

FREE

June 15-28, 2011

Dad / Grad Edition

FREE

THE CORTLAND AREA TRIBUNE

YOUR REGIONAL BI-WEEKLY COMMUNITY NEWSPAPER

607-844-8228

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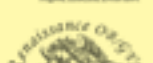
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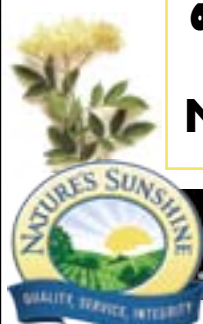


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WELCOME TO THE GRADUATION & FATHER'S DAY EDITION

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 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 Pest & Labor Day Edition
(Deadline 8/19)

September 7 – Get Ready for Fall! Fall is for Planting/Hunting Edition
(Deadline 9/2)

September 21 – Bridal, The CAT's 9th Anniversay & Great Pumpkinfest Edition
(Deadline 9/16)

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, June 24th. 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, June 24th 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, June 24th for the next Edition.



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MYSTERY PHOTO CONTEST



DO YOU KNOW WHERE THIS IS?

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Congratulations to our latest contest winner:
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Answer from the Previous Edition:

Abdallah Dairy, Inc of 224 Tompkins Street in Cortland

MYSTERY PHOTO CONTEST!

Our mystery 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, June 24th 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 Jaree Crandell. Jaree 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!

The Cortland Area Tribune
P.O. Box 67 • Dryden, NY 13053
(607) 844-8228 • Fax: 1-607-330-8012
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Coming in June 2011- our first Annual Marathon Pirate Festival. Games, Live Music, Real Cannons, Black Powder, Mayhem and Fun, for all ages. Meet some real pirates from all over the country. A 'real' pirate treasure hunt. Lots of good food. Click the links for more information and a printable flyer. - Seeking Vendors - click here

At Lighthouse Landing you can rent a canoe or kayak and paddle down the Tioughnioga River as our Native American and settler ancestors did hundreds of years ago. Or you can pack a picnic lunch and have an old-fashioned country picnic with family and friends.

Lighthouse Landing is an authorized dealer for Old Town™ canoes and kayaks. Stop by our store for the latest models and end of season specials.

This year we have camping by the Tioughnioga River starting at \$15 per night. This includes bath house and showers. Call for reservations.

Lighthouse Landing is a proud sponsor of the Mr. Habitat contest for Syracuse Habitat for Humanity, Inc.

"Thy word is a lamp unto my feet and a light unto my path"
- Psalm 119:105

NEW: We now have a new bath house with rest rooms and showers. We also have expanded the store area with a commercial kitchen and a 30'x60' pavilion for dining and picnic. See food and Dining on our website for information on the hours and menu of the kitchen.

We have canoes and kayaks available to rent and explore the Tioughnioga River area. You may also bring your own non-powered watercraft as well. We also have a full line of Old Town Canoes and Kayaks available for sale at our main building.

We have new picnic tables for dining beside the river and campsites for peaceful overnight stays. Bring your cooler or picnic basket and spread out an old fashioned lunch for friends and family beside the water and make your experience at Lighthouse Landing a memorable one.

Lighthouse Landing is the perfect place to unwind and relax with family and friends after a hard week at work.



A great spot for office picnics and outings to reward your hard-working office team.

Lighthouse Landing is a family oriented environment your employees can bring their children for a day in the great outdoors and not be confined to an indoors restaurant or pub and a lot less costly than an indoor facility.

Call us for reservations for larger groups or special needs for your office gatherings. (607) 423-5639

Lighthouse Landing is located in the Finger lakes Region of Central New York State just minutes off I-81 between Binghamton and Syracuse. See the Locate us page for details and driving directions on our website www.lighthouselandings.org

Call for reservations: (607) 423-5639



PICCADILLY LANE UNIQUE PRIMITIVE & COUNTRY STORE

FATHER'S DAY IS THIS WEEKEND, Sunday, June 19th and high school graduation party invites are coming in the mail! Are you ready?! Want to get DAD or GRAD something unique that speaks from the heart?! Or need to redecorate for those get togethers with friends or family?! Piccadilly Lane Country & Primitive Store is ready to help you celebrate whether you are going to a party or hosting one this summer with "summer" sales every week! New items arriving weekly to freshen up your living space such as a piece of furniture, garden art, unique garden items and more! Piccadilly is your one stop shopping headquarters! Cards for Father's Day and gifts he will truly treasure await you in every room! For the graduate - choose a one of a kind mirror to decorate his or her dorm! Or a framed piece of art to remind them of home. Gift certificate available and everyone loves to shop!

