the countryside on an ATV or the all new Commander or cruising the roads on a Can-Am SPYDER, Doug's Powersports Unlimited has the ride for you!

Doug's Powersports carries Can-Am ATVs, SPYDERS and Sea-Doo personal watercraft, as well as trailers, parts, and accessories. You can also find a full line of aftermarket parts and accessories for most makes and models, including Suzuki and Yamaha. Doug's Powersports also provides service and repair for most makes and models.

So how do Can-Am ATVs and Sea-Doo watercraft rate with respect to customer satisfaction? "Customer satisfaction

is great with the Can-Am ATVs," states Doug Clark, owner of Doug's Powersports Unlimited. "We haven't had anyone yet who has purchased an ATV return to

our store and want to switch brands. And people who purchase Sea-Doo personal watercrafts like them so much that they simply upgrade to the latest Sea-Doos and the Can-Am SPYDERS speak for themselves!"

Doug Clark first started his business in 1980. At that time, the store was located on Route 11, near A.B. Brown's, and was called Doug's Speed and Automotive. The store originally carried parts and accessories and used units, and provided service and repairs. Doug moved his business to its current location at 4019 Route 281, Cortland, in October, 2001. Since making the move, Doug's Powersports has been happy to carry the best of the best: Can-Am ATVs and Can-Am SPYDERS, Sea-Doo personal watercraft, and Ski-Doo snowmobiles.

"We have a very good track record with our customers," Doug says. "I estimate that about 90% of our customers leave here satisfied with our repair and service work.



The other 10% are usually customers that come in with older units and request specific repairs or service work. These older units often need additional repairs or service that the customer does not request or cannot afford. In these cases, our mechanic, Todd Lyndaker,

will execute the requested work, but will also explain to the customer the additional service or repairs that would be necessary to bring the unit back to optimum

working order." Todd Lyndaker is Doug's Powersports' Service Manager. "Todd was already a certified technician with ten to twelve years experience when he first started working here," Doug explains. "Having fewer mechanics is sometimes better than having many," he continues. "This way, Todd knows exactly

what work has been done to a particular unit. There are no guessing games as to what work has been done to a unit by other mechanics."

And what about pricing? "We take advantage of rebates and discounts in order to try to stay competitive with pricing," Doug says, "But the

bottom line is that we provide a good product. People may buy here, regardless of pricing, due to our good reputation, and customers know we will take good care of them."

So if you are in the market for an ATV, Can-Am SPYDER or personal watercraft this summer, or have one that needs to be serviced, stop in at Doug's Powersports and see what Doug has to offer. And if you are thinking ahead to fun in the snow next winter, don't forget that Doug's carries Ski-Doo snowmobiles and a full line of aftermarket parts and accessories for Ski-Doo and most makes and models of snowmobiles, and offers repairs and service for most makes and models, as well. You can also reach Doug's Powersports at (607) 753-1263, or check out Doug's web site at www.dougspowersports.com. Enjoy your summer - get outside with Doug's Powersports Unlimited! Doug's hours are Monday through Friday 9-6, Tuesday and Thursday 9-7 and Saturday 9-3. Doug's will be closed Memorial Day on Monday, May 31st. Doug's Powersports wishes everyone a safe and happy Memorial Day.





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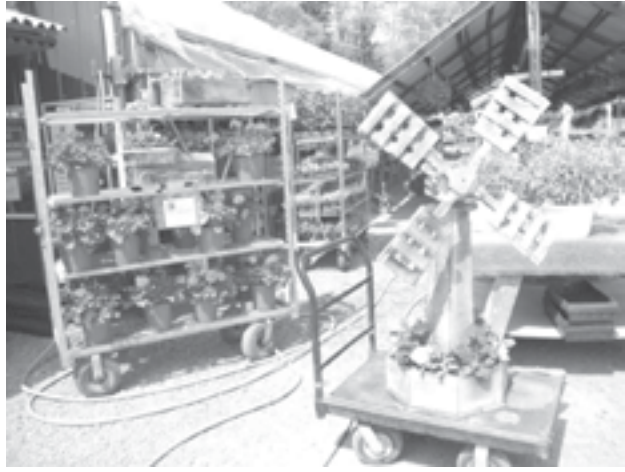
DEDRICK'S IS READY FOR MEMORIAL DAY!

WARM WEATHER IS HERE, AND with its onset, we can look forward to all kinds of fresh flowers and produce! A wonderful place to go to get some fresh flavor and color is Dedrick's!

Now open for the season - Dedricks' Fruit/Flower/Vegetable Stand, located just North of Dryden on Route 13, can provide you with a selection of fresh produce and flowers, including a main line of flowers such as petunias and marigolds, and fuchsias, as well as unusual varieties of flowers you may have difficulty finding elsewhere, including cosmos, tall snapdragons or wave petunias. "We offer flowers that have been around for years, that are hard to find, and we also stay abreast of new flower varieties" says John Dedrick, owner.