Shopping for yourself?! Piccadilly Lane owners Joyce & David Ballard, and their friendly staff, will assist you in finding that extraordinary item to accent your home, cottage or porch. Take your time and browse upstairs and down as this unique and primitive store is overflowing with new one-of-a-kind merchandise. Can't live without items for you or a gift: such as framed prints, furniture, placemats, linens, rugs, soy blend candles, cards, jewelry, swags, garlands, tinware, signs, pottery, including antiques

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for the collecting enthusiast to go with any country décor! Something for every taste including country charm curtains with many designs, colors and patterns to brighten up your home or porch in with popular styles from Sturbridge, York, Park and more! Be sure to check out the holiday room – buy the June wedding couple something to decorate for their 1st Christmas together

For yourself or a gift idea – pick out a berry and flower wreath, garland or garden accents to beautify any living space – drape some garland over a curtain rod or picture frame or over a doorway- the possibilities are endless! 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 “in-store sales”! It’s time to liven up your home, office, porch, patio or cottage!

Attention Crafters! Crafters are needed for a CRAFT SHOW on Saturday, August 20th! Tables are available for only \$30 – please call for details and to reserve your table today!

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



HELLO EVERYONE, MY NAME IS Abbie Teeter, and I am your 2011-2012 Tompkins County Dairy Princess. I have a strong court this year, consisting of two Alternate Princesses, Hannah Baker and Rachel Bogardus, and two Ambassadors, Mackenzie Weaver and Lizzy Drake. I know we have an exciting year ahead, and I am looking forward to spending the year working with these

amazing young ladies and getting the word out about the industry we love most, The Dairy Industry.

Thanks to the Dairy Farmers of Tompkins County’s hard work, the girls and I will have a lot of great things to inform you about throughout this year. Dairy Farmers work hard to maintain both their land and their animals. The animals and the land are treated with kindness and taken care of. A farmer spends his life taking care of what he or she loves best: the farm. The cows are given healthy food, tons of water, and a safe barn to stay in. some cows even get mattresses! The land a farmer works is typically passed down from generation to generation, and therefore the farmer will treat it well, wanting to take care of the land their ancestors had given them.

As always, it is very important to get 3 servings of Dairy products every day. When you drink you milk, eat your cheese, and enjoy your yogurt, just think of the 9 essential vitamins and nutrients it has that your body needs, and wants. And don’t forget, your Tompkins County Dairy Princess and her court are always there to help you remember how important Dairy products are! The Tompkins County Dairy Princess program is made possible through the support of the American Dairy Association and Dairy Council – the local planning and management organization funded by dairy farmer check off dollars. Here is a recipe for a delicious summer treat!

STRAWBERRY YOGURT SQUARES

- 2 (3 oz) boxes strawberry Gelatin
- 2 cups boiling water
- 2 (10 oz) pkg frozen strawberries
- 2 large bananas
- 1 cup strawberry or banana yogurt

Dissolve gelatin in 2 cups boiling water. Add frozen strawberries, stirring occasionally until thawed. Add finely diced bananas.

Pour half of the strawberry mixture into an 8x8x2-inch pan; chill. Spread evenly with yogurt. Pour remaining strawberry mixture on top of the yogurt.

Refrigerate until set. Cut into 9 squares. Top with whipped cream or more yogurt, if desired

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FATHER'S DAY & GRADUATION DAY CELEBRATED AT VALLEY VIEW GARDENS! JUST AROUND THE CORNER!

FATHER'S DAY AND GRADUATION DAY are here and there is no better time or place to look for a special gift for Dad than at Valley View Gardens Nursery and the Cinnamon Apple Cottage Gift Shop! We are stocked with beautiful trees, shrubs, perennials, and annuals. Wander down winding paths artistically arranged to suggest possibilities for your landscape projects! Explore our six houses filled with annuals, hanging baskets, perennials, shade-loving shrubs, and the cool and lovely hosta house, as well as our "back yard" lined with hundreds of shade trees like Crimson King and Red Sunset Maples, Oaks and flowering Crabapple trees! Vegetables, herbs, raspberry and blueberry bushes, as well as an assortment of fruit trees are in stock for Dad's edible garden. Butterflies and butterflies will love to visit your landscape when Dad installs the flowering

bushes that you give him for Father's Day. Humming birds are guaranteed to drop by with the addition of flowering hanging baskets and shrubs! Gift Certificates are always available!