Dedrick's has been a contributing business to the Dryden area for nearly 40 years. John Dedrick started his business on two acres of rented land in 1972. Since then, Dedrick has expanded his acreage, as well as the volume of product he carries. The Dedricks purchased the adjacent building, formerly a basket shop, when the people that owned it passed away. They also purchased land and added a larger greenhouse and more wagons.

John Dedrick prides himself on providing the highest quality produce and flowers. "We have top quality here," he states. "That's very important to me. I do all of the buying myself, and I try to be as competitive and reasonable as the other places. Dedrick's customer service and his staff are the things he is most proud of when it comes to his business. "We take pride in making sure our customers aren't kept waiting in line. We help our customers and get them checked out as soon as possible," he said. "My wife, Michelle, is doing a great job as cashier, and the employees are doing a great job, which makes things easier."



Dedrick enjoys meeting and talking with people. "I like doing business with honest people; the same people that appreciate me being here. It makes me feel good

to be doing something right." He likes the fact that his business is able to provide jobs for people as well as good quality products at reasonable prices in the local market. "Not just high quality," he says, "But good eating quality." Dedrick's also helps support the community by donating to schools and many local organizations each year.



Dedrick's is open for business spring to late fall, always opening 10 days before Mother's Day and closing on the last Saturday before Halloween. "We also close around July 4th for

twenty-five to thirty days and wait for the home grown produce to come in. Then we open again around the 1st of August and stay open until the end of the season." Dedrick's has weekly and special sales throughout the year, which helps keep the prices reasonable.

So if you are looking for fresh fruits and vegetables and a selection of nice, hardy flowers - including those that you can't find anywhere else - stop down to Dedrick's Fruit/Flower/Vegetable Stand on Route 13, across from the entrance to TC3, and "smell the flowers"!

Dedrick's will be open on Memorial Day and is open Monday through Saturday from 9am to 6pm. Closed Sunday. Dedrick's does not accept credit or debit cards, so make sure to bring cash or checks when you visit so that you can purchase from the great bounty of fresh flowers, fruits and vegetables that Dedrick's will be offering this year!

John and Michelle look forward to seeing you this season!

DRYDEN DAIRY DAY



"a great way to spend the day"
Saturday, June 11, 2011

The Dryden area pays tribute to area dairy farmers and the farming industry with a parade down Main Street at 9:30 am. Craft booths, food and entertainment, all at Montgomery Park from 11:00am to 3:00pm.

MILK \$.10 per 1/2 pint
ICE CREAM CONES \$.25/dip

This is a community celebration sponsored by Dryden Grange and the Dairy Day Committee.

Wishing Everyone a Safe and Happy Memorial Day Weekend



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MEMORIAL DAY AT VALLEY VIEW GARDENS AND THE CINNAMON APPLE COTTAGE GIFT SHOPPE!

MEMORIAL DAY IS JUST AROUND THE CORNER and WE ARE STOCKED AND LOADED!

You're not ready? Don't panic! There is still time to add gorgeous, flowering shrubbery, trees and perennials to your garden or deck, giving your landscape just the sparkle it needs! We at Valley View Gardens Retail Nursery and The Cinnamon Apple Cottage Gift Shoppe will help you enhance your home with elegant touches for the inside and outside just in time for Memorial Day.

We can also help you remember your loved ones this Memorial Day with an arrangement of annual flowers in your urn or in our pottery. Truckloads of ZERRILLO'S locally grown, superior hanging baskets and annuals arrive every week just in time to help you decorate your memorial planter for those who have gone to their rest after serving our country.

FRUIT AND VEGETABLE GARDENS!

Are you planning an edible garden? Refreshing selections of hearty vegetable and herb plants await you at Valley View Gardens, as well as a variety of organic vegetable plants. Blueberry bushes and fruit trees are abundant at Valley View Gardens, so come and make your selections while they last! There is no time like the present to start your garden!

GIFT CERTIFICATES!

If you need a unique gift but are not exactly sure what to buy, we can help you! Delight your friends or loved ones with a popular Gift Certificate from Valley View Gardens and The Cinnamon Apple Cottage Gift Shoppe. Let your friends choose for themselves the items that most please them! Our attractive Gift Certificates can be used to purchase items inside the gift shop OR plants outside in the nursery. Best of all, they will never expire and will be there just when your loved is ready to choose something they will treasure! They are the perfect expression of how much you care!

WHAT ABOUT YOU?

The time has come for you to treat yourself to that lovely tree or gorgeous shrub you have admired in your neighbor's yard

for years or that home decoration you spotted a while back. Indulge yourself! Valley View Gardens Retail Nursery, The Cinnamon Apple Cottage Gift Shoppe AND a fantastic shopping experience are waiting for you at 3797 Luker Road in Cortland! Truckloads of stunning plants and eye-catching giftware have just arrived, including many new items and varieties!

Whether you desire quality plants or professional expertise to help with your landscape design and installation, Valley View Gardens can provide both to your complete satisfaction. In addition to our forty years experience designing and installing beautiful landscapes, we are able to use that same expertise to advise "do-it-themselves" gardeners by steering them in the right direction. Finding the right plant for a particular environment is our specialty!

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In addition to twenty-two years elsewhere, we have been in business for eighteen years in Central New York, including six years at our present location on 3797 Luker

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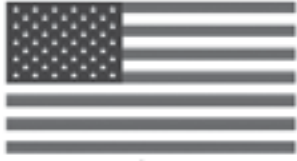
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You will be amazed at the quality and variety of our selection of shrubbery, shade trees, fruit trees, ornamental trees, topiaries and more! Valley View Gardens will provide a stronger, healthier plant than can be obtained in department store garden centers and our convenient location eliminates those costly trips out of town, ensuring a savings to you!

For a splash of color, choose from the gorgeous flowering annuals and hanging baskets that fill our greenhouses. If you have a niche to fill in that sunny or shady corner of your garden, we have an impressive assortment of perennials located in our perennial houses and outdoor displays that will do perfectly. Are you looking for that unique ornamental grass that has caught your eye? We have many varieties from which you can add texture and motion to your landscape!

The Cinnamon Apple Cottage is a unique gift shop located adjacent to Valley View Gardens. Time and again we have been told by our customers that they love to shop in our ten-room store. The lovely music of Scott Adams, born and raised in Groton, as well as the romantic instrumentals of composer/pianist Stuart Dudley are sold here and can be heard throughout the shop and the nursery, creating a delightful backdrop for your shopping experience!

Each room has its own ambience and related product lines. Floral decorations, fragrant candles and potpourri, art work, whimsical figurines, children's books and toys; outdoor décor and gift items; Amish jams, fruit butters, pie fillings and soups; delicious scone and bread mixes and much, much more! If you need a pick-me-up for

yourself or your friends and loved ones, you are sure to find it at The Cinnamon Apple Cottage Gift Shoppe.

SUNDAY HOURS!

Our springtime hours have begun! We will be open Monday through Friday, 10 to 6 o'clock; Saturday, 9 to 5 o'clock and for your shopping convenience, Sundays, 10:30 - 3:30 (through July 3). We will also be open on Monday, July 4th from 10-2 o'clock!



Stop in and shop at our retail nursery and gift shop. Better yet, call Dan, Andrew and Pat Mones at 607-749-3130 to set up a consultation to help your landscaping dreams come true! You will be glad you came to Valley View Gardens on Luker

Road in Cortland! We look forward to meeting and serving you! See you then!

the wheel; however, texting is one of the most dangerous distractions facing teens today.

A recent Allstate Foundation study revealed that 82 percent of driving teens claim to use cell phones while driving, and 49 percent admit to being extremely distracted by texting and instant messaging while driving. Recent research conducted by Virginia Tech's Transportation Institute reveals that texting while driving can increase the risk of an accident by 23 times.

The holiday season is one of the deadliest times of the year for teen drivers, and as we enter the holiday season, we must do whatever we can to avert the tragedy of losing another child.

I urge teens and parents to take personal action. Consider taking Allstate's 'X the TXT' pledge. Parents and teens can add their thumbprints to a family brochure as a public pledge not to text and drive. The peace of mind that comes from taking the pledge is the best gift anyone could give their loved ones. It helps to ensure teens return home safely for the holidays and every day.

Teens can make a virtual pledge and learn more about the tour stops and the rest of the campaign at <http://www.facebook.com/thumbsuppledge>. Teen driving resources and detailed research are available at www.Allstate.com/teen.

Call Shirley Eizember, Exclusive Allstate Agent, 41 Port Watson, Cortland NY 13045 Phone 607-756-8505

[1] Source: Insurance Institute for Highway Safety (IIHS) available at <http://www.iihs.org/research/topics/teenagers.html>

X THE TEXT WITH A THUMBPRINT: TEENS URGED TO TAKE PLEDGE NOT TO TEXT AND DRIVE



IT'S A DEADLY EPIDEMIC THAT TOUCHES nearly 5,000 teens and their families each year; it is also the number one killer of American teens - car crashes. [1] And the primary cause of fatal teen crashes - driver error. Unfortunately, it can be easy to forget the dangers of texting and driving when behind

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With warm weather finally here – it's time to liven up your home, office, porch, patio or cottage! Piccadilly Lane boosts of berry and flower wreaths, garland and garden accents to enchant any living space – take the short drive to Whitney Point and check out the 8 rooms of giftware to beautify your living space and celebrate summer with their plant sale on Friday, May 20th from 10-6.

The store is located on 2634 Main Street in Whitney Point. For your shopping convenience the store is also open Monday 11-3, Tuesday, Wednesday & Friday 10-6, Thursday 10-7, Saturday 11-3 and Sunday closed. Questions or looking for something special - 607-692-7418 or email piccadillylane1@aol.com

All of us at Piccadilly Lane would like to wish our friends, neighbors and family a Safe and Happy Memorial Day weekend.