Celebrating a graduation? Dad will enjoy giving a refreshing new look for that graduation garden party! Valley View Gardens Nursery is abounding in luscious plant materials waiting to be planted! He will discover flowering Lilacs, Crabapples, Spireas, Weigela, Weeping Cherries and so much more! If he has a landscaping project in mind and need assistance, Valley View Gardens can help Dad increase the value of his home with an eye-catching landscape. If he prefers to do-it-yourself, Valley View Gardens has a wide selection of trees, plants, and shrubs to meet all of his landscape needs. Valley View Gardens has been providing professional landscaping service and quality plant material ranging from a variety of shrubbery, pom-poms and spiral topiaries, maples, oaks, weeping ornamental trees and fruit trees for over fourteen years. For a splash of color, Dad will see our ornamental grasses, hosta and a plethora of daylilies. Beautiful hanging baskets, annuals and herbs will be will perk up all your garden beds!



and nature lover. Hand carved decoys, bird statuary, bird watching books and recordings of bird songs are waiting for you! Thermoses, mugs, drinking glasses with fish, bear, moose, and eagle motifs line the shelves of the American Expedition room. Your husband or father will love the unique items that are chosen for him! The old fashioned "General Store" filled with a wide selection of Amish jams, salsas, pie fillings, in addition to scones, fruit bread, cookie and soup mixes will tickle his palate and show him how much you care! Lovely framed art, inspirational plaques, luscious candles (with scents like "Hot Apple Pie" and "Butter and Maple Syrup") as well as an assortment of lovely wreaths, garlands, potpourri and handmade gifts fill every room.

Our usual hours are Monday to Friday, 10:00 a.m. to 6:00 p.m., Saturday 9:00 a.m. to 5:00 p.m. We have been open on Sundays during

the months of May and June and will continue through the 3rd of July from 10:30 a.m. to 3:30 p.m. for your shopping convenience. We will resume our normal "closed on Sunday" schedule beginning Sunday, July 10. We will also be open Monday, July 4th from 9:00 to 2:00 to assist you with your last minute holiday projects!

The Cinnamon Apple Cottage Gift Shoppe is located "just around the corner" from the Rte. 281 shopping district adjacent to Valley View Gardens Nursery at 3797 Luker Road in Cortland, opposite Builder's Best Do-It Center. If you have any questions, please call Valley View Gardens at 749-3130. We look forward to seeing you this week as we help you celebrate Father's Day and Graduation Day at Valley View Gardens Nursery and the Cinnamon Apple Cottage Gift Shop! Bring a friend! Gift certificates are available! See enclosed our coupon!



Apple Cottage Gift Shop. The Cinnamon Apple Cottage contains special section with gifts for the outdoorsman

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SIGNS, SIGNS, EVERYWHERE ARE SIGNS...AT THE SECOND KNOB

By Shana Karn, Owner

FOR THE MOST PART, CHOOSING our line of gifts for our new shop was nothing short of extremely difficult. First, we decided on what type of gifts we would carry; which in and of itself was no easy task. We didn't want to compete with other gift shops or big box stores. We wanted merchandise that would stand-out-- gifts that our customers wouldn't have seen a hundred [other] times, at a dozen other stores. Once we'd selected the items, we had to compare design, quality and cost. We soon realized that USA made items, while often superior in quality, were few and far between and, frequently, much, much more costly. We spent countless hours on the Internet, at other gift shops and in wholesale show rooms.