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BE READY FOR THOSE SUMMER parties and redecorate for you and your guests by stopping at Piccadilly Lane Country and Primitive Store! Piccadilly is ready to help you celebrate summer with a plant sale on Friday, May 20th! New items arriving weekly for all your decorating needs for the warmer weather – including herbs, hanging plants, garden art and unique garden items. The store welcomes you to come on the porch and through the red door to find that something special you or a loved one just can't live without and add new greenery and summertime memories to your living space.

Piccadilly Lane owners Joyce & David Ballard, along with their friendly staff, will assist you in finding that extraordinary item to accent your home, cottage or porch. Piccadilly invites you to browse upstairs and down as this unique and primitive store is overflowing



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MIKE'S FISH TANK LIVE FOODS FOR REPTILES

A LOT OF PEOPLE ASK about live foods for reptiles. Here are some hints.

CRICKETS. Proper housing includes containers with good ventilation and slippery sides so the crickets can't climb out.

Crickets are happy at room temperature, between 70 and 75 degrees at moderate humidity. Be sure they are stored away from direct sunlight, drafts and pesticides. Provide water for your crickets, or instead of a dish of water, try Nature Zones cricket bites.

It supplies your crickets with water and food and is less messy than a dish of water. Prevent bacteria by providing only cricket food, not fresh fruit or vegetables. Keep your cricket enclosure or container clean.

SUPERWORMS. Terrific treat for larger reptiles. Be sure to keep superworms between 70 and 80 degrees. A container the size of a small cat pan works well. Use a screen to ensure adequate ventilation. Aspen bedding works well for a substrate. Keep about 2 inches of bedding in the superworm container. As a water source, you can use the cricket bites or a piece of cucumber works really well.

Keep an eye on the bedding and add more if needed. Completely clean and replace the bedding once a month.

WAXWORMS. A fatty treat for reptiles, waxworms require little care but the right temperature is critical. They should be stored as close to 55 as possible. That's warmer than most refrigerators. Breeders say the butter tray is the best place to store your container of waxworms if you are using the refrigerator, but check the temp. with a thermometer. If it's too cold in the butter tray, then it's better to do room temperature. Waxworms live off stored fat so they do not need food or water. Be sure they are stored in a low humidity and that their bedding does not get wet.

MEALWORMS. Mealworm containers need several airholes. The worms should be kept at a temperature between 42 and 55 degrees.

Oatmeal is a good bedding for mealworms as they eat their bedding. Cricket bites can be used as a water source or a small piece of apple or cucumber works OK too. Remember, superworms do not like cold but mealworms don't mind it as long as it stays near 42 degrees.

- *Pets A Plenty is located in the Blockbuster Video Plaza, Rte 281 Cortland, 753-9213. Open 7 days a week. We now have a website. WWW.PETSAPLENTY.BIZ. check it out. I post care sheets, coupons, new animal arrivals, contests and more. Any questions, email me at friskyy@hotmail.com*



FOUR KEYS TO HAVING A BRILLIANT BODY

KEYS 3 AND 4

THE THIRD KEY IS ENERGY and Fitness. With everything we have to balance in life, work, home, family, hobbies, exercise, volunteering -running out of time and energy is a given. But what if your stamina and vitality suddenly aligned with your to do list? When you boost your energy in a healthful way it's not only possible, it's brilliant. Not all caffeine is created equal. The body assimilates caffeine found in guarana seed very slowly. In fact, it takes 6 to 8 hours. This provides a feeling of well-being and awakening, as opposed to a "jolt" to the system. Amazon Indians have used guarana for stress, fatigue, stimulating physical activity and the brain, a natural appetite suppressant, an anti-diarrheal, analgesic (pain) and influenza. NSP has a convenient product called Solstic Energy. It is an energy and metabolism drink mix. There are 30 stick packets in each box. It contains natural ingredients including guarana that boost energy levels without ever overstimulating the body. It provides B vitamins and herbs to help reduce physical fatigue. It may help increase mental clarity and focus. It helps the body mobilize fat stores for energy use. It has a great tasting flavor that contains lemon, orange and pineapple.

Another new product in this category is Solstic Revive. This is an electrolyte and glucosamine drink mix. It also contains 30 stick packets in each box. It provides calcium, magnesium, sodium and potassium to help replenish electrolytes lost during exercise. It supports joint health and function with 500 mg. of glucosamine per serving. It contains vitamins,

antioxidants and amino acids to nourish the depleted body. Another complementary product is Free Amino Acids. This provides building blocks of protein to develop, build and maintain muscle tissue. It supports the body during physical activity, stress and recovery. It contains L-Carnitine to help transport fatty acids into the mitochondria, where they are burned for energy. It also includes magnesium - a cofactor to help activate enzymes needed for carbohydrate and amino acid metabolism.

The final product in this category is ENERG-V. This herbal combination provides herbs that support the glandular, circulatory and nervous systems. It may help relieve stress and support energy production. It contains kelp and licorice to nourish the glands and gotu kola to nourish the brain and nervous system. It also contains adaptogenic herbs (schizandra and eleuthero) that help the body under environmental stress. Plus bee pollen, rose hips, yellow dock root, barley grass and capsicum fruit.

The fourth and last key is Systems. As I have mentioned before this is the key to cellular health. Every body system works naturally to provide each cell with what it requires to be healthy. When we support our body systems, we help to create true health all the way to the cellular level. NSP has 10 different system packs each devoted to a specific body system. We have Circulatory, Digestive, Glandular, Hepatic, Immune, Intestinal, Nervous, Respiratory, Structural and Urinary. Each box contains three different products which is a 30 day supply. If you go back a couple of columns ago I listed each one in detail. In addition to the system packs we also have complementary system products for each body system.

The best way to start to find out which system in your body needs the most help is to book a compass analysis appointment. This will determine the 76 biomarkers in your body and which are out of balance and what products your body has a preference for in order to bring it back into balance. Why not call today and book your appointment?

If you want further information or have any questions regarding this latest series please feel free to contact me.

Till next time,



*Diane L. Toombs, CNHC
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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.

ADRA Associates- P.O. Box 306, Freeville, NY 13068 adra@tvcny.rr.com

CAN I REMODEL A PORTION OF THE THIRD STORY ATTIC IN MY SINGLE FAMILY HOME INTO A PLAYROOM/GUEST BEDROOM?

MANY ENTERPRISING HOMEOWNERS TRY TO capitalize on underutilized areas in attics to extend personal living space, however, this practice can have dangerous consequences. Every habitable space including a playroom or bedroom where people can work, play, eat, sleep or carry on some activity for an extended period of time must have adequate structural floor capacity and a minimum of two remote means of escape in the event of an emergency. Doors, corridors and stairs are primary exit paths from upper levels in a dwelling whereas windows are considered the second, remote means of emergency egress in one and two family dwellings when properly sized and installed.

Habitable rooms shall have a minimum area of 70 SF, a minimum wall dimension of 7'-0" and a finished ceiling height of 7'-0", except that beams at a minimum of 48" on center can project up to six inches below the finished ceiling surface. Stairs accessible to the attic space shall have a finished width of 36" or more, including handrails. Emergency egress windows shall have an operable open area equal to or greater than 5.7 sq feet and minimum opening dimensions of 20"(w) x 24"(h). The bottom sill of the emergency egress window shall not exceed 44" above finished floor.

When considering altering attic areas to become habitable living space, the floor structure should also be reviewed by a registered design professional to determine the live load carrying capacity and the type and condition of roof framing. Live Load is the additional weight accumulated by movable furniture and accessories, equipment, storage materials (contents), people, etc that will likely occur on a given floor. Live Loads, stated in minimum allowable pounds per square foot, for the following residential spaces include Sleeping Areas (30 psf), playrooms and other habitable spaces (40 psf), attics with storage space only (20 psf), decks and stairs (40 psf), and exterior balconies (60 psf). Roof trusses and rafters should never be cut or altered in the field without the review and approval of a registered design professional.

The current Building Code permits homes of standard wood frame construction (type 5a and 5b) to be up to three stories or maximum 40 feet in height above the basement level or above finished grade. Homes constructed of noncombustible materials such as masonry, stone or metal studs can be four stories high. Dwellings with code complaint sprinkler systems are permitted to have an additional story. The homeowner is also advised to review local zoning and municipal housing regulations, as they may be more restrictive with regard to maximum permitted building height in a specific zoning district.

MIKE'S FOOD FOR THOUGHT

ONE OF MY FAVORITE PLACES to eat is Fabios Italian Restaurant at 179 Homer Ave in Cortland.

It's across the street from the old P and C supermarket. It is very delicious Italian food. Fabio uses the finest ingredients and freshest produce. I have eaten there many, many times and I've tried something different everytime. Believe me, I've never been disappointed. It is all tasty. Fabio has a great menu. Some of my favorites include chicken siciliano, a grilled marinated chicken breast topped with fresh tomato, basil sauce. Pasta alla Bolognese, which is your choice of pasta topped with hearty meatsauce made with beef, veal, and pork. This is truly the best sauce I have ever tasted. Penne alla carbonara is penne pasta sauteed with cream, egg, pecorino cheese and prosciutto. Four cheese gnocchi are potato dumplings tossed with 4 cheeses and baked in a marinara sauce, delicious. Fabio has a nice assortment of appetizers too. I had the cordon bleu pizza. This isn't just good, it's great.

A pizza crust topped with ham, swiss cheese, marinated chicken breast and a ranch sauce. It's big enough for two to share.

The last time I ate at Fabios, I had the chicken cacciatore, chicken breast sauteed with roasted red peppers, onions, capers, black olives, mushrooms in a homemade marinara sauce topped with melted cheese. I highly recommend this dish. It was absolutely delicious. The chicken was so tender and the sauce had such depth of flavor. Great.

Fabio also has a heart healthy menu. What a great idea. The dishes on this menu are prepared using the finest extra virgin olive oil and they supply a lean source of protein. Some of the items on that menu are, chicken siciliano, sauteed seafood platter, italian style grilled tuna steak, spaghetti and clams, linguini marinara, linguini pesto and more.