In the midst of this daunting task, we discovered a line of primitive box signs, which won our instant approval. These simple, black and white signs are thought-provoking, inspiring, fun, sarcastic, or just plain silly. Frequently, our customers find themselves tearing-up as they read some of the "wordiest" of the bunch--- two signs describing what we want for our sons and daughters. I know how Moms feel as they read down the list of "What I Want for You..." on the "Daughters" sign, because I experienced the same burst of emotion when I first read that sign. I should, also, mention that I was standing at a gift show

amidst hundreds of other retailers at the time. Embarrassing? Somewhat; but, any parent who stopped and took the time to read the signs reacted the SAME way. When one fellow-shop owner asked me if I was ok, I pointed at the sign. After reading it, she was crying harder than I was. I offered her a tissue and we've been friends ever since. A friend of ours, after her first visit to the store, remarked "Forget a sad movie; I am coming here to read this sign whenever I need a 'good cry.' This sign says it all...everything I've ever wanted to say to my daughter."

If customers aren't tearing-up over the mushy, thought-provoking signs, they are tearing-up over the witty, sarcastic and silly signs. The other day, an elderly man roared (Really roared) over the sign that reads, "After scolding one's cat, one looks into its face and is seized by the ugly suspicion that it understood every word and has filed it for reference." He said to us, "Boy is THAT true. I have a Siamese cat that ALWAYS looks that way."

Some of these signs sell more quickly than others. "I Run with Scissors, It Makes Me Feel Dangerous," is popular with hair-stylists. If a customer happens to mention that s/he does hair, I point out this sign and it is an instant sale thus reinforcing my belief that [we] like signs that "speak" to us personally. Art teachers and, anyone creative, loves one of the largest, boldest signs "Color Outside the Lines."



We are often asked which our favorite sign is but it would be impossible to choose. Some days, we want the inspiring, "Think deeply, speak gently, love much, laugh a lot, work hard, give freely and be kind" and other days, we want the silly "Money can't buy happiness but it can buy marshmallows, which are kinda the same thing."

We are unpacking a new shipment of box signs this week! Stop in and see if any of them "speak" to you! We are located at the edge of the Village of Dryden, on the corner of Springhouse Road and Route 13 at 128 W. Main St. We are here Tuesday-Saturday from 10am to 6pm * and until 9pm on Thursdays. We look forward to seeing you...for a good cry or a good laugh!

MIKE'S FOOD FOR THOUGHT

THIS WEEK I ATE AT LOU-LOU'S located at 13 Groton Ave. Cortland. They are open for Lunch Tuesday-Friday 11:30AM-2PM and Dinner Wednesday-Saturday 5PM-9PM. They do have takeout also. Dinner is served with soft Italian bread and salad. The thing about Lou-Lou's that struck me was their menu. They have some very different items such as Lou-Lou's Riggies-tender pieces of chicken simmered in a spicy tomato cream sauce with green, cherry, and jalepeno peppers. Molotov pasta which is penne pasta in a creamy wing sauce with breaded buffalo chicken and crumbly blue cheese. Sirloin amore which is the house sirloin topped with garlic cheese sauce. An unusual appetizer is the Beans and Greens bread-white beans, garlic, and spinach on grilled flatbread, topped with fresh mozzarella. Other appetizers include toasted ravioli, fire fries, and beer battered mozzarella sticks to name a few.

They also serve several types of burgers. The house burger is an 8 ounce hand pressed patty topped with cheddar, provolone, american, swiss or pepperjack. Their sandwiches include homemade meatball, breaded chicken breast, or hot sausage. They are served on Italian bread, smothered in a house red sauce and melted cheese. Lou-Lou's has several nice salads too. One, the Pub bowl is buffalo chicken pieces, tomatoes, cucumbers, cheddar cheese, and mixed greens. The steak and bleu salad-sliced sirloin, red onions, roasted red peppers and crumbly bleu cheese, very delicious.

I also liked their kid menu which consisted of grilled cheese, chicken fingers and sloppy joes all served with fries or applesauce. I thought the edition of sloppy joes was a great idea for a kid. The lunch menu offered some unusual items too. Such as the Verrazano-roast beef, roasted reds, and garlic cream on garlic toast. The hot tomato which is a grilled cheddar cheese sandwich with tomato and bacon. Or the Roaster, which is hot roast beef, pepperjack cheese, and mayo served on a grilled soft roll. Lou-Lou's seems to have something for everyone. Try it out. It's very tasty food.

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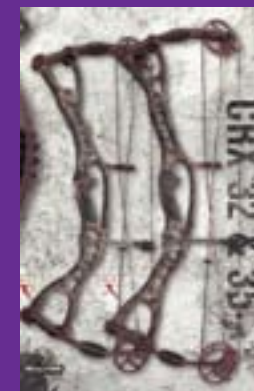
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FASTENING FIDO'S SEATBELT WHY BUCKLING UP YOUR PET IS A SMART MOVE



IF DRIVERS BUCKLE UP CHILDREN to keep them safe, why not buckle up the family pet? While seat-belted Fido or Fluffy may sound far fetched, it's actually a way to help reduce auto accidents as well as keeping your furry friends from harm. Now that's something to chew on!

Whether it's a trip to the vet or a cross-country vacation drive, it's a good idea to make sure that everyone – including the family pet – buckles up for safety. National safety statistics reveal that the number of pets riding in cars is at an all-time high, and the majority are traveling unrestrained.

"Many pets are considered family members, and just like young children, they must completely rely on the driver's wisdom to be safe inside the car," said Allstate New York spokesperson Krista Conte. "Pet passenger restraints aren't that expensive, but they can be invaluable in protecting both pets and passengers."

Pet product firms – and even car companies – have been developed a multitude of pet auto accessories, from chin protectors for dogs that like to hang out of windows, and doggie car seats that double as pet beds, to backseat hammocks, special bird carriers, designer carry bags for cats, and ramps that enable older pets to climb stairs into SUVs. Basic dog seatbelts costing anywhere from \$10-\$30 will properly restrain dogs while still allowing Fido's nose to stick out the window.

Conte says even pets that are always well-behaved during car rides can just as easily be the victim of a crash as the instigator of one. Regardless of an accident's cause, an animal can become a deadly flying projectile upon impact (a 60-pound dog can cause an impact of 2,700 pounds), resulting in harm to itself and other passengers.

Demonstrating love by properly restraining pets in automobiles will provide a safer and more focused environment for the driver, passengers and surrounding vehicles by preventing the animal from:

- Blocking rear window views
- Roaming between seats and jumping between the front and back seats
- Tearing and clawing upholstery
- Noticing other animals in cars or near the road that results in ongoing barking
- Escaping through an open door or window

Most importantly, never allow a pet to sit on your lap when driving. "Many of the same common-sense rules motorists use to protect children in a car also apply to animals," said Conte. "People don't drive with a child in their lap, and shouldn't do so with animals. You can show all the affection you want to your pet, but wait until you get home so you're not compromising the safety of yourself and surrounding motorists."

Allowing pets to become familiar and comfortable with being inside a vehicle before taking them on a journey plays an important role in reducing their anxiety when the wheels actually begin to roll. The calmer an animal is riding in a car, the less of a distraction it's likely to be. If an incident should occur in which a driver's dog bites another individual during a car trip, the driver's homeowner's insurance policy would cover any resulting injuries.

To learn more about pet travel safety, visit Allstate's <http://www.vehiclevibes.com/>, or the company's information center at <http://www.allstate.com/>.

For More information and a new quote please call Shirley Eizember, Pinckney Insurance Agency, 41 Port Watson St, Cortland New York. Ph 607-756-8505

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THE SASSY AND SEXY MUSICAL "CHICAGO" UP NEXT AT CRT

CORTLAND REPERTORY THEATRE WILL SERVE up plenty of "razzle dazzle" in the second show of their 40th Anniversary "Ruby Jubilee" season as they present the notoriously sassy and jazzy musical "Chicago", with music by John Kander, lyrics by Fred Ebb and a book written by Ebb and Bob Fosse, based on the play of the same name by Maurine Dallas Watkins. The original Broadway production which starred Gwen Verdon and Chita Rivera, opened in 1975 and ran for 936 performances. The current Broadway revival opened in 1996 and holds the record for the longest-running musical revival and Broadway's fifth longest-running show. As of April, it has played for more than 5,900 performances. There have been productions on London's West End, and several national

tours and international productions. The film version won the Academy Award in 2002 and starred Catherine Zeta-Jones, Renee Zellweger, and Richard Gere.

Performances of CRT's "Chicago" will hit the stage from June 22 – July 9 with evening performances at 7:30. Matinees are available on June 24, 26, 29 and July 6 at 2:00 PM. Tickets may be purchased by calling 800-427-6160 or in person at the CRT Box Office at 37 Franklin Street in Cortland. Tickets are also available for sale 24 hours a day through the CRT website at www.cortlandrep.org. The show is lively, mildly sexual and has some minor adult language. Mature audiences are advised.