Dinners are served with a loaf of hot homemade bread and a wonderful tossed salad. The salad comes on a chilled plate and includes lettuce, chopped tomatoes and cucumbers, onion, sprouts, artichoke hearts, olives and provolone cheese. I love Fabio's attention to detail. I like the fact the plate is chilled and the tomatoes and cucumbers are diced. His homemade balsamic dressing is perfect with this salad. Save room for dessert. Fabio makes his desserts and they are good. I had the best tiramisu I have ever had. I've also had very good gelato and cheesecake.

Another great thing about Fabio's is the fact that he honors requests, such as whole grain pasta and breads, low fat dressings and cooking items with extra virgin olive oil instead of butter. They also have custom made pasta and sauces. Gluten free meals are available upon request. Fabio's has an extensive wine list and offers wine by the bottle or glass. Beer is also available.

The menu also offers at least 10 different open faced sandwiches, all very delicious.

The restaurant itself is very pleasing. Soft music and subdued lighting along with many tanks of tropical fish. It is a wonderful atmosphere to enjoy a dinner. The restaurant is open Tuesday - Sunday, the phone number is 607 753 6969.

Fabio is truly a great chef, his food is homemade and it's very delicious. If you have never been, I urge you to go. Food is made to order, so relax, have some wine, enjoy the ambiance. Patience will be rewarded. Check out the website to see all that Fabios has to offer. www.fabiositaliankitchen.com

HEALTH TALK: BETH'S NATURAL WAY HEALTH CONSULTING IS IT DINNER TIME?

Truxton, NY

Phone/Fax: 607-842-6863

E-mail: bethsnaturalway@yahoo.com

THE EARTH SEEMS TO BE coming alive with foods that the body is craving to help it cleanse, tone and build on the physical, mental and spiritual levels. We need to pay more attention to what is around us; what is ready to be eaten; and how to recognize and prepare what is in the wild for us.

Enjoy the sunshine and go for a walk to create a wild crafted salad that will be both cleansing and healing for your body. Let's take that walk and see what is available.

In the deep woods, the leeks are showing green everywhere you look. Leeks are a very high sulfur food to help the body cleanse itself from old accumulated mucus. Dainty white and pink flowers are poking their heads out from under old leaves showing the promise of hepatic root. Hepatic root is supportive to the liver and the cleansing of old toxins. Spring beauties are covering the forest floor to be used in salads to help cleanse the blood. Trout lily leaves in our green salad are refreshing to the muscles. On the edge of the woods we find dandelion greens that are high in iron and a great diuretic for the dissolving of excess waters in the deep tissues. Here we also find day lilies to add for Vitamin A that helps keep the immune system healthy as the "garbage" is leaving the systems. Intermixed with the lilies are strawberry leaves to give some Vitamin C to help stir up and loosen mucus. Cleavers grow close to the buildings and will also help to dissolve mucus buildup. Do not forget to check out your own gardens from last year as the parsley, thyme and kale can be added for digestive support. Even digging up the jerusalem artichokes and shredding them on the salad will help to support and soothe the kidneys as cleansing is taking place. Making a salad dressing from garlic, oil, lemon juice, yogurt and honey will ensure the body is supported while eating this high cleansing salad you have created.

Be sure to pick herbs for a cleansing tea to finish out the meal. Herbs like mullein, blue cohosh, hepatic and burdock root will make a tea that gives the body extra energy for all the cleansing that needs to be done. This tea will clear mucus from the sinus areas, lungs and lymph systems. It will help the spleen get rid of all the toxins that have accumulated over the winter months. Most important, it will cleanse tired blood from the body as a whole.

This is just the beginning of the herb-picking season. As each new herb is ready for the picking, so too, the body is ready to work on another part in its healing or staying healthy process. With herbs, the body will not always be behind in its healing, but will get ahead of the game. As you cleanse, you should not feel bad, maybe a little tired, but a good, healing tired.

What are the next herbs to be ready? Keep going for your walks. Observe carefully and become a part of your surroundings. Feel the changes in nature and the gifts it has in store for you. Do not bother when the weather is at its worst, for nature is doing its own cleanse at these times. Rather, feel the beauty it has to offer on a sunny, clear, blue-sky day.

On June 11, we will have an herbal walk to help you learn what is just outside your doorstep. Call 607-842-6863 for more details on all the classes coming up at Beth's Natural Way.

Vibrantly,

Beth Hill of Beth's Natural Way

CALL FOR ARTISTS CORTLAND ARTS AND WINE FESTIVAL

WHAT BETTER WAY TO DISPLAY and sell your art than by being surrounded with good food, wine and music? The Cortland Arts and Wine Festival still has openings for artist vendors. The festival will be held in the Courthouse Park in downtown Cortland Saturday, August 6, from 10am to 6pm.