Dateline: Chicago, Illinois; the 1920's. The times are roaring with hot jazz and cold-blooded killers. Two "killer-dillers" - Velma Kelly, a vaudeville performer who shot her husband and her sister when she caught them in bed together, and Roxie Hart, a chorus girl who shoots her departing lover, find themselves vying for the attention of lawyers and the press. Helping them along their way to fame, fortune and acquittal are Billy Flynn a sleazy song-and-dance attorney, Matron "Mama" Morton the "keeper of the clink" jailhouse for women, Mary Sunshine a reporter who sees the good in everyone, and Roxie's colorless, invisible husband Amos. With one of the best musical scores in musical theatre history, the show tells the fast paced story as Roxie and Velma compete at becoming the most famous killer while avoiding the death penalty. Songs include "All That Jazz", "Mr. Cellophane", "Razzle Dazzle" and "The Cell Block Tango".

"We're very excited to bring this musical to CRT for the first time," says CRT Producing Artistic Director Kerby Thompson, who will also be playing the lawyer Billy Flynn. "I'm thrilled with the cast and the production team. I'm sure this group will blow the roof off the Pavilion!"

The director of "Chicago" is Bill Kincaid, whose previous CRT credits include "Six Dance Lessons in Six Weeks", "A Few Good Men" and "Almost Maine". Choreography is by Kevin P. Hill in his first show at CRT. Hill served as Assistant Choreographer on the recent Broadway revival of "Guys and Dolls" and Assistant Director of the Broadway concert version of "On the 20th Century". Music Direction is handled by Eric Johnson, in his first show at CRT.

Joining Thompson in the cast are Rin Allen as Velma Kelly and Charlotte Fox as Roxie Hart, Both ladies are making their CRT debut, as is Debra Taise Evans who will play Matron "Mama" Morton. Danny Blaylock previously seen in "Rumors" and "Johnny Guitar" will play the hapless Amos Hart, with C. Desjardins as Mary Sunshine. The other merry murderesses on Death Row who sing the "Cell Block Tango" are Marissa Dompe in her fourth CRT production, and Katy O'Donnell, along with CRT Performing Interns Jennifer Holcombe, Renee Reinecke and Sarah VanFossen. The male ensemble includes Dániel Rákász, Kurt Merrill, Alexander Rivera, and Performing Interns Joseph DePietro, Evan Montgomery and Shawn Smith.

Stage Manager Kris Valentine is charged with organizing the production and crew. Design staff includes most returnees from CRT's previous show "Rumors" including Scenic Designer Jason Bolan, Costume Designer Jimmy Johansmeyer, Lighting Designer Shawn Boyle, Sound Designer Dave Huber, and Props Mistress Danielle Hodgkin. Patrick McGovern continues as Technical Director as does Tracy Hoida as Assistant Stage Manager.

CRT continues the tradition of "Friday Night Talk Backs" at which a Q & A session with the actors, designers and crew take place after every Friday evening performance. Tickets are also on sale for the rest of CRT's summer season, including the upcoming "Joseph and the Amazing Technicolor Dreamcoat", Agatha Christie's "A Murder is Announced", "The Smell of the Kill", "Souvenir: A Fantasia on the Life of Florence Foster Jenkins" and four performances of the children's show "Dorothy and the Wizard of Oz". See CRT's website for more details at www.cortlandrep.org.

SUMMER IS HERE AND SO IS BARBEQUEING HINTS FOR HEALTHIER EATING

WHEN SUMMER ARRIVES WE CAN hardly wait to cook out. Food tastes so much better cooked outside. But then most of the foods cooked outside tend to be the hot dogs, hamburgers, ribs, sausages, etc. Then there is the pasta salads, potato salad etc. We now have to be careful of too much cholesterol in our diet or do we? The common belief is that foods high in cholesterol are bad for you and you need to eat a low fat diet. But then people tend to fill the gaps with foods high in carbohydrates which isn't good either. So let's discuss cholesterol. Is it all bad for you? NQ! Cholesterol is a very important nutrient found in the body. Our liver makes it if we don't have enough in our diet. Cholesterol is used to make bile for the digestion of fats in our diet. It also makes adrenal and reproductive hormones such as testosterone, estrogen, aldosterone, progesterone, cortisol, DHEA, etc. It also is a component of cell membranes, helps the skin, helps bind and transport toxins, helps immune functions, is used to help make Vitamin D and helps conduct nerve impulses. So all cholesterol is not bad. What is bad is oxidized cholesterol.

What is oxidized cholesterol. It is the cholesterol found in our wide range of processed foods like powdered milk, butter and eggs. So we are talking about all the prepackaged cake mixes, brownie mixes etc. It is also found in dried cheeses and hard meats. This is the type of cholesterol one needs to be careful of.

Our brain is mostly made up of fat, good fat of course. Our bodies need fat for insulation in the winter, energy production and lubrication.

So what can we do to stay healthy while cooking out? Make sure to eat lots of fresh foods especially fresh fruits and veggies. Cook with olive oil. Avoid refined carbohydrates. Get lots of antioxidants in your diet. Avoid processed foods like margarine, shortening, vegetable oils, powdered eggs, butter and milk. Eat good fats like fresh organic meat, olive oil, coconut oil, nuts, organic butter, eggs. Get plenty of exercise and try to lose weight. Don't smoke or drink heavily. Try to maintain normal blood pressure. Drink pure water not chlorinated water. Manage your blood sugar levels and stress and anger.

For supplements we have Fat Grabbers which help to prevent the body from assimilating and absorbing fat from the foods you eat. We also have Nature's Three which is a bulk fiber product containing psyllium, guar gum and apple pectin. We have Red Yeast Rice which helps lower blood cholesterol. Milk Thistle Combination is for the liver and helps improve bile flow. We have Cholesterol REG which helps the body to regulate cholesterol. Then there is Guggul lipids. This is a single herb with cholesterol lowering properties. It helps lower the bad LDL and raise the good HDL. It also decreases the stickiness of the blood, helps with weight loss and helps the thyroid.

So enjoy cooking out but be careful. Grilled chicken and fish are also very tasty done outside. I have even enjoyed grilling vegetables. Yum. Summer isn't here for very long so enjoy and have a healthy happy summer.

Till next time,



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The information in this article is for educational purposes only and is not meant for diagnosing or prescribing.

MIKE'S FISH TANK PET FACTS

HERE ARE A FEW INTERESTING facts that are not fish related but may help some pet owners. What are the differences between alfalfa and timothy hay. Alfalfa hay is generally more suitable for younger animals while timothy hay is recommended for adult pets. Alfalfa hay contains more calories than grass hay. Alfalfa also contains more concentrated amounts of protein, energy and calcium than required in the diets of adult animals. Hay is a source of fiber that provides roughage necessary to the digestive and dental health of all small herbivores. Alfalfa and timothy are more than just a treat.

One of the most common challenges cat owners face is spraying. This behavior is often caused by stress, although it can be a territorial marking response as well. It most often occurs in males and frequently starts between the ages of 6 and 13 months. However female cats in the same age group can spray as well. If your cat has started spraying all of a sudden, these questions need to be asked. Does the cat seem to be in pain while urinating. Is there blood in the urine. Has the cat shown weight loss or vomiting. It's possible your cat started spraying due to a medical issue. Other possible spraying causes, Have you changed foods or kitty litters. Have you introduced a new pet or even is there a new baby in the household. Any and all of these environmental changes can cause cats to start spraying.



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 frisky@hotmail.com

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Now - Looking for Volunteers
 Looking for volunteers for our ACTHA ride JUNE 18 at Pure Country for various jobs. Bring your horse and get a free dinner for your help... Call 607 898 3808 www.purecountrycampground.com

June - Groton Public Library Photos
 These photos were taken in our local woods then formatted and framed by middle school youth that participated in Groton Youth Services' after school program "Picture Perfect."

These photos are an exploration of light, shadows, and textures in nature--- Spring flowers nestled in a carpet of green.

Come and enjoy during the month of JUNE!

Now thru 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 17-18 - Relay for Life

For American Cancer Society 6 pm - 7 am, Davis Field, SUNY Cortland. Relay For Life is more than just a fundraiser. It's a life-changing experience. At Relay, every person in the community has a chance to celebrate, remember, and fight back. And every person who participates joins others around the globe as part of this worldwide movement to end

cancer. For more information e-mail amy.payne@cancer.org or debbiek@wendcentral.com or visit the Relay for Life Cortland web site.