Over 50 artists will set up on the lawn throughout the park for the 2011 show. \$1,000 in prizes will be distributed including \$100.00 for Best of Show. The application form is available at www.cortlandartsandwine.com, or call 607-753-7786 to receive it in the mail. The deadline for applying is May 31, 2011.

Sponsored by the Cultural Council of Cortland County, The Cortland Arts and Wine Festival has grown to become one of the favorite one-day outdoor festivals in Central New York.

THIRD ANNUAL DRYDEN BEAUTIFICATION BRIGADE GARDEN AND ART TOUR

THE THIRD ANNUAL DRYDEN BEAUTIFICATION Brigade Garden and Art Tour is ready to blossom. On Saturday, June 25, this year's tour is heading out on the road, visiting four of Dryden's more rural country gardens. The nominal entrance fee of \$5 provides access to four carefully maintained gardens and the works of local artists, along with shuttle transportation to each site.

Unique features grace each of this year's sites, such as an apiary to view; wagon rides; or sheep, chickens and rabbits to visit. Each garden will be graced with the original, distinctive work of local artists, including Paula Parker's Copper Garden Art, Bard Prentiss' nature prints, the one of a kind pottery of Jacques Schickel and many others. Artwork will be available for purchase.

The tour runs from 9 a.m. - 1 p.m., beginning at the municipal parking lot on George Street in Dryden (behind the First National Bank, Main Street branch). Tour passes, maps and shuttle vans will be available here as well as on each site along the tour.



GRACE EPISCOPAL CHURCH OPEN HOUSE

GRACE EPISCOPAL CHURCH OPEN HOUSE on Saturday, May 21st from 10am to noon. 2654 Main Street in Whitney Point, NY.

On Saturday, May 21, from 10am to noon, Grace Episcopal Church will participate in the New York Landmarks Conservancy's "Sacred Sites Open Weekend." The Conservancy is hosting the state-wide event to encourage religious institutions that have received Sacred Sites grants and/or Lucy G. Moses Preservation Awards to invite the general public to learn about the cultural significance of their buildings.

Continuous tours as well as pictures, memorabilia and informational flyers will be available.

Grace Episcopal Church is a mission parish of the Episcopal diocese of Central New York. We were established as a parish in 1870 and the building consecrated on December 20th, 1871. Total cost was five thousand dollars. Built in High Victorian Gothic style, this wood-frame church has changed little since that time. We are listed on The New York State Historical Preservation Registry and the National Registry of Historic Places.

Particularly of note are the triple lancet windows on the façade, with original stencil glass and decorative moldings. The tall steeple contains a single bell, manufactured in Troy, NY, which still rings each Sunday morning.

The true architectural amazement can only be seen by gazing upward at the curved ceiling; much of which is an optical illusion. Painted by local artist Daniel D. Butts at the time of construction, this tromp-l'oeil style mimics stone ribbed vaulting, with ceiling above alter opening heavenward (can you count the stars?), as well as both real and imagined criss-crossed beams and other details. While common at the time of construction, few of these churches remain.

Grace Church managed to survive the 1897 fire which destroyed most of the center of the village (ending immediately next door to our building) and is also a survivor of the great flood of 1935.

Most importantly, we remain "The Church on Main Street" (across from Dollar General). We actively support mission projects. Divine Service begins at 9am each Sunday morning. In addition to reading and meditating on Holy Scripture, we pray a lot, sing a lot and laugh much. We gather afterwards at the parish house next door and we always welcome newcomers.

*Faithfully submitted,
Rev. Elizabeth M Groskoph*

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?

Last Issue's Business Owner Photo Contest

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!

Answer

Gary Mullen - Owner G L Mullen's Body Shop located on 290 Cortland in Dryden.

Winner

Susan Tompkins of Cortland - Susan won a gift certificate from Dryden McDonald's!

CAT KITCHEN RECIPE CORNER

BBQ RANCH SALAD

- 3/4 cup cubed cooked chicken breast
- 3/4 cup canned kidney beans, rinsed and drained
- 1 small tomato, chopped
- 1/3 cup frozen corn, thawed
- 2 tablespoons chopped red onion
- 1/4 cup ranch salad dressing
- 1 tablespoon barbecue sauce
- 1-1/2 cups torn romaine

In a small bowl, combine the chicken, kidney beans, tomato, corn and onion. Combine ranch dressing and barbecue sauce; pour over salad and toss to coat. Cover and refrigerate for 30 minutes. Divide romaine between two salad plates; top with salad. Yield: 2 servings.

APPLE PIE JAM

- 4 to 5 large Golden Delicious apples, peeled and sliced (about 2 pounds)
- 1 cup water
- 5 cups sugar
- 1/2 teaspoon butter
- 1 pouch (3 ounces) liquid fruit pectin
- 1-1/2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 1/4 teaspoon ground mace, optional

In a Dutch oven, combine apples and water. Cover and cook slowly until tender. Measure 4-1/2 cups apples; return to the pan. (Save remaining apple mixture for another use or discard.)

Add sugar and butter to pan; bring to a full rolling boil, stirring constantly. Quickly stir in pectin; return to a full rolling boil. Boil 1 minute, stirring constantly.

Remove from the heat; skim off foam. Stir in spices. Carefully ladle hot mixture into hot half-pint jars, leaving 1/4-in. headspace. Remove air bubbles; wipe rims and adjust lids. Process for 10 minutes in a boiling-water canner. Yield: 7 half-pints.

BARBECUED POTATO WEDGES

- 2 pounds small red potatoes, cut into wedges
- 2 tablespoons butter, melted
- 1 tablespoon honey
- 3 teaspoons chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper

Place the potatoes in a 15-in. x 10-in. x 1-in. baking pan coated with cooking spray. Drizzle with butter and honey. Sprinkle with the chili powder, salt, garlic powder and pepper; toss to coat.

Bake, uncovered, at 450° for 25-30 minutes or until potatoes are tender and golden brown, stirring once. Yield: 6 servings.

BARBECUED CHICKEN

- 1 can (12 ounces) cola
- 1 can (6 ounces) tomato paste
- 2 tablespoons finely chopped onion
- 1 tablespoon red wine vinegar
- 1 tablespoon Worcestershire sauce
- 1/4 teaspoon salt
- 2 broiler/fryer chickens (3 pounds each), cut in half

In a small saucepan, combine the cola, tomato paste, onion, wine or vinegar, Worcestershire sauce and salt. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes. Set aside 1/2 cup for basting; cover and refrigerate.

Carefully loosen the skin of the chicken; brush remaining sauce under skin. Cover and refrigerate for 30 minutes.

Prepare grill for indirect heat, using a drip pan.

Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack. Place chicken over drip pan and grill, uncovered, over indirect medium heat for 25 minutes on each side or until chicken juices run clear, basting occasionally with reserved sauce. Yield: 8 servings.

SWISS BURGERS

- 1-1/2 pounds ground beef
- 1 pound sliced fresh mushrooms
- 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
- 1 cup water
- 6 slices Swiss cheese
- 6 hamburger buns, split

Shape beef into six patties. In a large skillet, cook patties over medium-high heat for 5-7 minutes on each side or until a meat thermometer reads 160° and juices run clear. Remove to paper towels; drain, reserving 2 tablespoons drippings. Saute mushrooms in drippings until tender.

Meanwhile, in a microwave-safe bowl, combine soup and water. Cover and microwave on high for 2-1/2 to 3-1/2 minutes or until heated through.

Return patties to the skillet. Stir in soup. Bring to a boil. Reduce heat; simmer, uncovered, for 3 minutes.

Top each patty with a slice of cheese. Remove from the heat; cover and let stand until cheese is melted. Serve on buns topped with mushrooms. Yield: 6 servings.



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CAT PUZZLES & GAMES

WORD FIND

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

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

picnic • observance • anthem • patriotic • monday • parade • navy military • honor • freedom • flowers • grave • heroes • peace • army navy • marine • air force • armistice • cemetery • artillery • country defend • flag • guard • memorial • soldier • taps • valor • veterans

SUDOKU

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!

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

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PLEASE PRINT ONLY ONE WORD PER SPACE

(Limit of 21 words)

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Lovely stoneware set; service for 10 in excellent condition - \$30.00. Service contains a cup and saucer, cereal/salad bowl, desert plate, and dinner plate. Pattern is beige with a circle of pink and blue around the rims. Please email for a photo. 607 319-0725. esl50@yahoo.com

Fly Rod- LL Bean, Bean's Double L, circa 1950, made by Gene Leonard (Hamden, Conn) for LL Bean. 8 1/2', 4 piece (2 tip sections) with rod sock, made of 6 strip Tonkin Cane that has been impregnated. 607-836-6032.

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For Sale: Riding lawn mower. Needs works, runs well. Needs work with deck. Bought last year. they saw me coming. I paid \$150. Used it once. You can have it for \$75. Call 607-591-6907. AS is. I will not deliver. Cash please. Evenings.

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For Sale: Old 7" marigold footed carnival glass lustre rose bowl \$85.00, also 6" marigold cherry wreath plate \$15.00 607-657-2667

FOR SALE: ELECTRIC BOAT WINCH WITH DOUBLE DRUM. FORWARD/REVERSE SWITCH; 1 H.P. MOTOR; 5 PULLEYS AND CABLE; 2- 8 FOOT STEEL BEAMS FOR SUPPORT. I USED IT TO LIFT A WOOD INBOARD BOAT. ASKING \$175.00 CALL 607-898-5908.

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- Elite Dental • Pinckney Allstate Insurance Agency
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LAST EDITION'S PUZZLES

SUDOKU

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

WORD FIND

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

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We want you to know how much we appreciate our customers, so Thursday nights starting May 26 we will hold a cooking class that will feature a 3 course meal, complimented by beverages from the Ithaca Beer Company and local beverages. Classes will begin promptly at 5pm, will take about 90 minutes and will cost \$15 for one person, \$25 per couple.

Classes will take place Thursday, May 26, June 9, 23 and July 7.

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