June 17-18 - The Glengarry Boys 8:00 pm (doors open at 7), Center for the Arts, 72 S. Main Street in Homer. Described as bold, unorthodox, vibrant, and evocative, the 'Glengarry Boys' hybrid of Canadian Highland Scots and French Canadian musical idioms has evolved into a sound that is weighty, authoritative, and extremely entertaining. Their energy and good humor, as much a part of the show as their musicianship, crosses all cultures and ages. General admission \$25; Seniors \$20; Students with valid student ID \$10; Under 18 Free. Call (607) 749-4900 for more information and to reserve tickets.

June 18 - Cedar Street

Neighborhood Sales Off Port Watson St. Cortland, NY. Saturday, June 18th Rain or Shine. Many sales on Friday, June 17th! Please stop by... great bargains

June 18 - Cabaret

Port Watson Street MiniConference Center, 131 Port Watson Street. Cortland.

Light entertainment for the evening will be provided by local musicians. The music will include songs by a barbershop quartet, Broadway selections, music of the 50s/60s, light jazz and a song written by a local composer. Bill Hopkins will be the master of ceremonies for the evening. Desserts are being provided by local merchants and a few individuals preparing some of their favorites. Beverages include Sue Bonne's favorite punch, coffee and tea. Finger Lakes wines will be available by the glass for a fee. Tickets are \$15 each, or \$25 for two, available at Jodi's Hallmark, The Picture House and Bev's in Homer. For more information call (607) 753-1188.

June 19 - Father's Day 5K

8 am, Lime Hollow Center, 338 McLean Road in Cortland. Registration: \$17 early/\$20 day of race. Age 13 and under: \$12 early/\$15 day of race. Free t-shirts will be given away to the first 75 registrants. This race is part of the YMCA Fidelis 6 Pack. Registration form and route maps available at www.cortlandymca.org/YMCARuns.htm. For more information e-mail peggy@cortlandymca.org.

June 22 - YMCA Family Fun Community Picnic

4-6 pm, Suggett Park in Cortland. Family fun activities, such as a Bounce House, Dunk Tank, Bike Rodeo, Crossroads the Clown, McGruff the Crime Dog and Sparky the Fire Dog coming down in the Fire Trucks! The event is FREE to all area families, simply by calling the Y at (607) 756-2893 to register in advance. See you there!

June 25 - Dryden Garden & Art Tour 9AM-1 PM

Tour Four Country Gardens for just \$5
 Enjoy the beautiful gardens and original art on display and for sale in each garden.

Starting point: Municipal Parking Lot on George St., Dryden (1 block past four corners in Dryden)

Tickets: \$5/ person. Children under age 16 are free.

Ride the Free shuttle or drive yourself to each garden.

Maps: Available the day of the Tour. Contact drydenbeautification@gmail.com

Tickets: Available beginning May 25 at Back to Basics, Dryden Wine and Spirits, Dryden Agway, Dryden

Village Hall, Dryden Historical Society and at starting point on day of tour.

One of the gardens is on a dairy farm. Bring the kids for a wagon tour!

July 1 - Fireworks at TC3

The 64th Annual Community Fireworks display will be Friday, July 1 and for the second year hosted by Tompkins Cortland Community College in Dryden. Parking begins at 7:30 p.m. and the fireworks to start at 9:45 p.m.

Supported in part by Tompkins Trust Company and TC3 in Dryden. Donations by the community make up the bulk of the costs of the firework display. Donations can be sent to Community Fireworks, c/o Tompkins Trust Company, PO Box 460, Ithaca, NY 14851.

July 3 - Fireworks

10 pm sharp, Dwyer Park, Little York. Entertainment includes the Cortland Oldtimers Band. Cortland Repertory Theatre Guild and Mountain View Restaurant will offer food for sale. Show is free, but there is a parking charge. Veterans will receive a free hot sandwich by presenting their ID card.

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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

Joyce Ballard - Owner of Piccadilly Lane Unique Primitive & Country Store at 2634 Main Street in Whitney Point.

Winner

No winner this edition - A gift certificate from Piccadilly Lane Unique Primitive & Country Store will be added to our next contest!



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					4		6	
		4		9	5		8	
	9	3	8					
		5				6		
					6	7	2	
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(Limit of 21 words)

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SUDOKU

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

WORD FIND

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

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